Ever Deeper Honesty

How to
reduce/prevent/eliminate suffering,
and get
ever-deeper freedom/peace/love/bliss,
and “That”.

This book should be read in a pdf format.
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This book is split into 2 parts:

Part 1:	Conclusion (One sentence)	-- page 2
	Conclusion (Short)	-- page 3
	Summary	-- page 40
	Conclusion (Long)	-- page 54

Note: You only need to read the first 45 pages of this book.
-- That will be good enough, to help you reduce/prevent/eliminate suffering, and get ever-deeper freedom/peace/love/bliss, and “That”.

However, if you want to speed up this process, then read the long conclusion.

You can totally ignore the rest of the book.
-- Ie, you do not need to read part 2.

Part 2: The rest of the book -- page 595 to 1193

Part 1 is infinitely better than part 2. Part 2 expands on things in part 1, and therefore part 2 is an 80% overlap/repeated repetitive version of part 1. And, part 2 is missing many important things, which are in part 1. And part 2 is not finished very well (does not flow very well) in certain places. I only included part 2, because it can be of extra help to certain people, (I'll explain this more, on the first page of part 2).

Note: Part 1 needs to be read before part 2, because it contains definitions of certain words/terms/phrases/concepts, which are used in the rest of the book.

Similarly, part 1 should be read in a linear way, because it introduces certain words/terms/phrases/concepts, in a progressive way.

Caution: This book has the potential to shatter all your delusions about life. If you want to avoid this possibility, then do not read it.

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Part 1

Conclusion
(one sentence)

There is no freedom/choice/option
of an instant/painless/effortless/guaranteed/permanent way out of life (and existence),
therefore,
life (and existence) is prison/torture/slavery/rape,
and therefore,
life (and existence) is survival of the stupidest.

Note: This book explains many realisations, conclusions, and solutions (including practical ones, which are applicable to all aspects of life, and all levels of life), and these will all be detailed in the conclusion. However, if all of it had to be condensed into one sentence, then that sentence would be the one above.

I have deliberately avoided using a very short sentence, because when the sentence/phrase is too short, there is the risk that it can be misunderstood, or it just becomes too: vague, ambiguous, meaningless, useless in practical life, etc.

There were many alternative sentences that I could have used, (as will becomes apparent when you read the short conclusion), however, this sentence was perhaps the best general/overall one, because it's good for all aspects of life, (and all levels of life/existence), and it also acts as a good pointer, (ie, it can send you ever-deeper).

Conclusion
(short)

Note: The terminology/phrases/ideas/information that is said in the first three pages of this conclusion, will make much more sense, after you have finished reading the whole of this short conclusion.
-- This is especially true, in terms of saying that this information is not opinion, and is therefore indisputable, and inescapable.
-- So, bear with me, for these next three pages.

There are only two types of people/society, (type A, and type B). These can be summed up as follows.

Type A people/society:

> These people/societies, understand that everyone must be provided with the most fundamental of rights, which is: The freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way, whenever they want.
>
> This is obvious, because if you do not have the right/freedom to move away from suffering, then it would be legal for anyone to kidnap you, and then imprison you in a basement, where you are then raped and tortured on a daily basis, for the rest of your entire life.
>
> Ie, in that basement, you would be going through intolerable pain/suffering, but you have no right to demand that you be allowed to leave that situation of suffering. Ie, the perpetrator is legally allowed to do anything that they want to you, for the rest of

your entire life.

And therefore, it's obvious, that this right/freedom must exist in all aspects of life, and at all levels of life/existence. And, obviously, it must also be preventative.

Therefore, the two main priorities of these people/societies, must be to:

1. Make sure that all people/entities, have the freedom/choice/option, to leave any situation of suffering (including life/existence itself), in an instant/painless/effortless/guaranteed/permanent way, whenever they want.

2. Not create new babies/entities, because they know that:

    a) Any baby that is brought into existence, will suffer regularly, throughout it's entire lifetime.
    -- Ie, they know that they need to be preventative (of creating situations of suffering), and since life is inherently prison/torture/slavery/rape (suffering) from the moment that a baby is born, they know that it would be extremely immoral to bring a baby into existence.

    Indeed, it's obvious that it would be extremely immoral to do this, because this would cause suffering, and they know that suffering is unacceptable and unnecessary.

        Note: The only people who are not able to truly recognise/admit this (that suffering is unacceptable and unnecessary), are all the selfish/immoral people, because they need to keep (directly and indirectly) brainwashing/programming themselves (and everyone), to believe that suffering is acceptable and necessary, because:

            (a) They have to do this, because it's one of the main ways, of keeping people trapped/enslaved, (as their personal-slaves, and/or work-slaves).

            (b) They have to do this, to hide their selfish/immoral actions, of controlling/manipulating/using/enslaving people, (babies/children/adults), as their personal-slaves, and/or work-slaves.

                (I will define "personal-slaves" and "work-slaves", later in this short conclusion.)

                Note: I say that their actions are "selfish/immoral", because this is obvious (and indisputable), because they are directly causing suffering to people (their personal-slaves, (and/or work-slaves)), and in most cases, that suffering will

occur regularly, for an entire lifetime, (eg, when they bring a baby into existence).

Note: This book uses terms like “bad”/“wrong”, and “selfish/immoral/cruel/evil”, because these terms can be real/true/objective/fact (and fair/equal/neutral, and not opinion-based, nor based on some agenda), if they’re all naturally derived from: “The neutral/natural/true start-point (for everything)”.
-- I’ll explain this in detail, in the summary.

b) A baby cannot consent to be born, and therefore, the act of having a baby, is non-consensual, (and therefore rape).
-- Also, the type A people/society know, that if one non-consensual act is allowed to happen, then many non-consensual acts will start to happen, and this means that suffering will then spread to everyone.

Type B people/society:

These people/societies, are selfish/immoral, because they only care about trying to use/enslave all people (and entities), as their personal-slaves (and/or work-slaves), and therefore, they do all that they can, to make sure that no one is provided, with the most fundamental of rights, (the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way, whenever they want).

And therefore, they try to restrict this freedom, in all aspects of life, and at all levels of life/existence.

Therefore, the two main priorities of these people/societies, are to:

1. Make sure that no one has the freedom/choice/option, to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way, (whenever they want).
   -- And to ensure this, they will invent/create/implement (and enforce), many rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), in all aspects of life, which prevents this from happening.

2. Encourage/pressure/coerce/condition/brainwash/program everyone, to do things that will (directly or indirectly) create new babies/entities, because they know that:

   a) As soon as a person has a baby, that person is then part of the crime, and therefore that person will then have to constantly brainwash/program themselves (and everyone), to believe that:

      - Having a baby is good/moral/selfless/important/etc.
      - Having a baby will bring you happiness/joy/love/etc.
      - Suffering is acceptable/important/good/necessary/etc.
      - Suffering is part of life, (and therefore you/we/everyone,

must just accept it).

- Using/enslaving people (as personal-slaves, and/or work-slaves), is something that is acceptable/important/good/necessary/etc.
- Etc.

Note: The aim of brainwashing/programming, is to be able to make people so blind, that whilst they're looking at a black object (eg, suffering), you'll be able to tell them, that it's actually white, and they'll believe you, (rather than their direct experience (of suffering)).

This is vital, because only when you can control them on this level, can you make them believe that:

(a) They're not suffering, (even whilst they're having the direct experience of suffering).
-- And this means that you can continue to use them as your personal-slave, (and/or work-slave).

Or,

(b) They are suffering, but they chose it, (and/or want it, and/or need it), for reasons x, y, z.
-- And this means that you can continue to use them as your personal-slave, (and/or work-slave).

b) If new babies/entities are not created, then there will not be enough people to use as slaves, (personal-slaves, and/or work-slaves), and this will make life (for the type B people) harder, and/or not as enjoyable, and/or it will totally collapse their family/community/society/country, or whatever else. Ie, these things are the desires and fears, of the type B people/societies.

And therefore, it is from these selfish desires and fears, that all their actions will be based.

And therefore, all actions from all type B people/societies, will always be inherently selfish and immoral.
-- And therefore, there will always be suffering.

Note: There is no middle ground (between the type A, and type B people/societies), because all people either have this most fundamental of rights/freedoms, or they don't.

And, if they don't have this most fundamental of rights/freedoms, (ie, the freedom/choice/option, to move away from suffering, in an

instant/painless/effortless/guaranteed/permanent way, whenever they want), then they don't have any real/true freedom, which must inherently mean, that they're in a life which is inherently prison/torture/slavery/rape, (whether: physical, mental, emotional, or spiritual).

Note: Although the type A people/society, will do these things (as explained above), to reduce/prevent/eliminate suffering, it's not a hardship, (nor something that they do unwillingly), because it's just something that they naturally do, because they just naturally do not want to cause suffering, to any person/entity/being/dimension/anything.

Ie, the type A people/society, aren't trying to be moral (or whatever else), they just simply don't want any person/thing to suffer.

However, the information above (about reducing/preventing/eliminating suffering), is only one part of the story.
-- Indeed, it can only be one part of the story, because life has three key/fundamental parts (desires) to it, which are to:

1. Permanently reduce/prevent/eliminate suffering.

And,

2. Get ever-deeper freedom/peace/love/bliss.

And,

3. Get “That” (which is beyond happiness/pleasure/joy/ecstasy/etc, and beyond freedom/peace/love/bliss, and beyond all divine/godly/religious/spiritual experiences, and beyond: truth, identity, enlightenment, god, experience, self-realisation, etc).

   In this book, I will use the word “That”, but some other people might call it: 'It', 'Home', 'Source', 'Truth', etc.
   -- Note: I will talk about how to get “That”, (or be as “That”), but the use of these words/terms (eg, “get”, “be as”, etc), are all incorrect, however, they will have to do.

Note: The type A people/societies, will want to make sure that all people/entities/things in existence, get these three things (in points 1 to 3 (above)).

There is one key fact about these three fundamental desires in life, and this will become obvious, when a person is able to clearly/honestly look at everything in life/existence.
-- To see everything clearly/honestly, all you need to do, is to see everything from “The neutral/natural/true start-point (for everything)”, (as will be explained in the summary of this book)).
-- Ie, by doing this, a person is not looking at everything in life, in a skewed/biased/deluded/filtered way, due to their selfish desires/fears/delusions.

So when this is done, the one key fact about these three fundamental desires in life, (which becomes obvious), is that all three of these things, are pointing in the same

direction, and towards the same conclusion/thing.

And what this means, is that no matter what aspect of life (or level of life) you start with, if you examine it with ever-deeper honesty, there will be many superficial conclusions/realisations (which I will detail in the long conclusion), and they will all be pointing in the same direction, towards the same fundamental conclusion/thing.

An example of two of these superficial conclusions/realisations, are:

A) All types of society/life/existence, are only in existence, for selfish (malevolent) reasons/purposes.

B) The less that you cling to people/things in existence, the more freedom/peace/love/bliss you will have (in the long-term).

And, these two superficial conclusions/realisations, (like all the other conclusions/realisations), are all pointing in the same direction, towards the same fundamental conclusion/thing, which is that:

All things in life, are directing everyone, towards “That”.

Of course, this is to be expected, since “That”, is something that solves the first two fundamental desires in life, (as explained in points 1 and 2 (above)), because “That” is something which:

1. Has (is) zero suffering.

And,

2. Is beyond freedom/peace/love/bliss.

Ie, what this all means, is that the only true freedom/peace/love/bliss, is in (as) “That”.

Of course, this is to be expected, because “That”, is something which is beyond all people/things/experiences/feelings/sensations in existence, and beyond freedom/peace/love/bliss, and beyond existence itself.

Ie, earlier in this conclusion, instead of saying that “life has three key/fundamental parts (desires) to it, which are...”, I could have just said that:

Life has one key/fundamental part (desire) to it,
which is the desire for “That”.

Indeed, this is all obvious, however, the key thing that most people are blind to, (because they've blinded themselves to it), is the fact that:

This thing called “That”, is non-existence.

Note: Non-existence, is what remains, in the absence of everything, (including: awareness, consciousness, “i”, “I”, dimensions, realms, existence, etc).
-- Therefore, non-existence is not a state-of-being, where you are aware of the void/nothingness/etc, (since awareness cannot exist in non-existence).
-- Indeed, non-existence is not a state-of-being of any kind, since it is beyond all of this, and it's also beyond: enlightenment, awakening, self-realisation, liberation, non-duality, etc.
-- Indeed, it's so far beyond all of these games/nonsense, that it can't be compared to any of it.

Note: The reason why the word “That” is in quotes, is because it’s not a ‘thing’ that exists, (and indeed, it can’t exist, since: “That” is that which remains, in the absence of all things).
-- The key point that I’m trying to emphasise, is that the word “That”, is in quotes, purely for this reason, and not for any other reason. Ie, it’s not in quotes, because it’s some mystical thing which no words can describe.

Yes, it’s true (in a sense), that no words can describe it, however, this is only because it is not some ‘thing’ that exists. However, this thing called “That”, is not a mystery, since we do know what it is, (since “That” is the absence of all things, (which is the same as non-existence)).

And, yes, it’s true (in a sense), that this thing called “That”, is something that cannot be attained, however, this is not because it is some thing (or some state-of-being) which is: mystical, illusive, hard to attain, etc. Ie, the only reason why it “cannot be attained”, is because to “attain” something, you (as a person) need to exist. And, “That”, can only exist, in the absence of all things, (which therefore also includes you, as a person, or as any other identity, eg: consciousness, awareness, oneness, nothingness, everything, existence, non-existence, “That”, etc).

Note: That last sentence did also include non-existence, and “That”. Ie, yes, it is true, that when you strip away all the superficial (and deep) layers of a person, then what will remain, is “That” (non-existence), however, it’s ridiculous to say, “I am ‘That’”, because you cannot exist in “That”, nor as “That”.
-- However, “That” can ‘exist’ by itself, (as non-existence).

So, for all these reasons (which I have just explained), it does still make sense to put the word “That” in quotes, however, just remember, that the quotes are not there, to say that “That” is something which you truly are, (or whatever other similar attempt to claim a new identity), nor are the quotes there, to state that this thing is a mystery, (or: mystical, spiritual, divine, etc). Indeed, it’s totally the opposite, since there is nothing simpler, than non-existence.

Note: There are many reasons why people are blind to this fact (that this thing called “That”, is non-existence), and I'll explain all of them, in the long conclusion.
-- And I'll also explain, why it's obvious, that this thing called “That”, is non-existence.

And I'll also show how so many other things, then also become obvious. Eg, it's obvious that, “All types of society/life/existence, are only in existence, for selfish (malevolent) reasons/purposes”, because, if you wanted the ultimate freedom/peace/love/bliss, you wouldn't create babies/entities/life/existence, because the ultimate freedom/peace/love/bliss, only exists in (as) “That”, (non-existence).

Note: Although some of this information (eg, the sentence, “All types of society/life/existence, are only in existence, for selfish (malevolent) reasons/purposes”), might sound too unrelatable/irrelevant (in terms of reducing/preventing/eliminating suffering in normal everyday life), it’s actually all totally relevant, because it's actually this exact same issue, that is causing all the suffering in everyone's normal everyday life, because:

1. People are only staying in life/existence, for selfish (malevolent) reasons/purposes.

And,

2. People are only creating babies/entities in life/existence, for selfish (malevolent) reasons/purposes.

   These selfish (malevolent) reasons/purposes, are to use/enslave these newly created babies/children (and future adults), as personal-slaves, and/or work-slaves.

   The definitions of these, are as follows:

   a) Personal-slaves.
      Personal-slaves are babies/children/adults, which are used/enslaved, not for work purposes/reasons, but for personal reasons/uses.

      Ie, if you have a relationship partner, (or: friend, baby, child, family, etc), then they are your personal-slaves, because you're trying to get/control/manipulate/use (enslave) a person, (whether that person is a baby/child/adult), in order to get things from them, (eg: happiness, love, money, entertainment, energy, attention, power, respect, sex, pleasure, affection, intimacy, a connection, popularity, image, identity, certain feelings, security, safety, stability, survival, peace, freedom, a family, a child, experiences, sensations, etc).

      Note: People only decide to have babies (and relationships, friendships, families, etc), because they want some (or many) of these things.

   b) Direct work-slaves.
      If you are using/enslaving a person, (not for personal reasons,

but for work reasons), then that enslaved person, is your work-slave.
-- This can be split into two categories: direct work-slaves, and indirect work-slaves.

Direct work-slaves, are children/adults, who you directly use/enslave, to do work/chores/jobs/etc, (whether for some of the time, or all of the time).
-- A basic example of this, is a house maid/servant/slave. However, there are also many other examples.

Eg, you force your children, (when they're old enough), to be a slave (get a job, and do their own chores), because this means that they're then doing their own job/work/chores (to keep themselves alive), so that you can then continue to use them, as your personal-slave, (but without you having to pay for things (food/water/shelter/etc), to keep them alive, or doing the basic chores, which are necessary to keep them alive).

c) Indirect work-slaves.

Indirect work-slaves, are people/entities, and you want these people/entities, to be constantly created/born (and kept alive), because you want to use them, to do work for you (indirectly).

Eg, you want people (who you don't directly know), to work (be a slave) at jobs, because you want to have: electricity and water in your home, and to have food in shops, and to have your trash taken away, etc.

And/or, you want other people to deal with certain things, that you don't want to deal with yourself, (eg, dealing with: dead people, old incapacitated people, sewage, making clothes/things in factories, etc).

Note: This information about indirect work-slaves, is only half of the story.
-- Ie, one half of the story, is that people want babies to be constantly created/born (and kept alive), so that they can be used as indirect work-slaves.
-- However, the other half of the story, is that people don't just want this, but they also (inherently) want:

A) Them to be brainwashed/programmed to get jobs.

B) Them to be brainwashed/programmed to not leave their jobs.

C) A fail-safe system, to make sure that they do not (and/or

cannot) leave their jobs.

D) Them to be deeply brainwashed/programmed, to believe (as a matter of fact), that they should never kill themselves. (I'll explain all of this in detail, in the long conclusion.) And the brainwashing/programming will be so deep, that they won't even know that it's been put inside them.
   -- This is always necessary, because otherwise they would kill themselves. This is obvious, because if a person can't escape a situation of suffering (which is going to last decades long), then they will want to escape from life.

E) A fail-safe system, to make sure that they can't kill themselves easily.
   -- Ie, if the brainwashing/programming (from the previous point) starts to fail, then they might want to kill themselves, however, many of them won't do it, if they can't get the equipment/medicine needed, to kill themselves in an instant/painless/effortless/guaranteed way. Ie, the reason why they can't get this equipment/medicine/etc, is because it's been made illegal.

Note: It's important to recognise (and admit), that these last two points (D and E), are not just what people want for their indirect work-slaves, but also for their personal-slaves.

Moreover, most people/societies, want all five of these points (A to E), not just for their work-slaves, but also for their personal-slaves.

And,

3. People are only forcing other people to stay in life/existence, for selfish (malevolent) reasons/purposes.
   -- These reasons/purposes, are to keep being able to use/enslave these newly created babies/children (and future adults), as personal-slaves, and/or work-slaves.
   -- And, of course, this can only be done, if they make sure, that no one is provided, with the most fundamental of rights, (the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way, whenever they want).

Note: When talking about personal-slaves and work-slaves, one important point that needs to be seen from all of this, is that:

> People create babies/children, with the intent to enslave them, (as personal-slaves, and/or work-slaves).

Moreover, this is what people call: “love”, “care”, “moral”, “selfless”, etc.

And, almost all people think that this behaviour is acceptable/ok/important/etc, (even if they don't have (or want) children themselves).

Note: People say that they “care”, but all they really care about, is doing just enough, to ensure that all slaves (personal-slaves and work-slaves) are:

1. Kept alive.

2. Kept in a useable state.

Ie, people will do everything in their power, to make sure that their personal-slaves are healthy (and kept alive), because they want to use them.
-- Indeed, this is to be expected, because a dead personal-slave, is of no use to them, and an unhealthy personal-slave, is unpleasant to use, (or is unusable).

And what compounds this, is the fact that all people know, that it takes a lot of time/energy/money/effort/etc, to:

1. Find, and then condition/groom, a partner/friend/lover, into a good personal-slave, (ie, one which fulfils your desires).

2. Create, and then condition/groom, a baby/child, into a good personal-slave, (ie, one which fulfils your desires).

Ie, this makes people even more determined to make sure, that their personal-slaves never have any real fundamental freedom/choice/option, (eg, the freedom/choice/option to leave life).

Note: Since everyone is doing this immoral behaviour, this means that everyone is constantly trying to hide their immoral behaviour. However, even after hiding it, they continue to keep brainwashing/programming everyone, because they want to be allowed to do all of this immoral behaviour, in plain-sight.

Of course, the result of all this, is inevitable, where everyone has brainwashed/programmed everyone to such a degree, that everyone now believes (and

sees) black (suffering) as white.

And indeed, this is why people are seeing everything in life, upside-down.

And it's important to see, that the things which are the most upside-down, are the most important things in life.
-- And, the most important things in life, are the ones to do with suffering.
-- And this is why there's so much suffering in the world.

And, it's important to see that:

> There will always be suffering in the world, because people want (and need) suffering to exist.

The reason why people want (and need) suffering to exist, is because pain/suffering is a weapon/tactic which everyone uses, to control/manipulate/brainwash/program/condition their personal-slaves (and work-slaves).
-- Indeed, pain/suffering, is the number one weapon/tactic, as a punishment, and reward.

It might sound strange to say "and reward", but everyone does this. Ie, everyone uses pain/suffering not only for punishment, but also for reward, (ie, the reward is that the perpetrator temporarily ceases to cause pain/suffering to their personal-slave).

Of course, what this means, is that feelings/sensation/awareness/etc, are all only necessary, to create an entity that is able to be used/enslaved/raped.
-- Ie, feelings/sensation/awareness/consciousness/etc, are all only created, for malevolent purposes.

Of course, many people try to brainwash/program everyone to believe, that awareness/feelings/sensations/consciousness/memory/etc, are good/great/divine/etc.
-- However, it's obvious, that they are cruel/evil things, because there is no choice in them.

Ie,

> Unless you can get rid of awareness/consciousness/memory/etc, in an instant/painless/effortless/guaranteed/permanent way, (whenever you want), then these things are inherently (by definition), weapons/tactics, which are deliberately designed to create imprisonment/torture/slavery/rape.

And since

> Awareness/consciousness/memory/etc, is what "existence" is,

this inherently means that

> "Existence" is also a thing, that is a weapon/tactic, which is deliberately designed to create imprisonment/torture/slavery/rape.

And therefore,

It is to be expected, that existence will always be inherently causing suffering.

And therefore,

To reduce/prevent/eliminate suffering, there is no other option, except to end existence, forever.

And, no matter which way you come at it, the result is always the same.
-- Eg, it's obvious that all these things (feelings/sensation/awareness/consciousness/etc) are malevolent, because anything that is done for benevolent reasons, would want all people/entities/dimensions, to have zero pain/suffering (and ultimate freedom/peace/love/bliss). And, the only thing which is zero pain/suffering (and ultimate freedom/peace/love/bliss), is “That”, (non-existence).

Ie, if you are benevolent, then the only thing worth creating, is “That”. However, “That”, is something that only exists, in the absence of creation/existence. Therefore, if you are benevolent, you will inherently:

1. Not create any creation/existence.

2. Not perpetuate any creation/existence.

3. End the whole of existence, in an instant/painless/effortless/guaranteed/permanent way.

And therefore, any action that is anything other than these three things, is (by definition) malevolent.

Note: If anyone is concerned that this conclusion is finding that everything in existence is malevolent, then let me clarify this situation for you.

After you are able to clearly/honestly see everything in life/existence, it’s just so obvious, that:

It is all malevolent,
because if it was benevolent,
there would be zero suffering.

It's just that simple.

And therefore, it really is true, that all types of enlightenment, (and all types of paths to enlightenment), are malevolent. And this is so obvious, because it's obvious that the only thing worth having/being, is the thing which is zero suffering for all (and ultimate freedom/peace/love/bliss for all), which is "That", (non-existence).

Ie, all statements about enlightenment being malevolent, are true, (and this is regardless of whatever definitions are used, (and regardless of whether it's called: enlightenment, awakening, self-realisation, ascension, descension, or whatever else)).
-- Of course, the only exception to this, is if it's accepted that,

> There is only one true definition of enlightenment,
> which is that:
>
> > True enlightenment occurs, when the whole of existence permanently becomes "That", (non-existence).

And therefore, it's obvious that:

> There is only one ideal path to true enlightenment,
> which is to end the whole of existence, in an
> instant/painless/effortless/guaranteed/permanent way.

And, of course, since "True enlightenment occurs, when the whole of existence permanently becomes "That", (non-existence)", then what this means, is that there can't be any things like "enlightened people" (or enlightened: beings, entities, societies, worlds, times, eras, dimensions, realms, etc).

Note: With this true type of enlightenment, there's absolutely no need to discuss anything about it, because there's absolutely no ambiguity, (nor issues about interpretation, nor anything to dispute, nor any other stupidity), because this enlightenment is about the whole of existence as "That" (non-existence), and in non-existence, there are:

- No teachings.
- No teachers, (and no enlightened people/beings/etc).
- No students/disciples/followers/etc.
- No special places, (eg, ashrams, monasteries, etc).
- No rules, dogma, etc.
- No person that can get enlightenment.
- No special powers.
- No such thing as enlightenment, (or awakening, self-realisation, etc).
- No special/higher dimensions (or realms, etc).

- No god.
- No existence.
- Etc.

Indeed, it's even ridiculous to use the term enlightenment.

Of course, when you understand all of this, you then realise, that all the things which people call enlightenment/spirituality/religion/god/etc, are nothing but weapons/tactics to control/manipulate/use/enslave people, (as personal-slaves, and/or work-slaves).

Note: All of this causes suffering, but the blame for all of this, is on the people, (not on the institutions/organisations/systems), because people are constantly creating (and/or perpetuating the existence of) these religions/institutions/groups/organisations/systems/etc, because they want to use these things, to control/manipulate/enslave their personal-slaves (and/or work-slaves).

Ie, all these things cause suffering, but people want them to be kept in existence, because people want to use them, as part of their arsenal of weapons/tactics.

And, of course, that is only part of their arsenal.
-- Ie, there are many other weapons/tactics, including all the rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), across all aspects of life.

And, it's important to remember, that:

> All of this is created (and/or perpetuated), purely because people want to use/enslave people, (as personal-slaves, and/or work-slaves).

Note: It's important to see, how all the information in this conclusion, is applicable to all levels of life.

One example of this, is that a person can use the information provided, to truly/totally deprogram themselves, and even if they start at the superficial levels, it will lead them to ever-deeper levels, and then to "That".
-- To give an example of this, let's use the following obvious statement.

> To reduce the prison/torture/slavery/rape, that is in your life,
> you have to recognise (and admit),
> the prison/torture/slavery/rape, that you are in.

This is obviously a superficial level of deprograming, however, it does lead you to ever-deeper levels, and then to "That".
-- To make this clearer, we can re-word it, as follows:

> To reduce the prison/torture/slavery/rape, that is in your life,

you have to recognise (and admit),
the prison/torture/slavery/rape, that is your life.

And, this is true for all levels. Ie, it's true for the individual, and for existence itself.
-- Indeed, to make this clearer, we can re-word it, as follows:

To reduce the prison/torture/slavery/rape, that is in existence,
you have to recognise (and admit),
the prison/torture/slavery/rape, that is existence.

Ie, it then becomes very obvious, that the only solution, is to end existence. And then, what remains, is "That", (non-existence).

Note: What all of this should be beginning to show, is that the idea of ending existence, (in order to end all suffering (for all)), is not some out-there desperate idea, but instead, it's just the only solution.

However, let's bring it down to the level of the individual again.

It's important to realise, that to solve any problems in life (no matter how small), you need to examine everything.

Indeed, this is obvious, because life is something that is made up from many different aspects/subjects/topics (in and of life), and these are all interrelated, and inextricably interlinked.
-- Therefore, if you make even the smallest of changes to one aspect of life, the other aspects will all be affected.

Therefore, if you want to solve problems in life, you can't just solve one aspect at a time, (because this will solve one aspect, but cause problems in all other aspects of life).

Therefore, you have to examine it all, or not bother.

Indeed, doing anything else, will just create more problems/suffering.

And what is also obvious, is that to reduce/prevent/eliminate suffering, the absolute deepest issues in life must be analysed.
-- By "deepest", I mean the absolute deepest, because if there are 100 levels, but you only analyse 99 levels, then all those 99 levels which you analysed, can all be incorrect/bad/upside-down, because all those 99 levels, are built on top of the most fundamental level, (which you have not analysed).

A good example of not analysing a fundamental level, can be seen in the subject of

suffering.
-- Eg, if you've been brainwashed/programmed to believe that “suffering is acceptable and necessary”, then when you do an activity in life, which makes you suffer, you just think that “suffering is acceptable and necessary”, and therefore, you'll just keep doing that same activity, and therefore, you'll keep suffering.

Ie, this will keep happening, until you analyse (and deprogram) the brainwashing/programming in you, which made you believe that “suffering is acceptable and necessary”.

However, even if you do analyse all of the fundamental levels/issues in life, it is also vital, that you analyse all of the other levels, (all the way up to the most superficial levels).

Most people do not do this, and this makes their knowledge (about the fundamental level), meaningless (due to it being an incomplete picture/understanding of the whole), and therefore, this will inevitably lead them to cause suffering (to themselves, and others, and everyone).

Of course, most people don't want to examine all levels, because that is their tactic. Ie, to avoid learning that they’re a selfish/immoral/cruel person, they simply avoid examining certain levels.
-- Eg, if someone is exposing them as being selfish/immoral, then they’ll hide behind some quotes which refer to some deeper level, (eg, the level of non-duality). Indeed, it’s common to hear people try to escape their immoral actions, by saying things like: “There is no good/bad, right/wrong, moral/immoral”.

Of course, after you know about the “neutral/natural/true start-point (for everything)”, these people will not be able to escape via those tactics. And neither will you. And neither will anyone.
-- I’ll explain this in more detail, at the end of this short conclusion.

Of course, because those people will not be able to escape via any of those tactics, they will then resort to other tactics, (eg, sly/subtle ridicule, shaming, etc). Indeed, this is common in all aspects of life, (eg, relationships, friendships, family, etc).

Note: It’s important to see, that because people are constantly being immoral (by using/enslaving people (as their personal-slaves, and/or work-slaves)), this means that they're going to be constantly trying to say things to you, in an attempt to brainwash/program you, and this will keep happening, until they succeed in making you believe that their immoral actions, are moral and acceptable.

Therefore, if you know that what they’re doing is immoral, then it’s important to realise, that this will never end.
-- Ie, they will never be able to give up trying to brainwash/program you. And indeed, they can’t ever give up, because they need everyone around them to believe that

using/enslaving people as personal-slaves (and work-slaves) is moral and acceptable, because otherwise they will begin to feel guilty about all the suffering that they're causing their personal-slaves (and work-slaves).

Therefore, since this could go on forever, if you want to reduce/prevent/eliminate some suffering in your life, all you need to remember, is that as soon as you see anyone trying to subtly/slyly use all kinds of brainwashing/programming/control/manipulation/tactics (of whatever kind) on you, then you just naturally see that as a warning sign (of what they're truly like), and therefore, you realise that the only wise course of action, is to instantly end the relationship/interaction, and permanently cut all communication with them, forever.

Side note: You do not need to give them any explanation/answer (about why you want to leave the relationship/interaction, and cut all communication with them, forever).
-- However, if they want an explanation/answer, (and if you want to say one last thing (which might help them)), then just tell them that they will have their answer (and all their answers), if they examine the situation with ever-deeper honesty.

Side note: The term "ever-deeper honesty", refers to the process of being honest in ever-deeper ways. This is different to the term "Ever Deeper Honesty", which refers to the title of this book. (This is explained a bit more, on the last page of this book.)

Note:
Many people will try to say (argue) that:

1. "I am not using people as personal-slaves, or work-slaves."
2. "I give people freedom."
3. "Life is not prison/torture/slavery/rape."
4. "Life is not just 99% suffering, with a small scrap of happiness/peace for 1% of the time."
5. Etc.

The key point is, that none of this needs to be discussed, because it's all just words/excuses/lies/misdirection/deceit/gaslighting/etc.
-- This is true, because all of the issues in these statements (in points 1 to 4 (above)), are not things that are debatable, because it's indisputable that all these issues exist, as soon as people/society are doing the things, that the type B people/society do.

Indeed, a simple way to see this, is that:

> If a person honestly believes these statements (in points 1 to 4 (above)), then they will have absolutely no issue with proving it.
>
> Ie, if they believe these statements, then they can prove this, by allowing a charity to be created, which will provide everyone with two things:

1. A building, (which will be in every town), which absolutely any person can walk into, and ask to leave life, in an instant/painless/effortless/guaranteed way.

2. A service, (which will be in every town), which absolutely any person can phone, to request a person to come to their home, so that they can leave life, in an instant/painless/effortless/guaranteed way.

And, this charity/service/building, will allow the person to choose any method of death, including the option to have an instant/painless/effortless/guaranteed death whilst they're in the deepest states of deep sleep.

(Note: Many people would want this type of death, for many reasons, which I'll explain in the long conclusion. Indeed when you see the reasons, you'll see that many people would prefer this over a natural death, or suicide, or the usual methods of assisted-suicide (consensual-murder).
-- Indeed, this is obvious, because there is no type of death that is more peaceful, than an instant/painless/effortless/guaranteed death whilst a person is in the deepest states of deep sleep.

The key point is, that the time for talk/debate/conversation (ie, excuses/lies/misdirection/deceit/gaslighting/etc), is over, because this freedom to move away from suffering, either exists, or it doesn't.

Indeed, you are either a type A person/society, or a type B person/society.

And, this is not about trying to use words to convince (lie) about which one you are, because no conversation is needed, because a simple observation will reveal if:

- You use people as personal-slaves (and/or work-slaves), or not.
- This charity/service/building exists, or not.
- Babies are being brought into existence, or not.
- You are trapping/imprisoning/enslaving/torturing/raping people, via creating (and/or perpetuating) various rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), or not.
- Etc.

Note: It's important to realise, that this does not require intelligence, nor does it depend on believing people/governments/organisations/groups (whether official, or unofficial/alternative, or whatever else). Ie, each person can do this for themselves. Ie, each person can see if this charity/service/building exits, for them. Ie, each person can

check for themselves, whether they (themselves) have access to this charity/service/building.

Indeed, it's vital that each person has access to this charity/service/building, because it's vital that not one person/entity is excluded.

And therefore, this charity/service/building, has to be restriction free. Ie, there are no requirements (eg, age, class, gender, race, etc), and also, there are no checks, no waiting/delaying, nor any other sly tactics.
-- Indeed, you simply phone (or walk into) this charity/service/building, and you are then provided with instant freedom from this life of prison/torture/slavey/rape, and it all happens in an instant/painless/effortless/guaranteed way.

And it's important to see, that doing anything other than this, is outright immoral/cruel/evil, since it is directly causing people to suffer an entire lifetime of prison/torture/slavey/rape (suffering).

Side note: Any people who say that "Everyone already has the freedom, to just go and commit suicide", are totally ignorant (and selfish/immoral), because:

1. A quick think (or listen) about the subject of suicide, reveals that there is absolutely no method of suicide, which provides an instant/painless/effortless/guaranteed death.

   And, the last one of those words, ("guaranteed"), is (arguably) the most important one, because all methods of suicide can easily/accidentally go wrong, and then you still end up having to be in this despicable life, but in a situation/life of even more suffering.

2. Many people only want to leave life, whilst they have:

   a) Absolutely zero negative thoughts (in their head).

   And,

   b) Absolutely zero negative emotions/energies (in their body).

   There are a whole variety of reasons why people will want this.

   What this means, is that they only want to leave life, if there is a method which provides an instant/painless/effortless/guaranteed way out of life whilst they're in the deepest states of deep sleep.

   And for most people, this is an impossible thing to set-up (and do) by themselves, especially since a lot of the equipment that is needed to do this, is illegal.
   -- And, if people help each other with this, then despite the fact that this act is moral (since it ends suffering), and is consensual (ie, it is consensual-murder), it is illegal.

   The key point is, that most of these people do not want to do any illegal things,

because this might lead to being put in jail, which is a situation/life of even more suffering.

3. Many people will not be able to commit suicide, because they've been brainwashed/programmed (since birth), with thousands of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), and this has been done directly and indirectly, and all of these rules/beliefs/systems, sit on top of very deep programs/beliefs, (eg, the belief/idea/story/lie/gaslighting that: "Life is good, death is bad").

   Ie, they might have removed many programs from themselves (ie, deprogramed themselves a bit), however, they might not be able to remove this belief/program, because they do not know that it is in them (because it was put into them in an indirect way). (I'll explain this in more detail, later in this short conclusion.)

   Note: It's important to remember, that all of this brainwashing/programming/teaching/conditioning is done, purely so that people can use/enslave/rape people, (as their personal-slaves, and/or work-slaves).

4. Etc.

The level of how selfish/immoral/cruel/evil this all is, will become increasingly apparent, when these terms ("personal-slaves", "direct work-slaves", and "indirect work-slaves"), are examined with ever-deeper honesty, (which I will do, in the long conclusion).
-- And, you will then also understand, the importance of using words like "cruel/evil". Indeed, there are many very good reasons why these words need to be used, (but it must be done in a fair/equal/neutral way).

Note:
Earlier on, I mentioned the issue that:

> Life is 99% suffering, with a small scrap of happiness/peace (for 1% of the time).

This is true, if you include all types of suffering (including light/mild suffering), and it's calculated across your entire lifetime. This is all obvious, if you're able to clearly observe life, with ever-deeper honesty.
-- This is a big issue to cover, because all aspects of life, need to be covered. So this will all be done in detail, in the long conclusion.

Of course, doing this in detail, needs to be done for many other reasons, eg: to show that all things in life are pointing in the same direction, (towards "That", (non-existence)), and this includes even the most amazing moments in life, (including: divine ecstasy, pure pleasure, orgasms, true happiness, etc).

Note: All of that information (in the long conclusion), will be able to help you permanently reduce some suffering (in many different aspects of your life).

However, if you want to permanently eliminate all suffering in your life, then:

> You have to open your mind, to the fact that the solution to this, is not in life/existence, but from life/existence.

Note: No matter where you start from, this solution/conclusion is always the same.

Before moving onto the summary, let's run through this solution/conclusion in a slightly different way, as follows.

To get to the key point, let's start from here:

> People are (obviously) not free, because they're not provided with an instant/painless/effortless/guaranteed/permanent way out of life, whenever they want.

And, the only reason why people are not provided with an instant/painless/effortless/guaranteed/permanent way out of life, is because:

> Everyone wants to imprison/torture/enslave/rape everyone, (as their personal-slaves, and/or work-slaves).

And therefore, this means that:

> Life will always inherently be prison/torture/slavery/rape.

And therefore, this means that:

> Life will always inherently be suffering.

Indeed, a clear/honest observation of life, will show you that all of the statements (in this conclusion) are true.
-- And, no matter which way you come at it, the result is always the same, which is that:

> Life is suffering.

And, if you're able to see clearly/honestly, you'll see how even the most amazing/wonderful things in life, are inextricably interlinked with suffering.

So, from all of the above, we can then say that:

Since,

Suffering is unacceptable and unnecessary.

And,

Life is suffering.

It inherently follows, that

Life is unacceptable and unnecessary.

And therefore, that

Existence is unacceptable and unnecessary.

However,

The ultimate permanent solution, to all problems/pain/suffering/discomfort, in life (and existence),

is the same as,

The ultimate permanent freedom/peace/love/bliss, (which everyone is seeking/desiring),

and therefore,

All desires, fears, seeking, and realisations, will inevitably all lead to this one-same-thing, which is “That”, (non-existence).

And therefore, it becomes clear that some of these previous statements (eg, “Existence is unacceptable and unnecessary”), is not a bad thing, because everyone’s (deepest) desire, is for “That”, (non-existence).

Indeed, when you see things clearly/honestly, you realise that everything is actually pointing in this direction. Eg, earlier on in this conclusion, I said: “the type A people/society, aren't trying to be moral (or whatever else), they just simply don't want any person/thing to suffer.” Of course, I only said this as a stepping-stone, because the truth is that:

By the time a society is truly 100% moral, it is non-existent.

Ie, even if people/society are 90% moral, they will still have suffering in their lives, (because suffering will still be caused, because there is still 10% immorality), and therefore, they will naturally be propelled to keep eliminating suffering (in ever-deeper ways, (and at ever-deeper levels), until there is zero suffering, for all people/entities/beings, at all levels, including existence itself.

Note: From this previous statement ("By the time a society is truly 100% moral, it is non-existent"), it's obvious that:

> By the time a society is truly worth living in, it is non-existent.

And indeed, all of this is true at all levels, and therefore, when this is applied at the level of the individual person, it is realised that:

> By the time a person/entity is truly 100% moral, it is non-existent.

And from this, it's obvious that:

> By the time a person/body/consciousness is truly worth living in (having), it is non-existent.

And when this is applied at the level of existence, it is realised that:

> By the time existence is truly 100% moral, it is non-existent, (ie, non-existence, ie, "That").

And from this, it's obvious that:

> By the time existence is truly worth living in (having), it is non-existent, (ie, non-existence, ie, "That").

And therefore, the inescapable conclusion, is that:

> The only thing truly worth living in (having)(being), is "That", (non-existence).

Therefore, from all of the above, it becomes obvious, that no matter where you start, it always comes down to the same conclusion/realisation/solution/desire, which is that:

> The ideal permanent solution/desire, of how to end all suffering (for all) (and

get “That” which is beyond freedom/peace/love/bliss), is to end existence, in an instant/painless/effortless/guaranteed/permanent way.

It might sound strange (to some people), to say that existence can be ended (instantly/painlessly), but it is a practical possibility, (because anything that is created, can be ended). And, this is true, no matter whether the creation of existence, is: a projection, holographic, virtual, real, solid, a computer simulation, etc.

Note: Perhaps only certain people/entities, have the ability to end existence, (in an instant/painless/effortless/guaranteed/permanent way). Or, perhaps it needs a few people/entities, to be able to do this, (and/or, perhaps this needs to be 0.1% of the population). And/or, perhaps certain devices/equipment are needed. However, whatever the case, the important thing to realise, is that:

Life/existence can be ended, and it will definitely be ended, because it’s already happening.
-- Indeed, life/existence is naturally/inherently/inevitably going to end, because “life” (and “existence”), are just systems, and no systems is 100%.
-- Ie, all systems will naturally/inherently/inevitably crack, and then they will keep cracking, until they no longer exist.
-- Ie, it’s not a matter of “if”, but “when”.

However, it’s also important to remember, that when speaking about any type of systems (eg, political, societal, financial, interpersonal, personal, religious, spiritual, etc), it is obvious that:

All systems are going to (inherently) always cause suffering.

And therefore:

The longer the system continues,
the longer the suffering will drag on.

Ie:

The longer the system continues (until the system totally ends, (no longer exists)),
the longer the suffering will drag on.

And, since life/existence is a system, this means that:

The longer existence continues (until existence totally ends, (no longer exists)),
the longer the suffering will drag on.

And, of course, the speed at which a system will come to an end, is dependent on various

factors. Indeed, a good example is that:

> A building can't collapse/end, if people/entities are constantly maintaining/perpetuating that building.

Ie, in more general terms:

> A system can't collapse/end, if people/entities are constantly maintaining/perpetuating that system.

And at a deeper level, this means that:

> Existence can't collapse/end, if people/entities are constantly maintaining/perpetuating that existence.

And what this means, is that:

> Suffering can't collapse/end, if people/entities are constantly maintaining/perpetuating that suffering.

Therefore, everyone needs to realise/recognise/admit, that:

1. "Life" (and "existence"), are just systems.
2. All systems cause suffering.
3. The only true permanent way to end all suffering (for all), is to instantly/painlessly end all systems.

And therefore,

4. The ultimate permanent solution, to end all suffering (for all), is to instantly/painlessly end existence, because then what remains, is "That" (which is beyond: peace, love, bliss, pain, suffering, etc), which is what everyone is truly wanting.

And, the only way that this will all happen quicker, is if people recognise/admit, all the key points in this conclusion, eg, that:

- Life (and existence) is prison/torture/slavery/rape.
- Life (and existence) is survival of the stupidest.
- Suffering is unacceptable, and unnecessary.
- Using/enslaving people (as personal-slaves, and/or work-slaves), is unacceptable, and unnecessary.

- Life (and existence) is unacceptable, and unnecessary.

- Etc.

And it's important to realise, that this will all just naturally happen, if people just stop deluding/lying/misdirecting/brainwashing/programming/gaslighting themselves (and others).
-- Ie, just stop with all that selfishness/stupidity/immorality, because it only causes you (and everyone) suffering, because you (and everyone) are just perpetuating suffering.

However, do not see the things that I'm saying in this conclusion, as new beliefs to cling to.
-- Actually, this is not an issue, because all of this information will do it's job, and then dissolve itself. Indeed, this is obvious, because if people/societies act on this type of information, it will naturally propel them to keep moving towards less and less suffering and ever-deeper freedom/peace/love/bliss, until all that remains, is "That".

Note: A typical argument (excuse/misdirection), that many people will say, is: "If all people/entities/things/dimensions (and existence itself), are all inevitably heading towards "That", then nothing needs to be done".

The simple answer to this, is that: Doing this is fine, if you want to suffer.

Indeed, it all just depends on how much people/societies want to suffer.
-- I'll explain this as follows.

In terms of how much people/societies want to suffer, this can be broken down into three options:

Option 1:
Extreme long-term suffering,
will happen to all people/societies which are taking
the indirect (totally opposite direction) route (to "That").

What I mean by the "indirect (totally opposite direction) route", is that these people/societies are choosing a route of being selfish/immoral/bad, which will cause themselves immense long-term suffering, and this will keep happening, until the suffering becomes so extreme, that they are then forced to stop and examine all things in life (and life/existence itself).

However, if they do not examine all aspects of life (and all levels of life, and life/existence itself, (in a clear/honest ever-deeper way)), then they will have to suffer more, (ie, keep going through this cycle-of-suffering), until they realise that the ultimate (and only) solution to suffering, is the same as the ultimate freedom/peace/love/bliss, which is "That", (non-existence).

And therefore, all their actions (from that point onwards), is to help them (and everyone) get directly to “That”. Ie, all their actions are then moral. Whereas, the way that they were before, was purely about them living a selfish/immoral/bad life, where they used/enslaved other people, (as personal-slaves, and/or work-slaves).

Side note: Just to reiterate this point, yes, I did use the word “bad”, because there is good/bad, (and: right/wrong, moral/immoral, etc). This is obvious, and I’ll explain this in more detail, when I explain the neutral/natural/true start-point (for everything), in the summary.

Option 2:

Short-term suffering,
will happen to all people/societies which are taking
the direct route (to “That”).

These people/societies are just naturally moral, (ie, they just naturally do not want to cause suffering to others).
-- And therefore:

A) They just naturally do not want to bring any babies/entities into existence.

B) They just naturally want to provide all people/entities, with the freedom/choice/option, to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way.

C) They just naturally want to help deprogram any person/entity (who wants to truly/fully deprogram themselves).
-- And, obviously, these people/societies, no longer brainwash/program anyone.

Note: It’s important to see, that deprogramming will naturally happen (without external help), as soon as the constant brainwashing/programming (which everyone is constantly doing to each other) stops.

Indeed, this is inevitable, because when someone suffers, they naturally stop to investigate what caused their suffering. However, in selfish/immoral societies, they get constantly told/brainwashed/programmed to believe that that suffering (which they are directly experiencing), is acceptable/important/necessary/etc, and therefore, this causes them to repeat the cycle-of-suffering.

An analogy of this, is that you burn your hand on a hot stove, and therefore, you then remove it. However, you

then get brainwashed/programmed to believe that that suffering (which you just experienced), is something that you must just accept (because: “That’s just part of life”, “You must be strong”, “You must persevere and succeed”, etc).
-- Of course, if you accept this, then you’re going to put your hand back on the hot stove. And so the cycle-of-suffering continues.

Option 3:

Zero suffering,
will happen to all people/societies which are taking the instant route (to “That”).

These people/societies know that option 1 is pure stupidity (because why would you want to cause suffering to yourself). And they also know, that option 2 is good, but it’s still a little bit stupid, (because if you know that the ultimate end result/solution/desire, is “That”, then why not just go straight to “That”). And therefore, these people/societies will try to end existence, in an instant/painless/effortless/guaranteed/permanent way.

There is also a fourth option, which is those people/societies who are doing option 2 and 3 (simultaneously). Ie, whist trying to do option 3, they’re also doing option 2.

Note: It’s important to realise, that even if people believe that option 3 is too difficult (or impossible, or whatever else), there is absolutely no excuse for not doing option 2, because points A, B and C (mentioned in option 2 (above)), are all able to be done by all people/societies, because A, B and C, do not need some skills (or technology) which only exists in the future. Ie, it’s all able to be done right now.

And therefore, there is absolutely no way/excuse, for any people/societies, to justify their immoral behaviour.

Note: Some people might say, that after existence ends, it will just restart again. Ie, it won’t be permanent. This argument can be countered, and I will explain this all in more detail, in the long conclusion. Indeed, all arguments are countered. However, what is more important to see, is that all such arguments are not only countered, but are actually totally irrelevant. This might sound strange, but it’s true. I’ll explain why, in the long conclusion.

The key point is, that no matter what arguments are used, or what aspect of life you’re examining, (and I will examine all aspects of everyday life), the ultimate solution/desire is always the same, which is zero suffering (for all), and “That” (for all), by ending existence, in an instant/painless/effortless/guaranteed/permanent way.

Note:
It's important to see, that I could have written all of this, without any mention of "That", and without any discussion about ending the whole of existence.
-- Indeed, I could have just said that:

The conclusion of this book,
is that everyone has one choice to make.

(This choice will determine everything in your life,
including how much you will suffer,
and how much freedom/peace/love/bliss there will be in your life).

This choice that has to be made,
is between:

Option A:
You choose to believe that: "Suffering is acceptable".

Option B:
You choose to believe that: "Suffering is unacceptable".

It really is that simple. Nothing more needs to be said.

The reason why nothing more needs to be said, is because after this choice is made, everything will naturally follow.

Of course, if a person/society chooses option A, then they will create (and perpetuate) suffering (for themselves, and everyone else). This is inevitable, because they believe that "Suffering is acceptable".

Note: When they do suffer, they have no right to complain, (because it's absolutely ridiculous to complain about suffering, if you believe that "Suffering is acceptable").

Basically, if a person choose option A, it will be like a person punching themselves in their face (with their own fist), and then they'll complain that it hurts (and that they're suffering), but they'll just keep doing this over and over again. And, despite the fact that they're suffering, they will tell other people to do the same thing.

Of course, the only way that this can all permanently stop, is when they change to option B (and choose to believe that "Suffering is unacceptable"). This is obvious, because whilst they believe that "Suffering is acceptable", it's just impossible for them to break the cycle-of-suffering.

Ie, these people are literally creating their own suffering.

Question: So, why do people choose option A?

Answer: The reason why people choose option A, is because they want to believe (and need to believe, and have to believe) that “Suffering is acceptable”, because they can’t believe that “Suffering is unacceptable”, and then have babies, (because everyone knows that babies will suffer regularly, throughout their entire lifetime).
-- Ie, they know that the baby will suffer regularly (throughout it’s entire lifetime), and if they believe that “Suffering is unacceptable”, and then have a baby, then that would make them indisputably immoral/cruel, (because they are causing suffering to a person, for an entire lifetime).

And they also know, that if they believe that “Suffering is unacceptable”, and they then use/enslave people as their personal-slaves, (and/or work-slaves), then they are also indisputably immoral/cruel, because everyone knows that all personal-slaves (and work-slaves) suffer regularly (throughout their entire lifetime).

And another reason why people choose to believe that “Suffering is acceptable”, is because the only other alternative, is to believe that “Suffering is unacceptable”, and as soon as you truly believe (and naturally live) this, then everything in your life will start to shatter (in ever-deeper ways) as you realise that you have been brainwashed/programmed/used/enslaved (in ever-deeper ways).

And you also realise, that you have been brainwashing/programming/using/enslaving people. And therefore, you have to accept/admit that you have been a selfish/immoral/cruel person, and perhaps even an evil person (if you caused any people long-term suffering).

And then you also realise, that life (and existence) is prison/torture/slavery/rape, and that life (and existence) is cruel/evil.
-- And therefore, this means that life (and existence) is survival of the stupidest.

And the problem is, that all of these realisations, are inescapable, because it applies to all aspects of life, and all levels of life/existence. And therefore, for most people, the implications become too much to bear, and therefore, they prefer to stay in delusion, (and the only way to do this, is to believe that “Suffering is acceptable”).

Side note: They might believe/argue that “suffering is necessary”, (and/or that “suffering is important”, and/or that “life is perfect”, or whatever else), but this is all just another way of trying to brainwash/program themselves (and others) to believe that “Suffering is acceptable”. I’ll explain this (and all other such brainwashing/programming/lies/gaslighting) in detail, in the long conclusion.

Note: It's important to see, that this lie/delusion, is not just something that causes them suffering, because this lie/delusion (that "Suffering is acceptable"), only gains weight (becomes real enough), if they're able to make other people believe it. This is why everyone is constantly trying to brainwash/program everyone with it, (directly, and indirectly).

And, to make this belief have practical weight, they then also have to brainwash/program themselves (and others), to believe that it's acceptable to have personal-slaves, and work-slaves, and babies.

So, the key thing to see, is that: Just because they don't want to face the truth (of how things really are in life/existence), they're willing to cause other people suffering, just so that it makes them feel a bit better.

And, in the case of believing that it's ok for them (and/or other people) to have babies, they're causing immense amounts of suffering, because every baby that is born, will suffer regularly, throughout it's entire lifetime.

Ie, everyone is suffering regularly in their everyday lives, and the reason why this is all happening, is because people keep brainwashing/programming everyone to believe that having a baby is acceptable/good/important/necessary/etc.

Ie, so much suffering is caused to everyone, and it all keeps happening (in endless cycles), because people want to make themselves feel a bit better, (by deluding themselves enough, to avoid having to face the truth (of how things really are in life/existence)).

And the key words in that last sentence, are "a bit", because even after doing all of this (causing a lifetime of suffering to others), they still end up suffering most of the time.

Therefore, these people/societies are the definition of stupid, and they are indisputably selfish/immoral/cruel/evil.
-- And it must be seen, that these four words (selfish/immoral/cruel/evil), can't ever begin to describe the fact, that these type A people/societies, are causing billions of people a lifetime of suffering, generation after generation.

And, what is also important to see, is that:

> These people have to brainwash/program themselves (and others), to believe that it's acceptable for people to have babies, because if they start to believe that it's not acceptable to have a baby, (because having a baby is selfish/immoral/cruel/evil, because life is prison/torture/slavery/rape), then they would also have to accept, that life is prison/torture/slavery/rape.

And, of course,

> If a person accepts that life is prison/torture/slavery/rape, then they also have to accept, that life is survival of the stupidest.

And, of course,

> If a person accepts that life is survival of the stupidest, then they also have to accept, that the only wise action, is to leave life/existence, as soon as possible.

Ie, the key point is:

> That as soon as the person accepts, that the act of having babies, is selfish/immoral/cruel/evil, then their whole life gets turned upside-down, (in a very traumatic way).
> -- And, since people do not like their lives to be turned upside-down, (in a very traumatic way), then what this means, is that they'll try to stay in 100% denial/delusion.

And, of course,

> They can't stay in this denial/delusion, unless everyone else is also creating/perpetuating (and living in) this same denial/delusion.

Ie, this is why, everyone is in denial/delusion.
-- And, of course, where there is denial/delusion, there will always be suffering.

Note: All people are in denial/delusion, (to varying degrees), and all people have more than one delusion/denial, (which are all happening simultaneously).
-- However, the key point here, is that the previous few paragraphs, are talking about a denial/delusion, which is on the level of life/existence itself.

Ie, the brainwashing/programming/conditioning/lies/deceit/denial/delusion/etc, just can't get any bigger than this.

Note: What this all means, is that two of the deepest programs, that everyone is (directly and indirectly) brainwashing/programming everyone with, are the beliefs/lies that:

1. “Life is good, death is bad.”

And,

2. “Existence is good, non-existence is bad.”

Of course, there are many other similar beliefs which people try to brainwash/program everyone with (directly and indirectly), and these beliefs all vary by replacing the word “good” (and “bad”) with some alternate word. Or, the long way to say these beliefs/lies, would, be:

A) “Life (and existence) is

good/precious/special/moral/selfless/acceptable/necessary/etc."

And,

B) "Death (and non-existence) is bad/immoral/selfish/unacceptable/etc."

This is a very important subject, and I'll examine it in more detail, in the long conclusion.
-- The reason why I say that "This is a very important subject", is because almost everything is based on these two lies/deceptions/brainwashing/programming.

And, of course, whatever is based on a lie/deception, is also a lie/deception, and therefore, since 99% of life is based on these two lies/deceptions, then it's to be expected, that 99% of your entire lifetime, will involve suffering (to varying degrees).

And, with ever-deeper lies/deceptions, the truth of the situation gets ever-more hidden, and therefore, it becomes ever-harder to stop the cycle-of-suffering.

The only way to truly understand this, is to examine just how much is based on these two lies/deceptions, and then keep examining it, with ever-deeper honesty.
-- Indeed, most of the "normal" "harmless" thoughts in your own head, are based on these two lies/deceptions.
-- Eg, a simple thought/comment like "I want a glass of water", wouldn't be possible, unless there was an underlying belief, that "Life is good, death is bad".

Indeed, if you believed that "Death is good, life is bad", then you would want death, and would probably be dead, (and therefore, you would not be able to want a glass of water (because you're dead)).

And, no one would ever consider doing any of the usual things/activities/hobbies in life, (eg: relationships, friendships, family, jobs, having children, etc), unless there was an underlying belief/programming in them, which was that: "Life is good, death is bad".

Note: It's important to realise, that this belief ("Life is good, death is bad"), can be easily brainwashed/programmed into people indirectly.
-- Indirect brainwashing/programming, can be infinitely more effective than direct brainwashing/programming, because the person has never heard the fundamental program go into them, yet it's running their life.
-- Ie, it's a phantom program.

I'll explain the difference, as follows:

- Direct brainwashing/programming, is where you brainwash/program a person with that exact belief.
  -- Ie, in this case, a person is brainwashed/programmed to believe that "Life is good, death is bad", and this is done by . brainwashing/programming them with the belief "Life is good, death is bad".

- Indirect brainwashing/programming, is where you brainwash/program a person with many other beliefs (which require a specific fundamental belief to also exist).
    -- Ie, in this case, a person is brainwashed/programmed to believe that "Life is good, death is bad", and this is done by . brainwashing/programming them not with the belief that "Life is good, death is bad", but with many other beliefs, (which require them to fundamentally believe that "Life is good, death is bad").

And it's important to see, that almost all beliefs, need this fundamental belief ("Life is good, death is bad") to exist.

Ie, everyone has been indirectly programmed with this belief.

And most people are totally oblivious to this fact, and the fact that this very fundamental brainwashing/programming, is running their every decision.

Side note: Many people talk about how sweatshops are bad. And they also talk about how everyone is bad for buying their clothes from manufacturers who use sweatshops.
-- What everyone is missing, is that blaming sweatshops is misdirection.

The real people to blame, are the parents who brainwashed/programmed their children (the employees of these sweatshops) with the belief "Life is good, death is bad".
-- Indeed, if this belief had not been brainwashed/programmed into them, then they would not be working in sweatshops.

And, if no one in the world had been brainwashed/programmed with this belief, then no one would be working in sweatshops. And therefore, no sweatshops would exist.

The key thing to see, is that:

> If this belief ("Life is good, death is bad") is not in you, then if you ever come across anything in life that is unacceptable (eg, suffering that is caused by an unacceptable environment/activity), then you would simply move away from that environment/activity.
>
> Note: The reason why I said "simply", is because you have no fear of moving away from it. Ie, most people don't move away from suffering, because they have some fear/desire/etc. However, you have no fear, because you know, that if all environments/activities/people are seen to be unacceptable (because they all cause suffering), then you will simply choose to move away from all of them.
>
> Moreover, you also know, that if life/existence is seen to be unacceptable (because it causes suffering), then you will simply choose to move away from life/existence.

Ie, this applies to everything, (all aspects of life, and all levels of life).

Ie, the only reason why people put themselves through any suffering (in their job/relationships/friendships/etc), is because they have the fundamental brainwashing/programming in them, that “Life is good, death is bad”.

Ie, this is why everyone is suffering.

So, this leads to an obvious question.

Question: Who is responsible for causing this suffering to everyone?

Answer: Everyone. Because everyone is constantly brainwashing/programming everyone with all types of things, and all these things are indirectly brainwashing/programming everyone, to believe that “Life is good, death is bad”.

So, the situation is, that:

> Everyone is causing everyone to suffer, and this will continue, until everyone recognises/admits all of this, and stops trying to brainwash/program/use/enslave each other (as personal-slaves, and/or work-slaves).

And, one of the main things that people brainwash/program their slaves to believe, is that “Suffering is acceptable”.

And it’s also important to see, that many people will try to brainwash/program everyone to believe in some lies about the purpose (and meaning) of life, because this will then indirectly brainwash/program people to believe that “Suffering is acceptable”.

And, of course, it’s also important to see, that the belief “Suffering is acceptable”, can only exist, if you also believe that “Life is good, death is bad”, and, “Existence is good, non-existence is bad”.

Note: If you believe that “Suffering is unacceptable”, you will be naturally/inherently unable to have babies, (or use/enslave people as personal-slaves (or work-slaves)), because you just naturally do not want to cause suffering to others.

And, a side-effect of being like this, is that you will suffer a lot less, and some suffering in the world will be reduced/prevented/eliminated.

And, after you’ve reduced/prevented/eliminated this type of suffering, you’ll then be aware of deeper/subtler levels of existence, and in these deeper/subtler levels, you’ll realise that

there is suffering (in a subtler form), and so you'll naturally want to reduce/prevent/eliminate this suffering.

Of course, by the time each level (in existence) is truly 100% free from suffering, that level will be non-existent. And therefore, by the time that this is done for all levels, all levels will be non-existent. And then what remains, is non-existence, ("That").

Ie, if a person/society chooses option B, then this belief (that "Suffering is unacceptable"), is not something that is a permanent part of their life, because it is only there as a tool/guide, to totally free them (and everyone) from suffering, and then, when the only thing that remains is "That", there is no belief, (and no tool/guide, and no person, and no society).

And, this is also true for all the other tools/guides in this conclusion, (eg, the tool/guide of ever-deeper honesty).

Side note: I'm saying that these things are "guides", however, it's not really a guide, because it doesn't tell you where to go, or what to do. Instead, it just tells you where not to go, and what not to do.

Ie, these guides, ("Suffering is unacceptable" and "ever-deeper honesty"), are tools/guides which do not tell you to go to something. Indeed, they do not tell you to go straight to "That" (non-existence). What happens, is that as you keep using these tools (in ever-deeper ways), you realise that everything in existence is malevolent. And then, the only thing that remains, is "That" (non-existence).

Ie, these guides, ("Suffering is unacceptable" and "ever-deeper honesty"), are (temporary) tools/guides, which will help you to continuously keep reducing/preventing/eliminating suffering, and get ever-deeper freedom/peace/love/bliss, until all that remains, is "That".

Note: I'm not trying to make everything end up at this outcome (of "That"). I'm just saying, that you need to examine life clearly/honestly (in ever-deeper ways), and then whatever observations/conclusions are found, is what is found.

Ie, I did not start from an outcome (which I wanted to get to), and then make up the rest.

Ie, the important thing to do, is to:

> Deliberately use a solid/indisputable/inescapable start-point,
> because then whatever the outcome,
> you can't dispute it, nor escape it.

The reason why this is important, is because if you do not do this, then you'll probably do a clear/honest observation of everything in life, and then realise that you don't like the results/conclusions/solutions, and so you then go back and fudge the results, (or cover over the results, or constantly misdirect/delude yourself (and other people) away from these results/conclusions/solutions).

-- This is what everyone is constantly doing, and this is why there is so much suffering in the world.

So, what is clear from these previous few paragraphs, is that there are two important things here. Firstly, all of life must be clearly/honestly observed. Ie, the examination is of all aspects of life, and all levels of life. And not one aspect (or level) of life, is missed out. Ie, even the superficial aspects must be examined. I'll explain why all this is true (and important), in the summary.

Secondly, you need to have a solid start-point. This will make sure that you can't dispute (nor escape from) the observations/conclusions/solutions that you find, and this will make sure that you can't then delude yourself. And this will then break your cycle-of-suffering.

Also, since this start-point is "The neutral/natural/true start-point (for everything)", then it will not only be able to help break the cycle-of-suffering on an individual level, but also on all levels, (eg: family, community, society, country, planetary, the whole of existence).

And, since it is free from opinion and agenda, it will lead to conclusions that are indisputable and inescapable not just for you, but for everyone.

I'll explain this "neutral/natural/true start-point (for everything)" next, in the summary.

Summary

Before this book can really start, it's important to establish:

The neutral/natural/true start-point (for everything).

Before I explain what this is, and how it comes into existence, I need to go through a brief (one page) explanation, of why we need a neutral/natural/true start-point (for everything).
-- So the next page is very basic, but necessary. So bear with me.

When people interact with each other, they do so, because they want something, (eg, a thing, feeling, person, etc). There are many weapons/tactics, that they can use to get/control/manipulate that person, (to achieve their desire), but the most common weapon/tactic, is words.
-- Ie, they'll use (and/or define, or redefine) words, so that they can:

1. Create/sustain/destroy, various beliefs/ideas/information/etc.

2. Create/sustain/destroy, various rules/systems (whether: legal, moral, social,

interpersonal, personal, religious, spiritual, etc).

This happens at all levels. Eg, even within a small group of people, (eg, friends, relationships, etc), each person will want to try to impose their beliefs/ideas/rules/systems onto everyone, eg, what everyone in that group should believe is:

- Good/bad.
- Right/wrong.
- Moral/immoral.
- Acceptable/unacceptable.
- Etc.

Of course, the only reason why a person/group ever wants these beliefs/ideas/rules/systems to be implemented (and obeyed), are because those beliefs/ideas/rules/systems, will benefit them, (whilst being a disadvantage, to their competitors/enemies), and this will help them get what they're desiring.

The potential problem for this book, is that this book wants to reduce/prevent/eliminate suffering, and for a specific type of suffering to be reduced/prevented/eliminated, the true cause of that suffering, has to be exposed/recognised/admitted. The problem then comes, because most people do not like it, when this happens, because it threatens to:

1. Expose some horrible truths to them, (and everyone else).
   -- Indeed, it's obvious, that a person will not want to hear any truths, if those truths are going to expose to everyone, that that person has been doing many selfish/immoral things, and causing many people to suffer.

2. Burst their bubble/delusions.
   -- Indeed, it's obvious, that threatening to burst a person's bubble/delusions, is the worst thing for them, because all people spend most of their life, trying to create (and/or maintain), their bubble/delusions/systems.

Of course, since people do not want this to happen, they'll do everything in their power, to convince themselves (and other people), that the information (which is a threat to them), is not true.
-- There are many ways to do this, and the simplest, is to just keep attacking the information (which is a threat to them), whilst also creating (and sustaining), the beliefs/ideas/rules/systems, that are beneficial to them.

Indeed, it just becomes a game/war, where words are the weapons.

And, if they're beginning to lose the war, then they'll say things like:

- “Your ideas/beliefs/truths, are just subjective.”
- “There is no 'truth'.”
- “There is no good/bad, right/wrong.”
- Etc.

The key point is, that everyone keeps playing these games/wars, and therefore, suffering keeps happening, (for everyone).

Therefore, if this book wants to end all suffering (for everyone), a method needs to be used, which exposes these truths, (ie, the true causes of suffering), and it does so in a way, which people cannot argue against, nor escape from.

The only way to do this, is if this book starts from a neutral/natural/true start-point (for everything), and then continues in an objective/rational/logical way.

And part of this process, will be to define words, in a neutral/natural/true way. And what this means, is that the definition of the words (used in this book), will be fair/equal. (Actually the words will be beyond fair/equal.)
-- And therefore, all subsequent statements and conclusions (that are based on those words), are fair/equal, to everyone.

So, let's begin.

A neutral/natural/true start-point (for everything), is something that is “true” (for everyone).
-- And the only way to get something that is true (for everyone), is if you have something that is “real” (for everyone).

One thing that is real (for everyone), is that: Suffering is real, (or as good as real).
-- Therefore, the neutral/natural/true start-point (for everything), is:

Suffering is real, (or as good as real).

Of course, this must be provable.
-- However, proof is not enough, because what is also important, is that this proof is:

1. Practical/tangible/real, (and not just some theoretical/academic/scientific/religious/spiritual/philosophical nonsense).

2. Able to be done by everyone.
   -- Ie, this is not a proof, which is done in an experimental laboratory, by only a few people in the world, and everyone else has to accept their findings/proof, and believe that they're not lying/misdirecting you, (or that they themselves, have been fooled/tricked).

3. Able to be recreated, as many times as you need.
   -- Ie, it's not just something that can be proven on some occasions, but it doesn't work on other occasions.

Note: This proof does not really need to be done (in practice), because it's something that is so obvious. However, there are always some people, who want to argue against it (so that they can create selfish/immoral/unfair/unequal
rules (and systems/beliefs), whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc.

So, if these people need this to be demonstrated/proved to them, then (as long as they consent to it), this can be demonstrated (and proved) to them, in the following way:

> To demonstrate (and prove) to them, that “Suffering is real, (or as good as real)”, all that you need to do, is to (directly or indirectly) cause pain/suffering to them, (which can be a combination of physical, mental, emotional, spiritual, pain/suffering), and then keep increasing this pain/suffering, until it's far beyond their pain/suffering threshold. At this point, they will then admit that:
>
> 1. Suffering is real, (or as good as real).
>
> 2. Suffering is unwanted.
>   -- Ie, they want the pain/suffering to be reduced/prevented/eliminated.
>
> 3. Freedom is wanted.
>   -- Ie, they want the freedom, to be able to leave this situation (of intolerable pain/suffering), in an instant/painless/effortless/guaranteed/permanent way.
>   -- And, if they can't leave this situation (of intolerable pain/suffering), then they want the freedom, to be able to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way.
>   (I'll explain this in more detail, in the long conclusion.)

Ie, this proves that, “Suffering is real, (or as good as real)”, and from this neutral/natural/true start-point (for everything), everything can start, because we now have something that is “real”, and “true”.

Moreover, because we've now proved that, “suffering is unwanted”, we can now say that:

> Any pain/suffering that is inflicted (directly or indirectly) onto a person, is non-consensual, (unless they actually asked for this to be done to them).

So, from here, we can now define all other words, (eg: “immoral”, “bad”, “wrong”, etc).
-- Ie, since we now know, that pain/suffering is real (or as good as real), and that it's not wanted by anyone, it can therefore be said, that:

> A person that creates/perpetuates/increases (unwanted, non-consensual)

suffering, (directly or indirectly, via their action or inaction) to another person, is doing something that is immoral, bad, and wrong.

And, if this is done with high intensity, (or with low intensity over a long period of time), then it can be called “cruel”, and with even more intensity (or time), it can be called “evil”.

Ie, these words have been defined, from this neutral/natural/true start-point (for everything).
-- Ie, the definition of these words, are without agenda. And, therefore, they are fair/equal, to everyone.
-- And therefore, any sentences that I create using these words, are also going to be fair/equal, to everyone.

Ie, this is the opposite of what most people do, which is to define/use such words, to attack other people, (and/or to make themselves look good), and/or to create unfair beliefs/rules/systems/laws, (or for whatever other selfish/immoral motives that they have).

Note: The issue of truth, words, and definitions, (and the dimensions/realms that are beyond all words and truths), will all be discussed in more detail, in the long conclusion.

So, lets now take this one step further.

Earlier on, I mentioned that the person who is feeling pain/suffering that is far beyond their pain/suffering threshold, will admit that:

1. Suffering is real, (or as good as real).

2. Suffering is unwanted.
   -- Ie, they want the pain/suffering to be reduced/prevented/eliminated.

3. Freedom is wanted.
   -- Ie, they want the freedom, to be able to leave this situation (of intolerable pain/suffering), in an instant/painless/effortless/guaranteed/permanent way.
   -- And, if they can't leave this situation (of intolerable pain/suffering), then they want the freedom, to be able to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way.

What is also important to see, is that immediately after point 3, they will then also admit that:

4. If they want to move away from pain/suffering, and this freedom is not provided (in an instant/painless/effortless/guaranteed/permanent way), then their situation/life, is prison/torture/slavery/rape.

5. Any people/society/systems/governments/laws/rules/etc, which force

people into (and keep them in), a situation/life which is prison/torture/slavery/rape, are inherently selfish/immoral/cruel/evil.

6. There is no middle ground, because the freedom (to move away from suffering), either exists, or it doesn't.

7. Since there is no middle ground, there is no room for discussion/debate/conversation/etc.

8. If the right to move away from suffering, does not exist, then this inherently means, that it's ok to imprison/torture/enslave/rape people. -- And this inherently means, that the society/systems/governments/laws/rules/people/etc, are:

    - Pro-torture.
    - Pro-rape.
    - Pro-enslavement.
    - Pro-false-imprisonment.

And, as they go deeper into all of this, it is also realised, that the category of evil, needs to be split into two sections:

- Evil = A person that does an evil act, to a person/entity.

- Ultimate evil = A person that does an evil act, to a person/entity, that they themselves created.

Ie, making someone suffer (long-term) is evil, but creating them, and then making them suffer (long-term), is obviously infinitely more evil, (because it's evil, on top of evil).

Note: The term "ultimate evil" sounds a bit extreme, and therefore, it would have been better to use some other term, however, there is no other term.
-- However, it's important to remember, that this term is just a natural result of the neutral/natural/true start-point (for everything). Ie, from this start-point, the term evil was derived, and then it was realised, that there is such a big difference between the two categories of evil, that this difference must be evident in the terminology used. Therefore, since this evil is infinitely more evil (than the other category), the term "ultimate", is correct.

And, the deeper you examine this at all levels, the more you realise, that there's another reason why "ultimate evil" is a fair/reasonable/logical term, and technically speaking, it's the correct (and ideal) term to use. The reason why this is the ideal word/terminology, is because the people who create new people/entities, are responsible for all the suffering in existence, and therefore, they are actually (by definition) the ultimate/highest of evil.

This is obvious, because if people/entities did not keep creating new people/entities, then existence would end, and then there would be zero suffering and ultimate freedom/peace/love/bliss in (as) "That", (non-existence).

There is another key thing that I want to mention in this summary, but before I can discuss it, I need to reiterate some points. So bear with me, for this next page.

This book will provide a method, of how to:

1. Permanently reduce/prevent/eliminate suffering.

And,

2. Get ever-deeper freedom/peace/love/bliss.

And,

3. Get “That”.

The method of how to get these three things, (in points 1 to 3), will be applicable to all people/entities/beings, and also to all dimensions/reams in existence, and existence itself.

Note: In this book, when I use the word suffering, I mean unwanted non-consensual suffering, (whether: physical, emotional, mental, spiritual, etc).

Since everyone's actions (at a fundamental level), are based on one of these three things, (mentioned in points 1 to 3 (above)), this therefore means, that there is a fundamental:

1. Ever-deeper desire, which is applicable to all people/entities/beings.
   -- Ie, although people have different superficial desires, these desires are all based on the same fundamental desires, which everyone has.
   -- This book will explain these desires, which exist:
      a) In all aspects of life, (and in life/existence itself).
      b) At all levels of life, (from superficial to fundamental).

2. Cause of all suffering, (for all people/entities/beings, and existence itself).
   -- This book will explain the causes of all suffering:
      a) In all aspects of life, (and in life/existence itself).
      b) At all levels of life, (from superficial to fundamental).

3. Solution to all suffering, (for all people/entities/beings, and existence itself).
   -- This book will explain how to permanently reduce/prevent/eliminate suffering:
      a) In all aspects of life, (and in life/existence itself).
      b) At all levels of life, (from superficial to fundamental).

4. Realisation/conclusion of the meaning (and purpose) of all the different aspects of life, (and life/existence itself). And this is applicable, at all levels.
   -- This will be covered in the long conclusion.

The key point that I want to discuss, is that in points 1 to 4 (above), it's important to

recognise three key things, which are the terms:

1. “All aspects of life”.
   -- This includes, all aspects of existence.

2. “All levels of life”.
   -- For the moment, I'll call it “levels of life”, but it's perhaps better to say: levels/dimensions/realms of existence.

3. “All people/entities/beings”.
   -- This includes all people/species/entities/beings/dimensions, (whether: real, artificial, virtual, formless, etc). And it also includes, existence itself, and non-existence.

It might seem silly to need to focus on these three things, (because they're so basic/simple). However, all suffering exists, because these three things are ignored (and/or, not understood deeply enough).
-- And, since there is so much suffering in the world, this must mean, that these three things, have not been really/truly/deeply understood enough.

Ie, people think that they understand these things, but (obviously) they don’t, (since 100% of the population, are still causing suffering to other people/entities).
-- The point is, that if people did really/truly understand these three things, then there would be no suffering in the world.

And, no matter how deeply you think you understand all this stuff, all things can be understood, in ever-deeper ways, because all things are ever-deeper. (I'll explain why all things are ever-deeper, in the long conclusion.)

So, due to the above reasons, I'll now briefly explain these three things.
-- The best way to do this, is to briefly examine “all aspects of life”, and “all levels of life”, and then this will naturally transition, into examining “all people/entities/beings”.

“All aspects of life”, and “all levels of life”, overlap sometimes, but they are different things.
-- To explain these two things, I'll explain them jointly (below), but give separate examples (for each of them).

So, let’s begin.

If you don't examine all aspects (and all levels) of life, then you will inherently/inevitably cause more suffering (in the long-term), because:

1. All aspects (and levels) of life, are inextricably interlinked.

2. You function (simultaneously), at all levels of life, and across all aspects of life, (since they're all inextricably interlinked).

-- Therefore, if you only examine the deeper aspects (and levels), and ignore the superficial ones, you'll still suffer at the superficial aspects (and levels).

3. If even one aspect (or level) of life, is missed out, (and therefore not examined), that could be the one thing, that is causing the suffering.
   -- Or, it might not be the one thing that causes you suffering, but it is the one thing that causes other people suffering, and this is important, because even if one small person/entity (in the whole of existence) is suffering, then that suffering will inherently/inevitably spread (like dominoes), to you, and everyone else.
   -- Ie, even if your examination covers 99.9% of the aspects (and levels) of life, then suffering is still going to occur, from that 0.1%, that you missed out.

4. If you pick and choose, which aspects (and levels) of life to examine, (and which to avoid examining), then you'll just pick the ones which:

   a) Reinforce your current beliefs.

   b) Make you appear moral/selfless/etc.

   c) Allow you keep doing your selfish/immoral actions.

   d) Destroy your old beliefs, but give you new beliefs, which are better for you (in terms of points “b” and “c”).

   e) Etc.

An example (of points 1 to 4 (above)), in terms of the “aspects of life”, is as follows:

Many people only examine, certain aspects of life, eg, how some large corporations/organisations, are causing all the suffering in the world.
-- Ie, they deliberately choose, to only examine this aspect of life, so that they never have to examine/recognise/admit, how they (themselves), are causing a huge amount of suffering in the world, by:

A) Directly causing suffering to other people.
   -- Ie, they deliberately do (and don't do) certain things, and as a result, this causes suffering to people (that they directly know), eg, their: partners, children, family, friends, co-workers, etc.

B) Indirectly causing suffering to others people.
   -- Ie, they deliberately do (and don't do) certain things, and as a result, this causes suffering to people (that they don’t directly know), eg, people who work in factories/shops/services, and people who have certain hobbies/activities/lifestyles, etc.

Note: The reason way I said, “causing a huge amount of suffering” (and I deliberately added the word “huge”), is because, when you cause one person suffering, there will then be an inherent/inevitable knock-on affect, (like dominoes), where the suffering keeps getting passed onto another person, which means that this ends up happening in an exponential way.

And what has to be understood, is that these dominoes exist at all levels (simultaneously). Ie, when a person causes suffering (knocks a domino), this domino has a knock-on effect at all levels (from gross to subtle). Ie, the knock-on effects will be in the physical realm, and also in the subtler realms.

And, all the different types of damage in the subtler realms, might be more hidden, but they will be a lot more devastating. Ie, although they’re “more hidden”, they will manifest in many devastating ways.
-- And they will also be very long-term problems.

The reason why it will be long-term, is because the cause (of the problems/suffering) is hidden (in the subtler realms, (which most people are not aware of)). Or, to explain it in a slightly different way, it’s not actually “hidden”, since it’s clearly there in the subtler realms, however, if a person’s awareness does not go that deep (because they’re constantly brainwashing/programming themselves (and other people) with lies/delusion), then it will be hidden (to them).

Ie, although it’s blatantly obvious, that the cause of the suffering, is that they keep touching a hot stove, they just can’t see it, (because they’re too busy brainwashing/programming themselves (and others), to believe that it’s good/beneficial/acceptable/important/necessary, to touch a hot stove).

An example (of points 1 to 4 (above)), in terms of the “levels of life”, is as follows:

Many people only examine, the deeper levels of life, and avoid examining all the other levels. They do this deliberately, because it's just a tactic, in the selfish and immoral games/wars, that they're playing.
-- Ie, they know, that they've done (and perhaps are still doing) some selfish/immoral things, (and that they've caused suffering to others (directly and indirectly)), and so one tactic that they use, is to quote some deeper level stuff, (eg, the level of non-duality), because they can then say:

1. “No one exists, so I did not cause suffering, to anyone.”
2. “There is no 'cause and effect', so I was not the cause of their suffering.”
3. “Suffering is just a concept.”
4. “There is no such thing as 'real', 'fact', 'truth'.”
5. “What you’re saying, is just opinion.”
6. “Thoughts arise, (and actions arise), and therefore, I'm not responsible for my thoughts, (or words, or actions), even if they cause suffering to someone.”

7. Etc.

And, of course, although they say these things (to hide their selfish/immoral behaviour), they'll still complain, when they (or their partner/children/family/friends) are caused suffering (by other people).
-- And, they'll not just complain, but they'll also want the perpetrator to be punished/attacked/jailed/etc.

The point is, that whatever is done in one aspect of life, will then be applicable to all aspects of life, and to everyone.
-- Ie, everything has to be fair and equal.
-- And, the reason why everything has to be fair/equal, is because if it isn't like this, then everyone will end up suffering.
-- This is inevitable, because the people who are unfairly treated, will simply ignore the rules/systems/beliefs/laws, and do things, which causes suffering.

Ie, if people want to use non-duality, in one aspect of their life, then they have to apply it to all aspects of life.
-- Ie, they'll have to set all their rules/systems/beliefs/laws, (legal/moral/social/interpersonal/personal/religious/spiritual), at this level (of non-duality).

Note: There is absolutely nothing wrong with doing this. Indeed, there is no doubt, that it will be a much more fair/equal set of rules/systems/beliefs/laws, (legal/moral/social/interpersonal/personal/religious/spiritual), than the current system.

Of course, if you choose to use non-duality, in all aspects of life, then this means that, no one will be to blame (for anything), and therefore, there will be no: laws, police, punishment, jails, etc.
-- Of course, people don't want this, because they don't want things to be fair/equal, because they want the upper hand, and to appear as being: better, richer, more successful, etc.
-- Ie, they want the battle field (legal/moral/social/interpersonal rules and systems), to be in their favour, so that they can fulfil their selfish desires.

Ie, there will always inherently/inevitably be suffering, because people always want to create one set of rules/laws (and definition of words), for a specific group of people, (and/or a specific aspect of life), but they then don't want to apply those same rules/laws (and those same definition of words), to all other groups of people, (and/or all other aspects of life).

Eg, if humans decide that it's wrong, for someone to non-consensually force a person into some activity, (eg, sex), then that's fine. And, there's nothing wrong with creating (and implementing) that law. And, there's nothing wrong with defining non-consensual acts, as "rape".
-- However, that same law, (and that same definition of rape), must then also be applicable, to:

1. All groups of people.

-- And what this means, is that all non-consensual acts, are illegal, regardless of who it's done to.
-- Ie, it's illegal, regardless of whether it's done to men, or women, and regardless of: race, age, etc.

And,

2. All aspects of life.
   -- Eg, it can't just apply to sex, but not other aspects of life.

This is all so simple, and so basic, but it needs to be explained, because this is one of the main reasons, why there is so much suffering in the world.
-- Indeed, people are always trying to create laws/rules/systems/beliefs (and definitions of words), which protect themselves, whilst also allowing them control/manipulate/enslave/use other people.

However, it's so stupid to do this, because it doesn't give you any advantage (in the long-term), because there will be an inevitable backlash, (where you will suffer).

And, in the short-term, there's only a perceived advantage (but not an actual advantage), because you'll need to put effort/energy/time/etc, into keeping the unfair rules/systems/beliefs/laws in place, and to defend yourself (from those people who are being affected, by the unfair/unequal rules and systems).

From all of this information, it should be clear by now, how all of this is inextricably interlinked, and therefore, that suffering is inevitable, if you are selfish/immoral, (eg, you try create (and/or make people believe in), certain beliefs/systems (legal/social/moral), which are going to benefit you, but cause suffering to others.

Ie, if you (selfishly/immorally) try to bend everything to your agenda, (eg, by defining what is acceptable (legally/socially/morally)), then suffering is inevitable, for you, and everyone.

And therefore, the only way to reduce/prevent/eliminate suffering, is to not do things from an agenda.
-- Ie, you do everything, from the neutral/natural/true start-point (for everything), (as explained earlier), because the neutral/natural/true start-point (for everything), was totally neutral/natural, (ie, not invented to benefit some people, whilst making others suffer).

And, it should be understood by now, that to do anything other than this, is pure stupidity.

To give an example, of how everything can originate from (and is based on top of) the neutral/natural/true start-point (for everything), I'll do this with the word “stupidity”, (and its definition, and implications).
-- This is also a good example, because it ties together all the points, that were discussed earlier.
-- So, here's the definition of stupidity:

Stupidity = To cause (or allow), suffering to yourself.

Of course, this definition (of stupidity), is only half of the story. I'll explain why, as follows.
-- If you cause suffering to others, (via your lies/action, or inaction, (directly or indirectly)), it will inevitably cause you suffering.
-- This is inevitable, because: Knocking one domino, will knock many, which will (inherently/inevitably) work it's way around, to hitting you, (which causes you suffering).

Note: This is true, regardless of whether you believe that there is separation (eg, individual independent people/things), or not (eg, everything is “one”/“oneness” (the one-same-thing)).

Also, even if you only cause small/light suffering to others, this still counts as a small knock (of a domino), which will inevitably work it's way around, to hitting you.
-- The point is, that a thousand of these small knocks/hits, on a regular basis, will definitely cause you suffering, (because it will be like a slow-boil torture, that never-ends).

Therefore, the definition of stupidity, needs to be expanded, as follows:

Stupidity = To cause (or allow), suffering to yourself,
or others, (via your lies/action, or inaction, (directly or indirectly)).

Note: “Others” = other people/species/entities/dimensions, (whether: real, artificial, virtual, formless, etc). And, it also includes, existence itself.

Ie, if a person/entity/being (or dimension/realm), is selfish, or immoral, then they are stupid, primitive, and not wise.

Note: The inevitable implication/conclusion of this, is that:

The only solutions which will truly end all suffering (in the long-term), are the solutions which include everyone, (ie, all: people, species, entities, beings, dimensions, etc).
-- Ie, the key word here, is “all”.

Ie, the only way to truly “End all suffering”, is to, “End all suffering, for all”.

Ie, even if you selfishly want to reduce/prevent/eliminate your own suffering, this will only ever happen (in the long-term), if your solution includes everyone.

Note:
From all of the above, it becomes clear/obvious, that if you examine all aspects of life, and

all levels of life, and you do this for all people/entities/beings, (and existence itself), then the inevitable result will be that:

1. Everything will be exposed, and nothing will be hidden.

2. No one, (and no thing), will be excluded.

3. The conclusions and realisations, will then be clear/honest/pure/true, (and not based on hidden selfish/immoral agendas, (ie, not based on what some people/communities/groups/governments/scientists/religions/spiritual teachings/etc, believe is acceptable (legally/morally/socially)).

   Ie, if you realise, that you are causing suffering to other people, then that is the truth.
   -- And, this fact is still true, even if the action that you did (which caused the suffering), is deemed by 100% of the population, as being acceptable (legally, morally, socially, interpersonally, personally, religiously, spiritually, or whatever else).

   Ie, you will realise, that you are totally/absolutely responsible (and accountable), for all your actions.
   -- And this is true, regardless of the laws/rules/systems/beliefs/teachings of your country/religion/spirituality/family/community/peers/etc, and regardless of what any other people/entities/beings/dimensions, says or does.

Note: In the above information, it has been made clear, that it's important to make sure, that no one is excluded. Therefore, this book needs to be readable, by all people, and therefore, it needs to include information, that is applicable at all levels/wavelengths.

Therefore, this is what has been done, in this book. However, as a result of doing this, there might sometimes appear to be contradictions, but there really aren't any contradictions, (if the reader can recognise, that certain information is only applicable, to a particular level).

Also, to make it readable by all people (regardless of: educational background, class, age, etc), I will try to only use basic words, and simple sentences, (as much as possible).

So, in the manner (as explained above), this book will now move forward, to provide a clear/honest examination, of all aspects of life, (and life/existence itself), and in each of them, clearly explain:

1. Why it exists.

And,

2. What is causing people's suffering,

And,

3. How to permanently reduce/prevent/eliminate suffering, and how this

inherently leads to ever-deeper freedom/peace/love/bliss, and “That”.

And, this will be done, at ever-deeper levels, (ie, with ever-deeper honesty).

Conclusion
(long)

To reduce/prevent/eliminate suffering, you firstly need to recognise/realise, what is causing your suffering.
-- And, the deeper that you (truly and honestly) recognise/realise/admit what is causing your suffering, the more you’ll be naturally propelled, to do whatever needs to be done, to make sure that that suffering never happens to you again.

Due to the fact, that the identification of the cause of suffering, is so important, I will go through all the main things (in everyday life), that are causing people to suffer, in this conclusion.

Note: What this all means, is that:

> To permanently reduce/prevent/eliminate suffering, (and move towards ever-deeper freedom/peace/love/bliss, and “That”), all of the information in this conclusion, (the key causes of suffering), need to be recognised/realised/admitted.
> -- And, this needs to be done by the reader, in an ever-deeper way.

Note: This conclusion does not just contain information, about the causes of suffering. It also contains solutions, of how to permanently reduce/prevent/eliminate suffering, (and move towards ever-deeper freedom/peace/love/bliss, and “That”).
-- However, these solutions have been placed towards the end of the conclusion, because they might not make sense, unless you go through all the other information that comes before it.

Yes, this conclusion is very long, but it has to cover all aspects of life, and all levels of life/existence.

So, let's begin with the conclusion.

Unless you can freely enter (and leave), from an interaction/activity (eg, sex), whenever you want, (in an instant/painless/effortless/guaranteed/permanent way), then that interaction/activity, is non-consensual, (rape).

Therefore, since people are not able to freely enter (and leave), from the interaction/activity that is called “life”, whenever they want (in an instant/painless/effortless/guaranteed/permanent way), this inherently means, that life is non-consensual, (rape).

However, to say that life is rape, is sugar-coating the truth, because rape is only one quarter of the story. I'll explain this as follows.

Rape is a form of torture, and rape/torture cannot exist, unless there is also imprisonment, (whether: physical, emotional, mental, spiritual, etc). Because, if you weren't imprisoned, you'd simply leave/escape.

And, if you're non-consensually forced to do many things in life, just to avoid discomfort/pain/suffering/torture, then this inherently means, that you're enslaved.
-- Ie, the moment that you are in life/existence, you're enslaved.

Therefore, from all of the above, it can be seen that:

Life (and existence) is prison/torture/slavery/rape.

Note: What I’ve just said (above), is not some subjective discussion about life. The information above, is making a clear/honest/neutral/objective observation of life, in terms of freedom.

Indeed, we could forget about everything that has just been said, and start again, and this time, examine this thing called “life”, from the neutral/natural/true start-point, (for everything).

As stated earlier (in the summary), one of the three things from the neutral/natural/true start-point (for everything), was that: “Freedom is wanted”.

(The other two key things, were: “Suffering is real, (or as good as real)”, and, “Suffering is unwanted”.)

The point is, that freedom is extremely important, because no one can go through life, without some suffering happening to them, (whether: physical, emotional, mental, spiritual, etc), and without freedom, you're not free to escape from that suffering.
-- And, if you're not free, then (by definition), you're imprisoned.
-- And, if you're suffering, then (by definition), you're being tortured.
-- And, if you're being controlled by pain/suffering, then (by definition), you're enslaved.
-- And, since “suffering is unwanted”, then (by definition), it's non-consensual, (rape).

Ie, the issue of freedom, is the same as the issue of you wanting/needing an instant/painless/effortless/guaranteed/permanent way out.

Note: “Guaranteed” means, a 100% guaranteed way out of it, permanently, to a place of zero suffering. Ie, not out of it, but to a worse place/situation, or to a place/situation that still has some suffering, or whatever else.

And, as mentioned earlier (in the summary), this must apply at all levels.
-- Therefore, when talking about freedom, it's obvious, that:

> You're only truly free, if you're able to enter (and leave), from every dimension/realm in existence, (and existence itself), in an instant/painless/effortless/guaranteed/permanent way, whenever you want.
>
> And this includes everything, ie:
> - All entities/dimensions/realms, (whether: real, artificial, virtual, holographic, etc).
> - All states-of-mind.
> - All states-of-being.
> - Consciousness.
> - Awareness.
> - Existence (itself).
> - Non-existence.
> - Etc.

Indeed, it's obvious, that if you're not able to do this, then you're not free, (which means that you're in a prison).

However, life is not just a prison, because in this prison (called “life”), people are going through physical/emotional/mental/spiritual rape and torture.

Ie, from all of the above information, it's absolutely clear, that when we examine this thing called “life”, from the neutral/natural/true start-point (for everything), the clear/objective conclusion, is that: Life (and existence) is prison/torture/slavery/rape.

Note:
Earlier on, I said “All entities/dimensions/realms, (whether: real, artificial, virtual, holographic, etc)”. Some things must be clarified here, so I'll do this next.

It must be remembered, that you only see (identify) that an entity that is suffering, if you can believe it to be suffering.
-- Ie, it's based on your belief.
-- However, this is irrelevant, if the entity says that it wants “out”. Ie, if the entity says that it is suffering, and that they want to be free from all suffering, then they should be freed from suffering, (in an instant/painless/effortless/guaranteed/permanent way), no matter if they're: real, artificial, virtual, imaginary, holographic, or whatever else.

Also, another way to see this, is that, if you know/believe that an entity is not real, then you would have no issue, against dissolving/ending their existence, (or belief that they existed), since they were never real, (and never existed).

Ie, the key point here, is that there's absolutely no need to discuss, who (and who doesn't)

have the right to say, that they want to be free from suffering.

Ie, any and all things in the manifestation, that want out, should be allowed out (in an instant/painless/effortless/guaranteed/permanent way). And, doing anything other than this, is obviously immoral/cruel/evil.

Similarly, all discussions about who is (and isn't) sentient, is irrelevant, and moreover, is misdirection, if the entity is clearly stating, that they want their existence to come to an instant/painless/effortless/guaranteed/permanent end.
-- Note: I use the word “end”, but this can mean whatever it needs to mean, (eg: dissolving, exiting, dying, switching off, etc).

Note:
This non-consensual rape and torture, (called “life”), works in many different ways.
-- Eg, two ways that it rapes you, is via:

1. Using pain/suffering/torture, (whether: physical, emotional, mental, spiritual, etc).

2. Using the threat of pain/suffering/torture, (whether: physical, emotional, mental, spiritual, etc).
   -- Ie, as soon as you're alive, you're under constant threat, of pain/suffering/torture (whether: physical, emotional, mental, spiritual), and this forces you, to do many things (in life), that you don't want to do, (eg, jobs, chores, etc).
   -- And, this threat exists, for the entire time that you are alive.

Therefore, this rape is no ordinary rape, since it's a type of rape, that is constant, and will never end, until you no longer exist, (and/or until existence no longer exists).

Ie, even if the pain/suffering/torture is at a low level, this is (arguably), an infinitely worse type of rape and torture, because it's like being slowly boiled alive, over the course of your entire life.

Note: In the summary, we were able to come up with un-biased definitions, of the words “immoral”, “cruel” and “evil”, (because they were derived from the neutral/natural/true start-point (for everything)). And it was clear, that if a person is being tortured at a low level, over a long period of time, then that is cruel, and if it's over a very long period of time, then that can be defined as evil.
-- Therefore, if we use these words/definitions, and apply it to what we were just talking about, then we can objectively conclude, that:

Being forced to go through life, is cruel and evil.

And therefore, anyone that forces a person into life, (or to stay in life (when they want

out)), is inherently (by definition), selfish/immoral/cruel/evil.
-- And this true, whether it's done directly or indirectly, (and by action or inaction).

All of the above, can therefore be summed up, as follows:

It's inherently selfish/immoral/cruel/evil, to:

1. Create life, (eg, have a child).

2. Be ok with other people creating life, (eg, having children).

3. Not provide all people/entities/beings, who want to permanently leave/out/off/end, with an instant/painless/effortless/guaranteed way, to permanently leave/out/off/end, (whenever and wherever they want).

The point is, that, since life is prison/torture/slavery/rape (suffering), and this suffering will span an enter lifetime, (and there's no instant/painless/effortless/guaranteed/permanent way out), this means that the overall level of suffering caused, is extremely high, and therefore, this selfish/immoral behaviour (in points 1 to 3), is beyond cruel, and therefore, it must be, (by definition), evil.

Note:
No matter which way you come at it, the end result is the same.
-- Eg, if you recognise/admit, that life is slavery, (due to the fact that people need to work hard at jobs, or because they need to hunt for food in a forest), and despite knowing this, you still have a child, then you are doing this, knowing that you are going to put the child into slavery. And, any person that forces a child into slavery, is going to (justifiably) be labelled as: Immoral/cruel/evil.

Note: The previous paragraph, was only based on the fact, that life is slavery. Ie, this example was not including the fact, that life is also prison, torture, rape. Therefore, it's obvious, that when you see that life is a combination of all four of them (prison, torture, slavery, rape), and that this is not just in terms of physically, but also mentally/emotionally/spiritually, and that a person's life can be 70 years in duration, then it's impossible to not label these people as: Immoral/cruel/evil.

Note:
I'm using strong words (eg, evil), but it's important to realise, that I'm only using words like this, to explain that a person is causing long-term suffering, to an individual, or to a group of people.
-- Ie, I'm not using these words, for selfish purposes, (eg, to vilify certain groups of people, so that I can benefit, (by making them look bad, which makes me look good, or whatever else)).

Also, if a person, (or group of people), are causing other people immense suffering, and I need to use a word to describe this, then I could just make up a new word, (eg, bleblablo). However, why create new words, when the word evil, is perfectly adequate in describing a person, who causes immense suffering to others.
-- Therefore, let's just stick with the word evil.

However, this is not the key point.
-- The key point is, that if I label a group of people, as being evil, then it's totally irrelevant, whether you agree with it (or not), because the same amount of immense suffering, is going to happen, regardless of whether:

1. You agree with me, (when I say that they're evil).

Or,

2. You disagree with me, (when I say that they're evil), and perhaps you even believe that they're the opposite of evil.

Ie, if I describe a group of people, as being evil, (because, I'm using the word evil, to describe the fact that they're causing immense suffering to others), but you describe this group of people as saints, then this does not change the fact, that that group of people, are causing immense amounts of suffering to others.

Ie, whether you call them evil, bleblablo, saints, or whatever else, is totally irrelevant.

To explain this in another way, let's use the analogy, of dominoes knocking each other over.
-- If a person knocks one domino over, then many other dominoes will be knocked over. And, in this analogy, every time a domino is knocked over, suffering is caused. Therefore, a person who knocks down a domino, is causing suffering to other people, and therefore, they are cruel. And, if they have done something that causes long-term suffering, then they can be called evil.

The point is, that if a person knocks down a domino (causing suffering), then they've done it. And therefore, it's totally irrelevant, if you call them evil, or a saint. Because the truth of the matter is, that they've knocked down the domino, (caused suffering).
-- Ie, the label is irrelevant.

Indeed, similarly, if a domino has been knocked onto another domino, then you're free to make some comment, (eg, that this never happened).
-- Ie, your comment is irrelevant, because it did happen, and no comment will change that fact.

Now, let’s go back to the issue of labelling.
-- If an evil person causes suffering, although you’re free to label that person as being good (or a saint), if you do this, then you are cruel, because this will hide the truth, (which

is that they caused suffering).
-- And, the reason why you will then be labelled as cruel, is because you are then hiding the truth, and this causes suffering to other people, (because if people cannot see what caused the suffering, they will continue to suffer).

Moreover, you might even have to be labeled as evil, (if you have caused long-term suffering, (because you hid the truth), whether actively, or passively, (and directly or indirectly)).

Indeed, people who hide the truth, are just as immoral/cruel/evil, because each person that does this, are adding to the lies, which means that the truth stays hidden for longer, and during this time, the amount of layers of lies that get added on top (of the truth), will keep increasing, until nobody is able to see the underlying cause of suffering. And this means that people will continue to suffer. And since you are partly to blame for this, you get labelled as cruel, (and perhaps evil).

It's just so obvious, that if the underlying cause of suffering is kept hidden, then that suffering will continue.
-- And therefore, if you're responsible for doing this, (the hiding of the truth, (whether actively, or passively)), then the label of cruel (and/or evil), will have to be applied to you, (purely for the purposes of definition).
-- Ie, the label of cruel (and/or evil), is something you can be labelled with, not due to someone's opinion, but due to fact/definition.

Indeed, earlier in this book (in the summary), it was stated, that: If a person causes another person to suffer, (whether directly or indirectly, and by action or inaction), then (by definition), they're cruel. And, if the suffering is over a long period of time, then they are (by definition), evil.

The best example of all of this, is that it's not just parents who are evil, but the people who say that it's acceptable for other people to have children. Ie, the label of evil gets applied, to both groups of people, because they're both responsible, for causing long-term suffering.

Note:
Some people, (eg, parents), will argue, that they are not in this category (of selfish/immoral/cruel/evil), because they didn't actually want to cause suffering to their child, and if their child suffers, then that is just part of life, and must be accepted, and therefore:

1. This is does not make them a selfish/immoral/cruel/evil person.
2. This act cannot be illegal.
3. No one should ever be sent to jail, for doing this act.

There is absolutely nothing wrong, with wanting to believe this.
-- However, (as mentioned in the summary), whatever you believe in, must then also be applied, to all aspects of life.

-- Therefore, if this argument (by the parents), is to be accepted, then all other similar things, would also have to be accepted, (in all other aspects of life).

Eg, a person would then be allowed sexually rape someone, because they can also then argue, that they didn't actually want to cause suffering to that person, (they just wanted to have sex), and if that person suffers, then that is just part of life, and must be accepted, and therefore:

1. This is does not make them a selfish/immoral/cruel/evil person.
2. This act cannot be illegal.
3. No one should ever be sent to jail, for doing this act.

Ie, the sexual rapist, is no different, to the parent, since they both just wanted to fulfil their selfish desire, regardless of the fact, that their action, would inevitably cause suffering to others.

Of course, I only said the last paragraph, as a stepping-stone, because actually, this is totally incorrect, because the parent is infinitely worse (than the sexual rapist), because by having a child, the parent has forced that child, into a whole lifetime of rape/torture/prison/slavery, (since there is no instant/painless/effortless/guaranteed/permanent way out of life, whenever a person wants).

Note:
This conclusion needs to cover all issues in life (and existence), but it can't do this, until more detailed explanations of the terms "personal-slaves" and "work-slaves", is provided. Therefore, I will do this now.

These two types of slaves (personal-slaves, and work-slaves), can be split into three distinct categories:

1. Personal-slaves.

2. Direct work-slaves.

3. Indirect work-slaves.

I'll explain these (in detail) below:

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1. Personal-slaves.

   If you are using/enslaving a person, (not for work reasons, but for personal reasons), then that enslaved person, is your personal-slave.

   Ie, if you have a partner, (or: friend, baby, child, family, etc), then they are your

personal-slaves, because you're trying to get/control/manipulate/use (enslave) a person, (whether that person is a baby/child/adult), in order to get things from them, (eg: happiness, love, money, entertainment, energy, attention, power, respect, sex, pleasure, affection, intimacy, a connection, popularity, image, identity, certain feelings, security, safety, stability, survival, peace, freedom, a family, a child, experiences, sensations, etc).

Note: A personal-slave can also be used, to fulfil some conscious/subconscious/unconscious desire, (eg, to be the controller/ruler over someone, or to want to play at being god (whether in creating/sustaining/destroying), or whatever else).
-- Wanting to create/sustain/destroy, might sound strange, but some people have babies, because they want to create life. And/or, they want to raise children, because they want to create the child's: personality, beliefs, etc.
-- Also, some people like the idea, that they are the sustainer of their children. And, since it is they, who are keeping the child alive, they feel like they have power, (eg, the power to sustain life).

Of course, the key word in that last sentence, was “power”.
-- Ie, many people do a lot of things in life, to make sure that they stay in a position of power.
-- However, in order to feel powerful, they need to have other people/slaves (personal-slaves), over which they can exert their power.
-- Ie, they have relationships/interactions/friendships/family/children, for this purpose/reason/desire.

And, what has been said about power, is also true for control.
-- Ie, some people want to have a personal-slave, so that they can feel in control, (by being in control of someone).

Note: Some people will argue, that they like to not be in control, and that they like it when their partner is in control of them, (whether in the relationship, or during sex, or whatever else).
-- However, this is not really true, because even if they give their power/control over to their partner, they'll still want the ability/freedom, to be able to get their power/control back, (at any moment in time, and in that same instant).

Ie, they want the freedom, to be able to end the game/charade (of being controlled and powerless), whenever they want, (instantly/painlessly/effortlessly).

Ie, since they have this ability/control/freedom (to end the game/charade), then it is they, who are really in control.
-- Ie, when they were giving their power/control to their partner, it was just a game that they were playing.

The key point is, that regardless of whether the game (of power/control) is passive (or active), or whatever else, it's still just a game, and to play this game, you need a

personal-slave, (because you need to use and enslave a person, (to: obey your rules, do what you say, etc)).

Another type of game/desire, is where a person wants to have the power, to be able to give a person happiness/pleasure/orgasms/etc, and also, to be able to limit it, and end it.
-- Ie, they're in control of when (and if), the other person is experiencing happiness/pleasure/orgasms/etc, and how much happiness/pleasure/orgasms/etc, that person gets, (and when it all ends).
-- Again, it's a game of: power, control, playing god, being the creator/sustainer/destroyer, etc.

Similarly, a person might want to be able to control a person, in all ways. Eg, to be able to make them: angry, happy, sad, jealous, etc.
-- Indeed, this is common in many relationships.
-- Ie, some people just want to be able to see, that they have control over their personal-slaves.
-- Ie, they don't really care, whether they make their personal-slave happy or sad (or whatever else), as long as they feel that they have the ability to affect them (someone).

And, this then also becomes true, for things like: peace, freedom, love, etc.
-- Ie, the person is able to control when (and if), their personal-slave gets to feel peace/freedom/love/etc, (and when it all ends).

Indeed, this is a very important point, because if a person feels peace/freedom/love/etc, in this manner, then it is not true peace/freedom/love/etc.

Of course, since all relationships (eg: partners, friends, family, children, etc), are just people made into personal-slaves, this then means, that when people talk about peace/freedom/love/etc, it's never a true peace/freedom/love/etc.

Of course, it's very easy to give a person peace/freedom/love/etc, because all you need to do, is to temporarily stop play games with them.
-- Indeed, most people feel peace/freedom/love/etc, when there is a temporary stopping of all games/tactics/battles/conflict/etc.

The point is, that everyone talks about how they get love from their relationship, but they're all missing the point, that the perpetrator/enslaver/captor (eg: parents, partners, friends, family members), did not give them love.
-- All that happened, is that the perpetrator/enslaver/captor, temporarily stopped trying to control/manipulate/use them, and in the absence of this, there was peace/freedom/love/etc.

Note: They might do this unconsciously, or consciously/deliberately, (eg, they do this, to give you a reward, in order to train/condition/brainwash/program you, via the technique of punishment-and-reward).

However, whatever the case, the key point is, that they did not give love to you. And, they never have.
-- Moreover, they're actually the cause, of peace/freedom/love/etc, not being in you, for more of the time.

Indeed, this is a very good example, of just how upside-down, everyone's beliefs/ideas/words are.

And, this is also a very good example, of why people need to constantly brainwash/program people with lies.
-- Ie, without the never-ending brainwashing/programming, (which makes you believe that the key to happiness/love/etc, is to get relationships/friendships/family/children), people would never play these stupid (and very harmful) games/hobbies/activities.

And, if they stopped playing these very harmful games/hobbies/activities (eg, having: relationships, friendships, family, children, etc), then they would have much less suffering, and much more peace/freedom/love.

Of course, this brainwashing/programming has being going on since birth, and what this means, is that even when a person is not in a relationship (and has no friends, no family, no children, etc), they're not at peace (and do not feel love), because they're too busy plotting/scheming/desiring/dreaming, about how they can get a partner/friend/family/children, so that they can get peace/love/etc.
-- And/or, they're too busy complaining (to themselves, and/or others), about why they don't have any partners/friends/family/children.

And, the same is true for religions, spirituality, etc.
-- Ie, people are told by the "teachers", and/or teachings, that they need to do all types of things, to get peace/love/etc. However, the fastest way to lose peace/love/etc, is to trying to find/get/attain it, (or to try to do some practice/technique/etc).

Of course, people are being brainwashed/programmed to believe, that they can only get peace/love/etc, if they read/do/practise/pray/sacrifice/pay money/etc, because this is how the teacher/organisation/etc, can get something from the victim, (eg: attention, energy, money, gifts, labour, food, etc).

Indeed, there are many things that a religious/spiritual/motivational/self-help teacher will want, regardless of whether they're aware of their unconscious desires/drives, (or not). Eg, they might be "helping" people, because they want to fulfil their desire, of being a teacher.

Note:
It's easy to know when a teacher is selfish/immoral, because the teachings/advice will be things that you want to hear.

-- Ie, what you're being told, will allow you to keep your selfish immoral ways, (of using/enslave people, as your personal-slaves, (and/or work-slaves)), and you're also told, that all the suffering in the world, is the responsibility (and blame) of some other person/entity/god (or government/corporation/group/organisation/secret-organisation/etc), and no blame (or very little blame/responsibility) will be placed on you.

Note:
For people to be able to feel peace/freedom/etc, they not only need to be free from being a person's personal-slave, but they also need to be freed from all the beliefs, that have been brainwashed/programmed into them.
-- Ie, they need to be deprogramed.

Yes, many people/organisations do deprogram people (by a small amount), but they then also reprogram them.
-- Ie, the deprogramming was done, for selfish/immoral/cruel reasons.
-- Ie, they freed you from being someone's personal-slave (and/or work-slave), so that they could then enslave you, (as their personal-slave, and/or work-slave).

Indeed, people do this to each other, all the time.
-- Eg, a person makes you realise, that you're being used by someone, because they know, that you'll then end that relationship/friendship, and they're then planning, to use/enslave you.

Note: It's extremely easy to know, when a person/group is trying to truly help you, because they'll not only help you to deprogram yourself, but they'll never try to reprogram you.
-- And, they'll never want anything from you, (eg: money, attention, energy, etc).
-- And, they'll make sure, that you're not becoming dependant on them.

Indeed, the deprogrammer will not only make sure to set you free from them, but they'll also make sure, to set you free from yourself, (ie, the idea that you are a person). And then they'll tell you to keep going in that direction, ever-deeper.

Of course, everyone is always doing the exact opposite of this.
-- Ie, people are always trying to make a person become dependant on them (enslaved), whether for: happiness, love, money, entertainment, energy, attention, power, respect, sex, pleasure, affection, intimacy, a connection, popularity, image, identity, certain feelings, security, safety, stability, survival, peace, freedom, a family, a child, experiences, sensations, etc.

Making a person dependant on you, is cruel.
-- It's just as cruel, as when a drug dealer makes people dependant on them.
-- And, what people often miss, is the fact that most partners (in relationships), are telling them to be dependant on them, for sex.
-- Ie, it's no different to the drug dealer.

-- And, this is also true for emotions. Ie, some people are accusing their partners of cheating on them, because the partner is having an emotional relationship with someone else.

What is absolutely ridiculous, is that people get together, because they each want to buy/get something, which the other person is selling, (eg: sex, lovemaking, affection, closeness, intimacy, emotions, etc), however, when they stop selling it, they expect the other partner to not go elsewhere for it.
-- This is absolutely ridiculous.

The best way to emphasise, why this is “absolutely ridiculous”, is via the following analogy.

If you setup a shop, which sells apples and oranges, and then a few months later, you stop selling apples, then most people would agree, that it's absolutely ridiculous, if you get angry/mad, when your customers go elsewhere, to buy apples.

The point is, that when it's put like this, it clearly absolutely ridiculous.
-- However, this ridiculousness, is happening all the time, in most relationships.

The key point is, that for such ridiculousness to be happening, it proves that most people have been heavily brainwashed/programmed.
-- Indeed, you would need to have been heavily brainwashed/programmed, to be someone's personal-slave.

Note: It's important to realise, that the weapon of dependancy, can be subtle. An example of this, is if a person wants to be needed. Ie, this sounds selfless, but it's not, since it creates dependency.
-- And, creating dependency can be the worst/cruelest weapon (used to trap someone), especially if the person is making you dependant on them, for love.
-- This is arguably the cruelest weapon, because you're using someone's love, against themselves.
-- However, most people use this weapon, in combination with many other forms of dependancy, on a daily basis.

Indeed, this is what all parents do.
-- Ie, parents create a baby, which they know will need them.
-- And, to add to this, babies are unable to escape, and are forced interact with the parents.
-- And, parents think that this is “love”.

Yes, sometimes it's the other way around, with the children controlling/manipulating their parents. However, although both situations are bad, the two situations are not the same, since the parents created the children.

Note: A person can make someone dependant on them, for power.

-- This might sound the wrong way around, but it isn't.
-- Ie, the usual way around, is that the enslaver wants to have a slave, to feel powerful.
-- However, the enslaver can feel powerful, by giving the slave a feeling of power. However, if this is done, the enslaver will always make sure, that the power that they give to the slave, is in their control.
-- Ie, the enslaver can end that power (that their personal-slave has), at any moment in time.

Ie, they gave them an illusion of power/control/freedom, so that they can make them dependant on it.

Of course, this is just like how a drug dealer, sometimes deliberately tries to get a person addicted. And, they might initially be all smiles and pleasant, and give away the drugs for free. Of course, the smiles (and pleasantness, and free drugs), will only continue, until you're addicted/dependant on them.

Of course, the key words here, were "addicted/dependant on them". Ie, they don't want you going to another drug dealer, to get your high/fix/feeling.
-- Therefore, all enslavers will always makes sure, that the enslaved person is brainwashed/programmed to believe, that only they (the enslaver), can give them the high/fix/power/feeling (which they are desiring).

And, as a fail-safe (in case this brainwashing/programming starts to crack), the drug dealer will warn the person, that if they do go to a different drug dealer, then there will be consequences (punishment). And, this warning can be done in many different ways, (eg: directly, indirectly, actively, passively, etc).

Of course, it's easy to see, how this is all happening regularly, in most: relationships, friendships, etc.
-- Side note: This is not common in parent-child relationships, because the parent knows, that the child can't run away, (since the child doesn't have money to live by themselves). Ie, the parent isn't fearful, that their child will try to find a new parent.

Of course, although I used drug dealers as an example, it's all infinitely worse in relationships, since a drug dealer has a limited number of drugs, whereas in relationships, a person can want/crave (and be addicted), to trying to get: happiness, love, money, entertainment, energy, attention, power, respect, sex, pleasure, affection, intimacy, a connection, popularity, image, identity, certain feelings, security, safety, stability, survival, peace, freedom, a family, a child, experiences, sensations, etc.

And another key difference (between the example of drug dealers, and relationships), is that people are being constantly brainwashed/programmed (by the media, and most people), to believe that relationships/friends/etc, will give them what they're desiring, whereas with drugs, this isn't the case.

Note:
It's important to realise, that that long list (above)(of all the things that people are trying to get from their personal-slaves), can be made much larger. Indeed, there are many different reasons for having personal-slaves. And, some of these reasons, are sometimes hidden.

Indeed, let's revisit the desire to be needed. Many parents love it, when their child is young, and the child regularly goes to them for advice. Of course, when the child is older, and the child stops going to the parent for advice, the parent misses this, (and wants the child to still need them for advice).
-- The key point is, that when the child is older (and they have a problem), and they go to the parent for advice/help, the parent is happy. Ie, there is a part of the parent, which is (secretly) happy, despite the fact, that the child has a problem, and is suffering.

Note:
A lot of this, is similar to the issue of people in positions of higher authority.
-- Ie, the people (and positions) of authority, only exist, if you give them that power.
-- However, instead of dissolving the belief (of the supposed positions of authority), most people would rather get themselves into such positions, (no matter what it takes).

And, if they can't get into a higher position, then they'll find/use/enslave a person, (personal-slave), that is lower than them, (or create a person that is lower than them (ie, a baby)), for them to feel like the “higher” person/power.

The reason for giving all these examples (above), is to show that:

a) There are many hidden games, that happen in: relationships, interactions, friendships, families, having/raising children, etc.

b) Whatever the game is, a person needs to get/use/enslave a person (personal-slave), to be able to play a game.

Ie, the key point is, that (regardless of how (or why) it's done), if you are getting/controlling/manipulating/using a person, then you are (by definition), enslaving that person.
-- And, anyone who enslaves other people, is inherently (by definition), selfish/immoral/cruel.

However, this behaviour (of enslaving people), is nothing, compared to those people who are creating a person (a baby), so that they can then enslave/use them.
-- Obviously, this behaviour is infinitely worse, and therefore, this is inherently (by definition), selfish/immoral/cruel/evil.

-- It's strong words, but it's fair, because these people are doing all of this, to fulfil their selfish desire, despite the fact, that the baby will regularly suffer, throughout it's entire life.

Note:
In the above information, I have mentioned the words "brainwashing" and "programming". I am using these words, in the sense that a person can be brainwashed/programmed, by teaching/moulding/conditioning/grooming/etc, (eg, via punishment-and-reward).
-- However, although this punishment-and-reward, can be done by extreme physical means (eg, by using extreme torture/rape/molestation/etc), it's important to remember, that brainwashing/programming can also be just as effective (or more effective), via means that are not so extreme. Indeed, the more subtle energies/levels (eg, mental, emotional, etc), are much more effective, and much more damaging/scarring.

Note: If someone has been tortured/raped/molested/etc, (so that they can be brainwashed/programmed in that way), this does not mean that other types of brainwashing/programming (which do not involved torture/rape/molestation/etc) is acceptable.
-- Ie, all types of brainwashing/programming are unacceptable.
-- And, the above is true, regardless of what age people are brainwashed/programmed at.

And, since brainwashing/programming definitely exists in everyday life (at the basic level), and the basic level is very effective, and is used on all people, (and can be done by all people), this means that any discussion/focus about the more extreme types of brainwashing/programming (eg, by using extreme torture/rape/molestation on children), can just become misdirection, from the fact that:

a) Everyone is being brainwashed/programmed.

b) Everyone is brainwashing/programming everyone else.
   -- A good example of how everyone has the ability to brainwash/program others, is in the fact that all babies are brainwashed/programmed by the parents, to: think a certain way, have certain beliefs, do certain things, not do certain things, etc.

Note: This is an important issue, because many people believe, that brainwashing/programming are only things that happen to people, who have been tortured/raped/molested/etc, in their childhood.
-- And therefore, they believe, that if this didn't happen to you, then you aren't brainwashed/programmed.

Or, if they do admit that all people have been brainwashed/programmed, they'll say that it isn't at a serious enough level, to warrant being an outrage.

The key point is, that this just:

a) Hides the fact, that everyone has been brainwashed/programmed.
   -- And with the truth hidden, people will continue to suffer.

b) Hides the fact, that everyone is responsible for brainwashing/programming everyone else.
   -- And with the truth hidden, people will continue to suffer.

Also, if people spread the idea, that brainwashing/programming is a very specialised skill, which only a few people in the world can do, then this is serious misdirection/deception/lies, which covers the truth, of how widespread the situation/problem is.
-- Indeed, it's so bad, that the word “widespread”, is ridiculous, since everyone is the victim of it, and everyone is the perpetrator of it.
-- And with the truth hidden, people will continue to suffer.

And, of course, if people are brainwashed/programmed to believe that they are not brainwashed/programmed, then they will not look inside themselves, to see what brainwashing/programming, is running their lives.
-- And if they don’t do this, then they'll never see/realise, what is causing them to make certain decisions in life, which are causing them to suffer.
-- And therefore, they'll just keep suffering, for the rest of their life.

Also, it's not just about seeing what brainwashing/programming is inside you, because it's also important to realise, who put that brainwashing/programming inside of you.

Of course, most people do not want to go this deep into it, because they don’t want to find out, that most of the brainwashing/programming that is inside of them, (which has been causing them suffering for their entire life), was put into them, by their: parents, partners, family, friends, etc.

Moreover, the victim doesn't want to find out, the reason behind, why the perpetrators did it.
-- Of course, the truth is, that the victim’s parents/partners/family/friends/etc, were the people that brainwashed/programmed them, and that they did this brainwashing/programming to the victim, so that they could use/enslave the victim, as their personal-slave.

Of course, this can be one reason, why people like to hear (and spread) information, about how brainwashing/programming, only happens via extreme rape/torture/molestation of children.
-- Ie, if they believe this, then they can also believe, that they were not brainwashed/programmed by their parents/partners/family/friends/etc.

Of course, there are many other reasons, why they want (and need) to hear (and spread) that information.
-- Eg, it allows them, to convince/brainwash/program themselves, (and others), that:

a) They haven't got such a bad life, (and therefore, they should not complain), and that therefore, they are right to continue their life, and encourage others to continue their life, and to even have babies, (despite the fact that their life can sometimes feel like prison/torture/slavery/rape).

   Note: They not only "want" this information, but they "need" it, because it shows that life/suffering is acceptable, and they need this, because this is the only way, that they won't be seen as cruel/evil, for having had children.

b) Other people are not allowed to complain about their suffering, (since there are some people, who experienced extreme rape/torture/molestation as children, and this shows that some people have suffered much worse than them).
   -- Ie, they can tell their personal-slaves, that they aren't allowed to complain about anything, (since they haven't gone through any such extreme things).

c) They are not brainwashing/programming anyone. (Because things like brainwashing/programming, only happens via rape/torture/molestation of children.)

Note:
There are many ways to brainwash/program a person, and some are so subtle, that the victim will:

a) Not recognise the person who is programming them, as being a person who is brainwashing/programming them.
   -- Ie, the victim will be brainwashed/programmed to believe, that the person who is brainwashing/programming them, is actually a person that they should always trust in life, and never hurt.

   Ie, the programmer (eg, parent/partner/friend/etc), programs the victim, with a set of commandments/commands/programs, which gives them total control of their victim/slave, and also controls how they view their programmer, and the world. (I'll explain this in more detail, later in the conclusion.)

b) Never recognise that they've been brainwashed/programmed.
   -- They'll just see their thoughts/beliefs, as being good/normal, and blindly do whatever their programmer tells (or has programmed) them to do.

c) Feel lucky about the life that they have, (even if it's bad).
   -- Eg, even if they're told that they're a slave, they'll be grateful for being a slave, and they might even feel grateful for being alive.
   -- However, this is all just beliefs that the programmer has programmed into them, and it's never long, before these programmed beliefs, begin to crack, and the victim them begins to feel/know that everything is very off/wrong/bad/etc, and they begin to suffer a lot.

   However, if the programmer keeps reinforcing the programming in the victim, then the victim will be in a state of limbo, where they know that it's all a lie, but they have a fear of letting all the lies collapse, (because literally every part of their life, is a lie, and therefore, the implications are too much to bear).

   Also, they (the victim of programming), might have become a perpetrator, (if they've programmed other people), and so if they label their programmer as being evil, then they'll have to label themselves as being evil, and they don't want to do this.

d) Feel a deep bond with their programmer, (without knowing that this bond is a trauma-bond, or that their programmer is a programmer).
   -- Ie, they might believe, that this bond is a "loving" bond, (to someone who is a parent type of figure). However, they believe this, because that is what they've been brainwashed/programmed to believe.
   -- Ie, they've been brainwashed/programmed, in every part of their life, including to believe that, this is what "love" is.

The point is, that when brainwashing/programming starts from birth, and goes on for years, the ideas/beliefs/desires/fears that are drummed into you, stop becoming ideas/beliefs/desires/fears, and they just become indisputable/unchallengeable/unquestionable "facts of life".

And, until you start to challenge all of this brainwashing/programming that is inside you, you will continue to suffer, because you will:

a) Continue to be used/enslaved, (as people's personal-slave, and/or work-slave).

And,

b) Continue to use/enslave other people, (as your personal-slaves, and/or work-slaves).
   -- Most people do not realise, that even if you successfully enslave a person (or many people), this will make you suffer. (I'll explain this in detail, later in the conclusion.)

The point is, that the subject of brainwashing/programming, is very important, because you can only be free from the brainwashing/programming (that is in you),

after you recognise/realise/admit, that you've been brainwashed/programmed.

One way to understand this, is via the analogy of a string-puppet, where the strings, are the brainwashing/programming (that are inside you).
-- Ie, in the past, parents/partners/friends/etc, would be able to control you, like a string-puppet, (but without you even knowing, that they're able to do this, or how they're able to have so much control over you).
-- However, after recognising/realising/admitting, what brainwashing/programming has been done to you, these programs (strings), will be totally cut/severed/dissolved, and you'll be totally free from them.

And when I say “totally free from them”, I mean “totally”, because once a string is cut, it's cut.
-- Indeed, this is obvious, because you can't pull something, without the string being there.

Of course, your parents/partners/friends/etc, will still try to control/manipulate you (via them trying to pull at these strings), however, this will have no affect on you, (since the strings no longer exist, (and are non-existent)).

And, when you see them trying to pull at these non-existent strings, you'll just naturally feel disgusted and repulsed by them.
-- And, of course, anything that you naturally feel disgusted/repulsed by, you'll naturally move away from.

Note:
Most people are trapped in relationships, (eg, children are trapped in the child-parent relationship), and they can't physically move away. Therefore, they just end up having to move away, in other ways, (eg, emotionally).
-- The point is, that most parents complain about how their child is so distant (especially when they’re a teenager), however, it's obvious why it's happening.
-- Ie, it's because the child is repulsed by:

a) The never-ending brainwashing/programming/controlling/manipulation.

b) The ugliness of the parents wanting to force so many situations/experiences, (which they’re constantly doing, just because they selfishly want to play at some game/desire).
   -- Eg, playing the game/desire of:

   - “We're a happy family.”
   - “We all like and love each other.”
   - “We all love spending time together.”
   - Etc.

Note:
When a person wants to fulfil a desire (that they have), they will have to focus on making it happen in reality.

-- The point is, that in every moment that a person is focused on trying to make it happen in reality, that focus/effort, will block out peace and freedom.

Ie, this is not a mystical thing, nor is it to do with spirituality (or whatever else).
-- Ie, blocking out ('losing') peace and freedom, is something that is just obviously going to happen, because whilst focusing on that one thing:

a) You are wanting that desire to happen.
   -- Ie, this is the opposite of peace.

And,

b) You are limiting your freedom.
   -- Ie, this is the opposite of freedom.

And, of course:

> If you're going in the opposite direction of freedom/peace, then you're also going in the opposite direction of love and bliss.

So, what this means, is that if you have any personal-slaves, then you're going in the opposite of direction, of freedom/peace/love/bliss.

Indeed, this is obvious, especially in terms of personal-slaves, because if you're trying to exert your desire onto someone, then you're trying to exert some control/manipulation/conditioning/etc, over/onto the other person, and this is all the exact opposite of freedom/peace/love/bliss, (for yourself, and for the other person).

However, it's also important to realise, that all of this is also true, if:

a) You don't have personal-slaves, but you're trying to get one.

Or,

b) You don't have personal-slaves, and you're not trying to get one, but there is a tiny part of you, (deep down), which secretly wants a personal-slave, (partner, friend, family, child, baby, etc).
   -- And this is true, regardless of if you want these things to be long-term, or very short-term.

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2. Direct work-slaves.

If you are using/enslaving a person, (not for personal reasons, but for work reasons), then that enslaved person, is your work-slave.

However, a distinction should be made, between "direct work-slaves", and "indirect work-slaves".

Direct work-slaves, are the people that are used by you, to do the jobs/work/chores/etc, that you directly need to do (for yourself), but you don't want to do them yourself. So, to solve this problem:

a) You directly employ a person, to do these jobs/work/chores, (eg, a house maid/servant/slave).

b) You get/control/manipulate/use your personal-slaves, to do these jobs/work/chores for you, either for free, or in exchange for crumbs, (eg, giving them: praise, affection, a kiss, a smile, etc).
-- Eg, you use your partner in this way, or you use your children in this way, (whether these children are children, or have grown into adults).

c) You force your children, (when they're old enough), to be a slave (get a job, and do their own chores), because this means that they're then doing their own job/work/chores (to keep themselves alive), so that you can then continue to use them, as your personal-slave, (but without you having to pay for things (food/water/shelter/etc), to keep them alive, or doing the basic chores, which are necessary to keep them alive).

This is also similar, to when parents want to be grandparents. Ie, they want to be grandparents, because they want to be able to use the grandchildren as their personal-slaves, (but without having to pay for things (food/water/shelter/etc), to keep the grandchildren alive).

Also, the grandparents want to use the grandchildren, whilst not having the problems of needing to do the many annoying/unpleasant (non-monetary) things, which need to be done, to keep the grandchildren alive, (eg, doing the chores that come with having/raising children, etc).

The key point is, that:

> All humans have children, with the intent to enslave them, (as personal-slaves, and/or work-slaves).

Moreover, this is what humans call: “love”, “care”, “moral”, “selfless”, etc.

And almost all humans, think this behaviour is acceptable/ok/important/etc, (even if they don't have children themselves).

This proves, just how much brainwashing/programming everyone is doing (to each other), to make every believe/see, that black is white.
-- Indeed, this is why humans are seeing everything in life, upside-down.
-- And this is why there's so much suffering in the world.

Note: The most upside-down thing to brainwash/program someone with, (which creates the most suffering for them), is to make a baby believe, that it

is a separate entity (“i”, “me”). And, this is what all parents brainwash/program a baby to believe.
-- All parents want to do this, because after a baby believes that it is a separate entity, it is infinitely easier to control/manipulate/use/enslave/brainwash/program.

d) You live in a self-sufficient family/community, and to keep everyone alive, you have to use/enslave everyone (to do a specific job/work/chore), eg: get food, defend/protect the property and people, etc.
-- Side note: If you have to “defend/protect” something or someone, then the thing that you're doing, is bad/selfish/immoral, because it's going to cause suffering to others.
-- This is true, because the only good/moral solutions, are the ones that include everyone/all, (because zero suffering will only happen, when there is no them-and-us).
-- And, this must be at all levels, and in all aspects of life. Ie, there must be no them-and-us, at a: community level, international level, interplanetary level, etc. Ie, no them-and-us in the whole of existence, (which means, across all: people, species, entities, dimensions, space, time, etc).

e) You are totally self-sufficient (by yourself), which means that you're enslaved, (because you will inevitably be forced, to do many jobs/work/chores/etc, (because you know, that if you don’t do them, you will suffer (via discomfort/pain/torture)).
-- Therefore, you are a slave, to your body.
-- Ie, just by having a body, (and deciding to keep your body), you are inherently enslaving/torturing/imprisoning yourself.

Additionally, you will also be forced to do certain things, to avoid mental discomfort/torture/suffering, (eg, to avoid boredom).
-- Therefore, you are a slave, to your thoughts/mind.
-- Ie, just by having a mind, (and deciding to keep your mind/consciousness), you are inherently enslaving/torturing/imprisoning yourself.

Note: To understand this deeper, you need to realise, that boredom (and sensory deprivation, deprivation of stimuli, etc), are common forms of torture.

And also, discomfort (over a long period of time), will become torturous.
-- Ie, discomfort can also become a form of torture, if it is compounded by time.
-- Eg, if a person is on a very comfortable bed, but they’re strapped down to the bed, (and can't move any part of their body), then they will (at first), be very comfortable, (because they're on a very comfortable bed), however, with time, this will turn into discomfort, and then extreme discomfort, and then pain/suffering, and then torture, and then unbearable pain/suffering/torture.

Note: In one of the previous paragraphs, I said that “you are a slave, to your thoughts/mind”.
-- The reason why I mention this, is because it can be argued, that you do not have a mind or body, (because thoughts/emotions/sensations, are all things that “arise and fall”, (on their own accord, out of nothing)).
-- However, unless you can be in a permanent state-of-being, where you're totally/truly/honestly unaffected (by any thoughts/emotions/sensations (that arise and fall)), then this suffering will be real to you, (or as good as real).

And, this suffering will be real (to you), regardless of whatever beliefs you have.
-- Eg, whilst you're in intolerable pain, if you try to think/believe that “Life is just a hologram”, this will not help eliminate your suffering. And similarly, your suffering will not be eliminated, whether you think/believe that:

- “Life is not real.”
- “All of this is just an illusion.”
- “Life is just a game.”
- Etc.

Indeed, when they're in this intolerable pain, they'll realise how ridiculous it is, when people argue that “It's all just opinion”.
-- Of course, as soon as you accept that suffering is real, (or as good as real), then “real” exists.
-- And if you're really suffering, then that is not a lie, (which means that it is “truth”, and not just an opinion).

Note: It’s ridiculous to say that “Life is just a game”, because games are things that you can stop playing, and walk away from, in an instant/painless/effortless/guaranteed/permanent way.

Note: The other key point, is that even if you think that you can be in that permanent state-of-being (which makes you unaffected by pain), life can (at any moment in time), change that, and make you suffer again.
-- This is true, because life can always (at any moment in time):

1. Change your state-of-being, whenever it wants, to whatever it wants.
   (For now, I'll use the term “state-of-being”, to also mean: state-of-mind, level of awareness, etc.)

And/or,

2. Increase the level (and/or duration) of pain/suffering, (whether physical/emotional/mental/spiritual), to a level (and/or duration) that is beyond what you can handle.

And/or,

3. Keep the level of pain/suffering constant, but then lower your tolerance (of what you can handle).

And/or,

4. Give you a type of suffering, that you don't even know could exist.

-- Side note: Many people suffer in life, because they're unable to grasp/believe/accept, that many things are beyond their comprehension/imagination.

The key point of all of this, is that:

> “Awareness”, “consciousness”, “feelings”, “sensations”, “unconsciousness”, etc, are all directly responsible, for being the cause of people's discomfort/torture/suffering, (whether mental/emotional/physical/spiritual/etc).

Ie, these things, (awareness, consciousness, feelings, sensations, unconsciousness, etc), are not what you've been brainwashed/programmed to believe they are.
-- Ie, these are the things, that are enslaving/torturing/imprisoning you.
-- Ie, these are the things, that are enslaving/torturing/imprisoning (creating) “you”.
-- Ie, creation/life/existence, is enslavement/torture/imprisonment, (suffering).

The only exception to this, (and the only way that “awareness” (and the manifestation) is acceptable), is if the manifestation is one realm of ever-deeper freedom/peace/love/bliss. However, the absence of all of it, (non-existence), is better.

Note: Many people go through very difficult events/experiences/traumas in their life, which then makes them believe, that they can endure anything that life throws at them (in the future). However, this belief, is what causes them to go though more suffering, because:

a) They aren't seeing suffering as unacceptable, and this makes them enter into situations that causes them suffering.

b) Due to being arrogant, they aren't able to look at things in a clear/open/honest manner, and therefore they can't see/recognise/admit, points 1 to 4 (above).

Note: The only way to know, that you're not enslaved/imprisoned, is if you're free at all levels/dimensions/realms, (including that of existence itself).
-- Ie, to be truly free, you have to be able to be free, to enter (and leave), any and all levels/dimensions/realms (states-of-being, etc), and existence itself.
-- Eg, if you're able to go into a state-of-being, where the “i” disappears, and everything else disappears, and only awareness remains, then this means, that you're able to be free from the “i”, and all those other levels. However, even if you can do this, you're still not free, unless you can drop awareness, whenever you want, instantly/painlessly/effortlessly/permanently.

Note:
It can be argued, that “existence” creates babies, (not parents), since parents are just things/illusions, created by existence.
-- The key point is, that there's absolutely nothing wrong, with having this belief.
-- However, if you use this belief, then you have to use/apply it everywhere.
-- Ie, this would then mean, that no one is responsible for anything, and therefore, anyone can do anything, without fear of any punishment. Ie, there would not be any: prisons, punishment, etc.

The point is, that people do not want this, because people fear pain and suffering, regardless of whether the pain/suffering is:

1. Direct.
   -- Eg, from rape/violence/torture on your body, (or on the body of your children/partner/family/friends/etc).

And/or,

2. Indirect.
   -- Eg, someone steals all your possessions/clothes/house/money/etc, and this results in your physical (and mental) pain/torture/suffering, (eg, from being exposed to the cold weather, and not having food, etc).

Therefore, people want to make sure, that everyone is held responsible for their actions, (and are punished, etc).

So, if this is the case, then people have to accept responsibility, for all their actions, including the action of creating life (babies), which (as explained in the earlier paragraph), is inherently a life sentence, of “enslavement/torture/imprisonment, (suffering)”.

Indeed, the same is true for words. Ie, you either use words/concepts, (and accept that those words/concepts can then be used everywhere), or don't bother at all.
-- Ie, don't use words, and then, when other people use words, (eg, to say something that you don’t want to hear), you then:

1. Believe/argue that: “Words have no real meaning”, etc.

And/or,

2. Believe/argue that: “Those words can't be used in that situation”, etc.

Ie, if you invent/define/use words (and concepts), then other people have to be allowed, to apply (and use) those same words/concepts (that you defined), wherever they want.

This is important, because it leads to some key words, (eg, “non-consensual”), and some key issues.

-- Eg, if you do not want something non-consensual to happen to you (or others), (eg, rape/violence/torture), then that's an ok belief to have. However, if you have that belief about non-consensual acts, then that word (“non-consensual”), has to be applied everywhere.
-- And this means, that it must also be applied to babies, (and the fact that babies are non-consensually created).

And, if you believe that a non-consensual act is immoral/cruel, then these words also have to be applied, to all other non-consensual acts, (including that of having a baby).
-- And therefore, having a baby, is an act that is immoral/cruel.

Note: Some people do argue, that babies did give consent (to be born), but the baby (when it's a baby or child or adult), has no way to remember that they did give consent.
-- The key point here, is that even if this is true, this would still allow anyone to be brutally raped and tortured, (because the perpetrator can then just say, that the victim did consent to this, before they were born, (and they just can't remember giving this consent).
-- And accordingly, all rape/violence/torture, is then totally consensual, and fine/acceptable, in all ways (eg: legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

Of course, although some people are willing to argue such beliefs/theories, they do not want these things to become reality.
-- Ie, their use of words/arguments/concepts/etc, is just for some selfish motive/benefit, and therefore, their words are inherently selfish/immoral/cruel/evil, (because it causes other people, a lifetime of suffering).

I say “a lifetime of suffering”, because every time that people ignore the issue of consent, then the whole issue of consent, loses it’s power, and then society starts to be full of non-consensual acts, and as a result, everyone ends up suffering.

Of course, many people will always say, that they believe that consent is important, however, they only say (and mean) this, about the things/acts that they do not want to happen to them (or their partners/family/friends), eg: sexual-rape, physical violence, etc. However, when the issue of consent interferes with their desires, (eg, the desire to have a baby), then the issue of consent is totally ignored.
-- And indeed, this is true for most people.

This example (in the previous paragraph), is a very important one, because this non-consensual act (of having a baby), is infinitely more immoral/cruel (than sexual-rape), because the act of creating a baby, is the most selfish/immoral/cruel/evil act possible.

Note: It’s also important to see, that the issue of non-consensual acts, will always be very important, because non-consensual acts, are often compounded by other non-consensual acts. To give an example of this, let’s continue with the example of

babies.

The original/initial non-consensual act, is that a woman has a baby. However, this non-consensual act, can be compounded, by a second non-consensual act, if the man is clearly saying, that he is not consenting to having a baby (because he believes that creating a baby, is the most selfish/immoral/cruel/evil act possible), and so she promises to not have a baby (from him), but then she breaks that promise, and has a baby (from him).

And then, these two non-consensual acts, can be compounded by a third non-consensual act, if the woman then forces this man to pay 16 to 20 years of child-support.

And then, these three non-consensual acts, can be compounded by a fourth non-consensual act, if the man doesn't pay any child-support (since he was clear in not consenting to it), and then he is sent to prison, (because he didn't pay child-support).

The key point is, that all non-consensual acts, make people's lives prison/torture/slavery/rape, (whether: physically, mentally, emotionally, financially, etc). And, in the example above, this is very evident, because even if the woman does not ask for child-support, the man might suffer for the rest of his life, because he knows that he was involved, in the creation of a baby, and that all babies/children will suffer regularly, throughout their entire lifetime.

And, if the woman does force him to pay child-support, then the man's suffering is compounded, since he then has the suffering (as mentioned above), along with all the suffering that comes with being forced into having a job (work-slavery).

Or, if he refuses to pay the non-consensual child-support, then he might end up in jail, and this is then another type of prison/torture/slavery/rape, (suffering).

And, of course, the story (of suffering) doesn't end there, because when one person suffers, that suffering will always spread to everyone else.

Ie, when one person's life is prison/torture/slavery/rape, everyone's life will become prison/torture/slavery/rape.

The key point of explaining all of these examples (of non-consensual acts), is that they're all obviously selfish/immoral/cruel/evil, but what is astounding, is that they're all (somehow) legal.
-- Ie, this enslavement/imprisonment/torture/rape, is legal.

And what this proves, is how upside-down everything is.

Moreover, it's important to see, that the things which are the most upside-down, are the most important things in life.
-- And, the most important things in life, are the ones to do with suffering.

Indeed, this is obvious in many areas of life. One example, is where a person has an incurable disease/illness, and they're in intolerable pain/suffering, and they know that their pain/suffering is only going to keep getting worse, until they die. So, they might decide, that they want to terminate their life, and ideally, they want to be able to do this in a way, which is as quick and painless as possible.
-- So, they might find out, that there are certain prescription pills/drugs which exist, which can do this.
-- And meanwhile, there are also some doctors, who agree that such people have the right to terminate their lives, (via these prescription pills/drugs), and therefore, these doctors want to be able to prescribe these pills/drugs to such people.

So, it makes sense, that this act (to reduce suffering), be allowed happen.
-- However, in most countries, this is (somehow), illegal.

It's just all so upside-down.

Note: The reason why this is such a good example to use, is because, yet again, the word consensual is totally ignored.

Ie, although this act is about death/murder, this act is clearly consensual-murder.
-- Ie, the key points about this, are that:

a) Despite the fact that, this act is consensual, it's illegal.

b) Despite the fact that, this act is moral, it's illegal.

c) Despite the fact that, there is a solution (of how to eliminate this person's suffering), people have actually gone out of their way, to put in time/effort/energy, to invent/create a law, that makes it illegal, to help eliminate this person's suffering.

   Ie, people have gone out of their way, to put in time/effort/energy, just so that they can force people, to go through intolerable pain/suffering.

Indeed, when it's put like this, the phrase "upside-down", just doesn't cover it.
-- And, no words can cover it.
-- Indeed, what words can truly convey this situation...

Note: Whilst all these words/beliefs/concepts (and everything), are all upside-down, suffering will always be intense, and never-ending, for everyone, (because whenever one person suffers, that person's suffering will inherently/inevitably spread, to everyone).
-- Ie, everyone loses.
-- And everyone will lose (suffer), regardless of whether this is understood/believed, or not.

The point is, that it really isn't complicated, to make everything equal, (in all ways).
-- It really is an effortless task.
-- What takes effort, is to fight to make things unequal, (which is what everyone is constantly trying to do, so that they can “win” over other people, (or groups of people), so that they can use/enslave them, (whether as personal-slaves, and/or work-slaves)).

Eg, some people say, that “eye-rape” is bad/wrong, and they want this to be punishable. There is absolutely nothing wrong with wanting to make this punishable.
-- However, if this gets implemented, then all other types of rape, which happen at that same level (of the subtleness of the energy, of that rape), also needs to be punishable. And, all the rapes that occur on a more grosser level, must then also be punishable.

Ie, all forms of rape, (eg, emotional, mental, physical, sexual, financial, spiritual, etc), all need to be punishable, in an equal way.
-- And, “equal” means equal, in all ways.
-- Ie, the punishment is the same, regardless of:

(a) Gender, age, etc.

(b) Which type of rape it is, (eg, emotional, sexual, financial, mental, etc).

(c) Which aspect of life it is in, (eg, relationships, having/raising children, families, friendships, jobs, etc).

(d) How subtle/gross the rape is. Or, at the very least, all the rapes that occur on a more grosser level, must then also be punishable.

It really is obvious, that if things are unequal, (and therefore unfair), then everyone will suffer (in the long-term).
-- Ie, people don't seem to realise, that by tying to “win”, (in terms of creating a battlefield, which is beneficial to them (and certain groups of people)), all that will happen, is that everyone loses.

This is inevitable, because the unfairly treated people, will then break the unfair rules. And the result of this, is that the resulting suffering can be worse, because when a person is then attacked/raped, they not only go through that trauma, but also the shock (about being attacked/raped).

Of course, it's obvious, that anyone who is shocked about all the attacks/rape/violence/etc, (that keeps happening in the world), is inherently selfish, because it's obvious, that attacks/rape/violence/etc, will always keep happening in the world, because there is no fairness, at any level.
-- Ie, whether it's at the level of relationship, (or family, or community, or a world level, etc), fairness does not exist, and therefore, the only result, is suffering.

Of course, this is all to be expected, because the only reason why people invent rules/systems/words/beliefs/etc, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), is to create a battlefield (and tactics/weapons/etc), that will benefit them, (by helping them to use/enslave other people, (as their personal-slaves, and/or work-slaves).

And therefore, what proves that everyone is selfish/immoral, is the fact that the world is full of rules/systems/words/beliefs/etc, and everyone keeps trying to brainwash/program everyone, to use their rules/systems/beliefs/etc.

It's so obvious, that no matter how subtly/slyly people try to do this, this is a foolish/stupid strategy, because this will always create:

(a) An inevitable backlash, which will make them suffer.
-- And, this might be a while coming, but the longer that it's delayed, the worse it will be (when it finally does happen).
-- And, after that backlash is done, there will then be another (counter) backlash. Ad infinitum.

Actually, to be more precise, the backlash, (and counter backlash), will always be in existence, (to some degree). Ie, there is never a time, when they do not exist. And, they will always slowly escalate, until they are at their maximum force.
-- Of course, although this escalation is always present, most people are totally oblivious to it, because most people just want to live in their delusion/bubble.
-- And it's irrelevant if these people are unaware of it, or are in conscious denial of it, because the end result, (and consequences), will be the same.

And, all of this will be happening, in each aspect of life.
-- Eg, if there are ten major aspects of life, then there will be ten of these situations/escalations, all happening simultaneously.
-- However, since all aspects of life overlap, (and are inextricably interlinked), this creates a whole entangled mess of suffering.

And, this is all compounded, by the fact that everyone is entangled together, because people have enslaved each other (as personal-slaves, and/or work-slaves).

(b) An inevitable escalation, of immoral/cruel/evil things (eg: weapons, tactics, games, wars, etc). And this will happen, in many legal ways, and also in many illegal ways.
-- This point is always missed by most people, because most people are oblivious to the fact, that there is always:

- A bigger weapon, (and tactic).

- A more immoral/cruel/evil weapon, (and tactic).

And therefore, there is always a way, to make them suffer more, and in ways that they can't even imagine/comprehend (to ever be possible).

Note: It's absolutely ridiculous, when people complain, that someone did something that was “heartless”, or devoid of empathy, etc. Because, if you enter into games/wars, then it's obvious, that the winner is always going to be the one, who has less morals, and doesn’t care about: feelings, rules, etc.

And, therefore, the ultimate winner, will always be the person/entity/being, that has:

- Zero feelings.
- Zero compassion.
- Zero respect for rules.
- Etc.

This is obvious.
-- Therefore, if you enter into games/wars, then you have to expect, that some people will do things, that are immoral/cruel/evil, and that they'll break any (or all) rules, and therefore, that they'll cause you (and others) suffering.

Therefore, it's utter stupidity, to enter into games/wars, (whether you do this actively, or passively).

And, all of the above, is applicable to all levels of games/wars, including the normal “acceptable” everyday “harmless” games, that happen in all aspects of everyday life, (eg: relationships, friendships, families, raising children, jobs, etc).

Ie, as soon as you start to play these games/wars/hobbies/activities, (eg: relationships, friendships, families, having/raising children, jobs, etc), then expect suffering, because people will want to “win” over you, (eg, control/manipulate/use/enslave you), and as a result, a battle/game will commence, (whether offensive or defensive), which will result in points (a) and (b), (above).

Ie, it's obvious, that trying to “win”/“succeed”/etc, is not only selfish/immoral/cruel, but also foolish/stupid/idiotic, because the only result, is suffering for you, and everyone, (in the long-term).

Note:
The issue of “winning” is an important one, for many reasons. One of those reasons, is because most people are easily persuaded to do things, because they've been brainwashed/programmed to believe, that after they “win”/“succeed” (at whatever task), they'll get that happiness/peace/love/pleasure/etc, (which they

were desiring).
-- Of course, this is impossible, and I'll explain why below.

Firstly, it must be seen, that this brainwashing/programming, comes from many different angles, (eg, positive and negative). Indeed, many people go through their life, with the constant brainwashing/programming, that you must: “win”, “succeed”, “fight”, “never give up”, “not be a loser”, “not be a quitter”, “not cop-out”, etc.

Of course, the result of this brainwashing/programming, is that whenever a person wants something (no matter how small), a state of war is created.

And, what most people fail to see, is that:

A war never ends, it just changes shape.

Eg, you might “win” (get what you want), but the instant that this happens, you're then having to:

a) Defend it from external threats.
   -- Eg, defend it from other people who want it, (either by offence, or defence).

b) Defend it from internal threats.
   -- Eg, defend it from threats within itself, (either by offence, or defence).

c) Maintain it.
   -- Ie, even if there are no threats, it needs to be maintained, and kept alive.

d) Deal with it, as it gradually turns into your enemy.
   -- This will increasingly get worse with time, and this only ends, when you relinquish possession of it.
   -- Ie, the thing that you “won” (at the beginning), is something that you will eventually have to relinquish.

Ie, as soon you “win”, you're kept in a state of constant fight/war.
-- Ie, the only thing that you win/gain, is that you're kept in a state of constant fight/war.
-- Ie, that doesn't sound like a very good thing to win/gain.

However, the key point is, that since you eventually have to relinquish it, then all that has happened (since before the initial war), is that you put a lot of time/effort/money/energy/etc, into:

a) Winning the first war.

b) Doing all the things mentioned in points “a” to “d” (above).

Ie, all that has happened, is that you've spent a lot of time/effort/money/energy/etc, in all ways, (mentally/physically/emotionally/financially/etc). Ie, this does not sound like a “win”.
-- Ie, in hindsight, the first “win”, was actually a “loss”, or worse (since it was the cause of your long-term suffering).

Ie, war is foolish/ridiculous/stupidity.

Ie, the biggest misdirection, is the invention (and use) of the word “win”.

Ie, all people are brainwashed/programmed to win, (get what they want), however, this just means, that you end up spending a lot of time/effort/money/energy/etc, in all ways (mentally/physically/emotionally/financially/etc). Ie, you've been used/tricked/played like a fool.

And it’s also important to see, that when a person is “spending a lot of time/effort/money/energy/etc, in all ways, (mentally/physically/emotionally/financially/etc)”, this (in itself) is: prison/torture/slavery/rape.

Of course, good examples of this type of war, are: relationships, marriage, divorce, family, promotions at work, social hierarchy, friendships, raising children, jobs, etc.

Ie, the key point is, that when you look at life clearly, (with ever-deeper honesty), you'll see that: Everything in life, is a war, (at some level).

This is an important realisation, however, to understand if fully, it needs to be combined with the other realisations, (that were mentioned earlier in the conclusion). This can be shown, as follows:

Since,

War is foolish/ridiculous/stupidity.

And,

Everything in life, is a war, (at some level).

This inherently means that,

“Everything in life” is foolish/ridiculous/stupidity.

And, since,

“Life”, is made up of, “everything in life”.

This inherently means that,

"Life", is foolish/ridiculous/stupidity.

And therefore,

All discussions about solving various problems/aspects in life, is misdirection.

Ie,

All these types of discussions, are the problem, because they prevent you from seeing, that the problem is "life" (existence) itself.

Moreover, people have been brainwashed/programmed to believe, that:
Life is good/clever/important/precious/intelligent/special/god's work/etc.

Of course, people are only ever brainwashed/programmed to believe something, to get something from them, or use them in some way.

Therefore, (in this case), people are brainwashed/programmed to believe that "life is good/clever/important/precious/intelligent/special/god's work/etc", so that they keep making new slaves (babies), whilst being used as slaves (throughout their whole life).

Ie, people are literally used, in almost every way possible, eg, as:

- Work-slaves.
- Breeder-slaves.
- Child-raising-slaves.
- Energy-slaves.
- Entertainment-slaves.
- Etc.

Note:
All of the above, shows why people:

a) Are never really at peace (in the long-term).

b) Are suffering.

c) Are responsible for their own suffering.

Also, all of the above, proves that:

a) All beliefs that people have, are upside-down.
-- Ie, what they believe is moral, is immoral. (Eg, having

babies/children.)

And therefore,

b) All of their beliefs, are the cause of all the suffering in their life.

And therefore,

c) It is only they (themselves), that can set themselves free.

A good example of how upside-down most people are seeing life, is as follows.

Many people believe, that it's good to “fight for your relationship”, (either to get it, or keep it), because they believe that love is something that is worth fighting for.
-- Of course, “fight” and “love”, are the exact opposite of each other, and so whatever you get by fighting, is not going to be “love”.

And, people are so desperate to “lock-in” the relationships that they're in, that they sometimes go to the extreme length, of making the relationship “legally binding”, (via marriage).
-- And, of course, the people who do this, are the ones who argue that their relationships, are the true “loving” relationships, (as compared to those who do not get married, or who only ever have short-term relationships).

Of course, even if you lock-in a relationship (to such extreme lengths), that never means that the happiness/love/etc, is going to be locked-in.
-- Indeed, the opposite is true.
-- Ie, the more you lock-down the relationship, the worse it will be.
-- And, this will always be true, whether you recognise/admit this, or not.

Indeed, it's important to see the similarity, between war and relationships (partners/friendships/family), because after you can see the similarity, you can then examine these never-ending wars in detail, and see why things happen in life.

Eg, in wars between countries, countries/governments/organisations, are willing to do anything to win. They'll put extreme amounts of time/money/effort, to tell people that they only fight for “good”, and will only fight fairly, (eg, follow the international rules of war). And, of course, there's always a “cause” (reason) to go to war, (eg, “terrorism”). However, they'll always covertly break all the rules of war, and do whatever they want, (no matter how much suffering is caused), as long as their desires are fulfilled.

Similarly, people use the same tactics in relationships.
-- Ie, people will do whatever selfish/immoral things necessary, to get their desires fulfilled, whilst making themselves appear good/moral/caring/kind/etc.

And, if a weapon/tactic is deemed as being selfish/immoral, they'll just verbally state, that they also believe that such weapons/tactics are selfish/immoral, but they’ll know, that if they ever feel that they need to use those weapons/tactics, that they will, (and that they’ll just have to do it in a covert way).

The point is, that all people (at all levels (eg, a country level, a personal level, etc)), are willing to do selfish/immoral/cruel things, regardless of how much suffering it causes, as long as they can get their desires fulfilled.

This is obviously true, because if it wasn't true, the world would have much less suffering in it.

Note:
There are many different weapons/tactics that are used in wars/relationships/interactions/parents/families/friendships/companies/governments/organisations/etc, and some of them, are the same weapons/tactics, as used by: con-artists, scammers, confidence-tricksters, predators, criminals, etc.

Fundamentally, it's all the same game, where one person/group, wants to control/manipulate/use/enslave, the other person/group. And, the range of weapons/tactics that can be used, is very large, and these weapons/tactics/games, will all be extremely effective, when they're used together.

This subject is very easy to examine, so I won't go into too much detail here. However, I will briefly explain some things below.

Note: Many people don't want you to examine these subjects (eg: con-artists, scammers, confidence-tricksters, predators, criminals, etc), and they'll give all kinds of reasons why you shouldn't examine these things, however, any reason that they give you, is to keep you in the dark, so that they can keep using many weapons/tactics on you, which are the same weapons/tactics, as used by: con-artists, scammers, confidence-tricksters, predators, criminals, etc.

Ie, it's very important to examine these subjects, because when you know how these things are done, you'll be able to see it happening, and avoid the con/trap/brainwashing/programming/weapons/traps.

And this is important, because it's happening to everyone on a daily basis, in everyday life, because everyone is doing it to each other, (to varying degrees).

Indeed, this is obvious, when you realise that:

> To con/use/enslave someone, you just need to use the tactic of "fear-and-desire".
> -- Ie:
>
> A) Give (reward) a person, with what they want/desire, (eg: gifts, money, power, praise, affection, sex, fun, excitement, etc), and ideally, you give them these things for free (or at a cheap rate of exchange), and then you keep doing this, until they are hooked on you, and then you con/use/enslave them.
>
> Ie, the con can be designed, to end on one last big con, or it can be designed to keep going, until the person/victim/slave realises that

they're being conned/used/enslaved, and then they walk away from you.

And,

B) Whilst giving (rewarding) a person something, (as explained in point "A"), you can also make them fear something.
-- Note: This can be very important, because by doing this, you even become:

- Their: protector, saviour, nurturer, parent-figure, etc.
- Someone that they trust.
- Someone that they bond with, (emotionally, mentally, spiritually, etc).
- Etc.

Of course, if this con/scam is done well, then the victim will even go to the perpetrator, for advice, and other things.

And, the victim can end up saying to the perpetrator, that they want (or demand) some thing, and that "thing", is a thing which the perpetrator originally wanted the victim to demand.

Of course, all of this is applicable, at all levels, eg:

At an individual level.
-- Eg: relationships, friendships, parenting, families, co-workers, etc.

At a national level.
-- Eg, a government will do things in a country, which causes everyone fear, until everyone demands, that the government do things, to increase control over the population/country.
-- Ie, this allows the government, to do what they originally wanted to do, (eg: increase control (by creating ever-more extreme laws), and spend more money on weapons, etc)).

At an international level.
-- Eg, organisations will do things in the world, which causes everyone fear, until people demand, that those organisations do things, to increase control over all countries (and the world).
-- Ie, this allows the organisation, to do what they originally wanted to do, (eg: create laws that benefit them, get more control over countries, etc).

At a world level.
-- Eg, you enslave a whole world, by making them believe that you are a god,

(or son of god, or whatever else), and that they need a god, (and a son of god, and religion, etc).

Note:
One of the key tools/weapons, of the con-artist, is the shill/plant/stooge.
-- This tool/weapon/tactic, is very important, because a person is always more likely to fall for a con/scam/trick/lie/illusion, when they see that some other person/people are ok with what the scam-artist is selling, and/or, that they're ok with the scam-artist (as a person who can be trusted).

One key thing to realise, is that people want to be around other people, who will back-up the image/illusion (and delusion), that they're trying to portray (sell) to others, (and themselves).

Ie, a person can be using/enslaving you, (as a: friend, partner, family member, etc), because they want to use you, as a shill, who will verify to other people, that they are x, y, z.
-- Examples of x, y, z, are: funny, intelligent, caring, honest, fun, successful with partners/friends/jobs, a good parent/lover/friend, etc.

Note: If you are being used as a shill, then you are perhaps not being used/enslaved as a personal-slave, but as a direct work-slave. However, whether it's labeled as a personal-slave, or a direct work-slave, or both, is not that important.

However, for the purposes of getting to the next point, I'll say that a shill is a direct work-slave.

If the person/victim that is being used as a shill, is directly known by the perpetrator, then the victim is a direct work-slave. However, if the victim is being used as a shill (for the perpetrator), but the perpetrator does not directly know the victim, then that victim is being used as an indirect work-slave.

The point is, that when you understand that shills can be indirect work-slaves, you also understand, that shills can be very large in number.
-- Indeed, if a perpetrator is clever, they can enslave a large proportion of a country, (or a large proportion of the world).

Of course, some shills (victims), are willing to be shills (to a perpetrator), if that perpetrator, is willing to be a shill (to the victim).
-- Indeed, this is common, because people are willing to use/enslave each other (and be used/enslaved by each other), as long as this will help them, to get what they want.

The point is, that:

People only care about fulfilling their desires, and therefore,

they'll even be willing to be a shill, for really immoral people/groups/organisations/beliefs/things, as long as it helps them to get what they want.

And what this means, is that 99% of the population, can be consciously acting as shills, (because being a shill to that person/group/organisation/belief, will help them fulfil their desires).
-- Ie, they know that being a shill to a person/group/organisation/belief, might be immoral, however, they're willing to do it, because they want (or need) to do it, because it benefits them.

However, if 99% of the population, becomes a shill to a person/group/organisation/belief, then what happens, is that they all need to keep doing this, because to stop agreeing (being a shill) with this person/group/organisation/belief, will mean that they become an outsider to their peer group.

So, due to this, all groups (of: friends, families, relationships, communities, etc), have all become shills, who are willing to lie (be a shill), just to fulfil some selfish desires.

Of course, the more this happens, the more people that will also act as a shill.

Ie, as soon as a certain percentage of the population becomes a shill (to a certain person/group/organisation/belief), then that will rapidly rise to 99% of the population, (because most people do not want to be an outsider, (because all true outsiders, are labeled as being: dangerous, evil, terrorists, etc)).

Note: This is always what happens, because the way that society works, is that the majority will always label the minority, as dangerous/evil/terrorists/etc, in their desperate attempt, to make sure that everyone follows their rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), so that everyone can be controlled/manipulated/used/enslaved.

The key point is, that it's never long, before 99% of the population, end up being shills, for the same immoral people/groups/organisations/beliefs.

Note:
In most cases, it's enough if a shill just does nothing.
-- Ie, sometimes, it's good enough, if a shill is used, not to vocally say good things about the person/group/organisation/belief, but to just not say anything negative about the person/group/organisation/belief.

Ie, a person can be a shill, in many different ways, eg: actively, passively, directly, indirectly, etc.

Indeed, a bystander is just as responsible, as the perpetrator.

So, after you realise that shills can exist in many different forms, (eg: actively, passively, directly, indirectly, etc), you then realise, that it really is 99% of the population, who are shills.

Ie, it really is 99% of the population, who are responsible, for all the suffering in the world.

And from there, the problems just keep getting worse, because since 99% of the population are believing/following many delusions/lies, these beliefs/delusions/lies, then become things, that are acceptable, and then all rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), are based around it.

Moreover, this means that the people who are not hooked by the scam/lies, are seen as bad/immoral/dangerous/evil/terrorists/etc.

The key point is, that:

> 99% of people, are not just the immoral con-artist, but also the immoral shill.

Ie, they're all scamming/controlling/manipulating/using/enslaving each other, (or trying to scam/control/manipulate/use/enslave each other).

And, of course, when a person is involved in immoral activities/things, they can't then say/do anything, that implicates them in those immoral activities/things.

And, they can’t even say/do anything, that might implicate them, in even 0.001% of it, because if they can be implicated in 0.001% of it, they know, that that will increase to being implicated/involved/responsible for 100% of it.

Ie, denial has to be total.
-- And what this means, is that the delusion will have to be total.

A good example of this, is that a parent will never be able to admit (even 0.001%), that having a child is the most selfish/immoral/cruel/evil act possible.
-- Because, if they admit this, they know, that there's then also the possibility, that this is 100% true.

And, they don't want this, for many reasons, including the fact that:

a) They don't want to be labelled as being 100% selfish/immoral/cruel/evil.

b) If they admit that any of this is true, then this also means, that they'll have to recognise/admit, that they should be financially responsible for the child, throughout it's entire lifetime.

Ie, it's inevitable, that the parent will just stay at 100% denial.

Of course, staying at 100% denial, is only half of the story, because they'll never just do this, but also try to brainwash/program everyone, to believe that having a child, is an act that is: selfless, moral, important, necessary, etc.
-- And on top of this, they'll also use many other tactics/weapons, (eg: misdirection, ridicule, etc).

Of course, this is how the world is at the moment.
-- Ie, 99% of the population, won't/can't admit, that they're selfish/immoral/cruel/evil, due to the fact, that they're using/enslaving everyone, (as personal-slaves, and/or work-slaves).

Moreover, the delusion is so total, that it sometimes goes beyond this, to the point where they can't even recognise, that what they're doing, is selfish/immoral/cruel/evil.
-- Ie, it moves (in a negative direction), past admitting, to recognising.

Note: It's important to see, that the 100% delusion/bubble, that they then have to shut themselves in, is:

a) Prison
   -- Because they're trapped in a delusion/bubble.

b) Slavery.
   -- Since they have to constantly maintain the delusion/bubble/lies.

c) Torture.
   -- Because it's painful to have to keep brainwashing/programming yourself (and others), which has to be done, to maintain the delusion/bubble/lies.
   -- And it's also torture, because they fear that their delusion/world might get shattered (by some external threat).

d) Rape.
   -- Because these three points ("a", "b", and "c"), rapes you of your life energy.

And it’s also important to see, that the 100% delusion/bubble, (that they have to shut themselves in), is what is blinding them, from being able to see/recognise/admit, what is causing them (and everyone) suffering.

Ie, to reduce/prevent/eliminate suffering, (whether for themselves, or for others), there needs to be a clear/honest seeing, of who is using/enslaving people.
-- However, this can’t happen, by a person who is busy using/enslaving people.

Nor can it happen, if that person has used/enslaved people in the past, and they don't want to admit this, (or if they plan to use/enslave some people in the future).

And what compounds all of this, is that it's always hard for most people to admit, that they're being scammed/used/enslaved, (or were scammed/used/enslaved, in the past).

Note: There are different levels to this, as follows:

Level 1:
It's hard to recognise/admit, when you're being scammed in a deal.

Level 2:
It's a hundred times harder to recognise/admit, when the scam is something that you've been doing, for most of your life.
-- Eg, you've been used/enslaved, to work at a job, for many years of your life.

Level 3:
It's a thousand times harder to recognise/admit, when that scam is in more than one aspect of your life.
-- Eg, you've been used/enslaved, in your work-life, and also in your personal-life.

Level 4:
It's a million times harder to recognise/admit, when that scam is every aspect of your life.
-- Ie, you've been used/enslaved, in absolutely every aspect of your life.

Level 5:
It's a billion times harder to recognise/admit, when that scam is not just every aspect of your life, but the scam is you, (ie, your life, and your very existence).
-- Ie, your life/existence, is the scam.
-- Ie, your very existence, is itself created, to be used/raped.

Level 6:
It's a trillion times harder to recognise/admit, when that scam is not just your life/existence, but life/existence itself.

-- Ie, the only reason to create life/existence, is to use/rape it.

Ie, you then have to accept, there is no type of world/life/existence, that is a good/benevolent solution.

Of course, 99% of the population, can't see this, because they're all too busy doing the exact opposite of this.
-- Ie, everyone is busy convincing/brainwashing/programming each other, that life is something that is: good, special, important, precious, etc.

The key point is, that if life was actually truly/honestly good, and worth doing/living, then:

a) There would not be any need, for people to convince/brainwash/program themselves (and each other), that life is: good, special, important, precious, worth staying alive for, etc.
   -- Note: People do this on a daily basis, but in an indirect way.

And,

b) People would not be scared/petrified, to give everyone the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of life.
   -- Note: When I say “everyone”, I mean everyone. No exceptions. No one is excluded.

Note:
All of the above information, about con-artists, can also be applied to cults.
-- Indeed, a cult is just a group of people, that believe in a certain belief.
-- Therefore, you can say that 99% of the population, are part of a cult, which believes in trying to brainwash/program everyone, to believe in certain things, (eg, that having babies, is an act that is selfless/moral/important/necessary/etc).

And, when enough people are a part of the cult, the cult then invents laws, (and enforces them), which means that the whole population ends up obeying/complying, because they don’t want to be isolated from their group of peers.

Of course, the only result of this, is that everyone suffers.

And it's important to realise, that it can’t ever be any other way.
-- Ie, regardless of what belief is being brainwashed/programmed, it will always cause everyone suffering, (in the long-term).
-- This is true, because all brainwashing/programming, is bad, (in the long-term).

Therefore, the only solution (to help reduce/prevent/eliminate suffering), is to help everyone, to deprogram themselves.

Note:
If people stop brainwashing/programming each other, then deprogramming is not necessary.

This is true, because when a person is not constantly being brainwashed/programmed, then, whenever they suffer, they'll naturally try to examine what is causing them to suffer, and when a person does this, they'll inevitably find that the cause of their suffering, is some activity/thing/person/people.
-- And with this conclusion/realisation, they'll then naturally stop doing (and stay away from), those activities/things/people.

Ie, suffering just naturally stops, and there was no need to help deprogram that person.

Ie, what causes a lot of suffering, is when a person is suffering, and that person might even realise what is causing them to suffer, but they then get brainwashed/programmed by everyone, to believe that they must continue to do those activities/things/people, (which was causing them to suffer).

Indeed, this is so true about the usual everyday activities/hobbies, (eg: relationships, friendships, families, jobs, having children, etc).

Ie, when any person enters into these activities, they will suffer. And people know that these activities, are causing them to suffer.
-- However, they're constantly being brainwashed/programmed, to believe that all these activities/hobbies, are the key to happiness/peace/love/pleasure/etc.
-- And therefore, they just keep trying to do these activities, in a slightly different way, in the hope that they'll suffer less next time.

Of course, it doesn't matter what method/tactic you use to touch a hot stove, because the end result, is that you're going to suffer.

Note:
If a person does realise that this brainwashing/programming is being done to them, they might then become immune to it, however, there are thousands of other types of brainwashing/programming, that can be done to them, which will make them keep doing these activities, or doing other activities, which also cause them to suffer.

And, the brainwashing/programming, can also get more fundamental.
-- Ie, the more fundamental brainwashing/programming, is the type which is not about an activity/person/people, but about the subject of suffering.

Eg, many people are brainwashed/programmed to believe, that:

- "Suffering is acceptable."

- “Suffering is good.”
- “Suffering is important.”
- “Suffering is needed to win.”
- “Suffering is necessary, if you want to be successful.”
- Etc.

Of course, to hook/trap a person, they only need to bite one of these hooks/tricks/scams/brainwashing/programming.

And, because everyone's daily lives, is full of everyone trying to brainwash/program them, it's inevitable, that everyone will get hooked/trapped/brainwashed/programmed, by at least one of these hooks/methods/weapons/tactics.
-- I'll cover some of these weapon/tactics/brainwashing/programming, in more detail, later in the conclusion.

Note:
From all of the above, it becomes obvious, that to reduce a lot of suffering (in this world), you need make all weapons/tactics (eg: physical/emotional/mental/financial/legal/social/religious/spiritual/etc), either legal, or illegal.

Of course, all these weapons/tactics (as mentioned above), can't be made illegal.
-- And therefore, to reduce a lot of suffering (in this world), there is no choice, except to make all weapons legal.

This might sound strange, but it really would reduce suffering, because when all weapons are legal, people will make sure, that they do not cause other people suffering, (because they know, that that person can fight back, or that someone else will fight back, on their behalf).

Of course, this is not the ultimate solution (of how to end all suffering (for all), (which I’ll explain in detail later in the conclusion)), but this is a step in the right direction.
-- And, as mentioned earlier, solutions (to reduce suffering), exist at many different levels, and all these solutions (regardless of what level they're at), should be implemented simultaneously.

Note:
Just to be clear, I'm not saying that a world without rules is the solution.
-- Indeed, this would be a ridiculous statement, because in a world without rules, people will just create rules again.

The key point is, that:

People in this world, are not suffering because of the rules/system, but

because people are selfish/immoral/cruel/evil.

And it's also important to realise, that a system can't ever work (or exist), unless people perpetuate the system.
-- Ie, despite people saying that they're against the system, they still want some rules/system to remain in place, because they still have some personal selfish interests/motivations.

Ie, people are just blaming the system, because this misdirects the attention away, from the suffering that they (themselves) are causing others.

Ie, when people talk about change, this will never lead to zero suffering, because people who want a new system, are only going to try to create a new system, that is good for their selfish desires.

Ie, if you want a real solution, you have to do it at a much more fundamental level than this.
(This conclusion will come to a fundamental solution, which does solve all suffering (for all), but in order to get to that solution, more things need to be discussed first).

Note:
From all of the above, it's obvious, that there is no good system/way/method to do anything.
-- The key point is, that although some people might understand this in theory, they just shutdown, as soon as they start to see the implications of this.

Of course, this is to be expected, because this statement ("there is no good system/way/method to do anything"), applies to every aspect of life, and therefore it will be relevant to all aspects of their personal life.

Eg, if you believe this statement (that "there is no good system/way/method to do anything"), then this also means that:

a) There is no good system/way/method, to raise a child.

And therefore,

b) Raising children is always going to end in suffering, (for the child, and parents, and other people).

And therefore,

c) All discussion on "The best way to raise a child", is misdirection. And, almost everyone has fallen for this trick/lie/misdirection.

And therefore,

d) If all children will suffer (no matter how you raise them), then the only conclusion, is that: It's immoral/cruel/evil to have a baby/child.

Note:
When you're extremely clear/honest, about everything, including how you use (and define) all the words that you use, you then come to realise, that:

(a) You are using words, to help reduce people's suffering (by using words to deprogram them, in an ever-deeper way). Ie, you use words, to give people, a clear/honest observation, of what is occurring, in all aspects of life, and on all levels of life.
-- Ie, the only aim of using these words, is to help people see, what is occurring, and what is causing them suffering, so that they can reduce/prevent/eliminate that suffering, from their life.

And meanwhile,

(b) 99.9% of the population, are using words, in a totally opposite way.
-- They only ever want to use words, for selfish/immoral reasons, (via the guise of "helpful" or "spiritual" conversations/discussions/arguments/debates/etc), so that they can convince/persuade/brainwash/program other people, into having beliefs/ideas, that will allow them to continue to use that person (and other people), as their personal-slaves, and/or work-slaves, (whether directly, or indirectly).

The key point is, that when you're using words positively (to help deprogram people), you're only giving a clear/honest observation (of things in life). Ie, this is not about discussion/conversation/argument/debate/etc.

Indeed, this is to be expected, because it's no different, to when you start with basic maths. Ie, you decide to invent/create a value (idea/concept), called "1", and from there, you can say that "1+1=2".
-- Ie, yes, you can discuss whether it's good to invent maths (or to use a fundamental value of "1" (in maths)), but after deciding to use it, it's absolutely ridiculous to argue, that "1+1=2" is something that is: incorrect, or that it's opinion (and not fact), or not valid in certain aspects of life, or that it's debatable/arguable, etc.

Ie, you either use the concept that "1" exists, and use it to communicate, or you don't.
-- Ie, if you don't like the result, (eg, that "1+1=2"), then it's stupid to discuss/argue against it, but yet you still use the other equations, (eg, "9+1=10"), that are based on the same fundamental idea/concept (of "1").

The key point is, that you can totally disregard maths (and all words), but that doesn't mean that your suffering will end.
-- Eg, you can say that all words are bad, and not use any, but if people continue to use each other as personal-slaves (and/or work-slaves), then suffering will always be there.

Ie, if you invent (and want) “1” to be fact, then all equations based on it, are fact.
-- Of course, this is similar to the obvious phrase: “It's ridiculous to attack the postman”. Ie, the postman just delivers the letter/message, and if you don't like the message, then (in most cases), it's probably because the message contains some information, that tells you something, that affects your selfish and immoral plans/tactics/games, of how you intended to get happiness/pleasure, and/or, avoid pain/suffering.

And, since most people try to get/increase/maximise pleasure, (and avoid/prevent/eliminate suffering), via the use of personal-slaves (and/or work-slaves), that attack on positive (deprogramming) information, is therefore selfish/immoral/cruel/evil.

However, everyone keeps believing, that it's possible to hide their subtle and sly ways/games/tactics (actions and behaviour), of getting/controlling/manipulating/brainwashing/programming/using/enslaving people, and so it's to be expected, that there will always be attacks (“discussions”/“conversations”/“debates”/etc), from these people, on information that is trying to help free people (from being used as personal-slaves, and/or work-slaves).

And therefore, by keeping the truth hidden, people will continue to be used/enslaved (as personal-slaves, and/or work-slaves), and as a result, suffering will continue to be created, perpetuated, and spread.

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3. “Indirect work-slaves”.

   Indirect work-slaves, are people/entities, and you want these people/entities, to be constantly created/born (and kept alive), because you want to use them, to do work for you (indirectly).

   Eg, you want people (who you don't directly know), to work (be a slave) at jobs, because you want to have: electricity and water in your house, and to have food in shops, and to have your trash taken away, etc.

   And/or, you want other people to deal with the things, that you don't want to deal with, eg: dead people, old incapacitated people, sewage, making clothes/things in factories, etc.

   Also, you want to have many indirect work-slaves, because you want to keep a certain image. Eg, you might want to portray the image of: “I'm against violence and murder”.
   -- Ie, to be able to keep this image, you need your indirect work-slaves, to do many types of jobs, which you say you're against.
   -- Indeed, this applies to most people, because most people say that they're against murder/violence/etc, but they all want their indirect work-slaves (called soldiers/police/etc), to protect them, even if this means that the soldiers/police might have to shoot/hurt/murder/examine/interrogate/torture other humans.

-- Ie, the only thing that these people care about, is that they get protection for themselves, (and their personal-slaves, and their possessions), and their: land, country, lifestyle, religion, beliefs, etc.

Indeed, these are the types of people, who want to invent (and implement), all the rules/systems/beliefs, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), so that they can have the advantage over people, (so that they can use/enslave people, to their benefit).

Eg, the people who know that their weakness, is that they are physically weaker than many other people, will always make sure, that all physical and sexual attacks/rape, must be something that is illegal, and seen as being unacceptable in all ways, (morally, socially, interpersonally, personally, religiously, spiritually, etc).

And, of course, they also want to make sure, that all other types of attacks/rape (which they're good at, (eg: emotional, mental, financial, etc)), are kept legal, so that they can do these in plain-sight.

Moreover, they also want to make sure, that anyone who can use such games/tactics to their advantage, will be seen as being successful, and should be praised, and rewarded, (or at the very least, it's seen as being acceptable, and/or as being a "normal" part of life).
-- Ie, they are creating rules/laws/beliefs, and then hiding behind them.

And, of course, they don't want to be the ones, who have to enforce/police these selfish/immoral laws. They just leave those jobs, to their indirect work-slaves.

Of course, this means that the people who have to enforce/police these unfair/unequal laws, will therefore have to deal with all kinds of conflict and suffering.
-- However, most people don't care, if these indirect work-slaves suffer, as long as they just keep doing their job everyday.

Indeed, this is true generally.
-- Ie:

> Everyone is using/enslaving other people (as indirect work-slaves), and they don't care what suffering this causes, as long as their life can continue, the way they want it to.
>
> Note: Some people do care, about how certain people are suffering in certain jobs, but these people don't care about the fact that: All people are suffering in all jobs. And therefore, they are still using/enslaving some people (as indirect work-slaves).
> -- And therefore, it's still true, that they don't care what suffering is being caused, as long as their life can continue, the way they want it to.

However, this is not the whole story. There's a much more ugly side to this, which is that they do sometimes care, but only for selfish reasons.
-- Indeed, the only reason why they might care about their indirect work-slaves, is because they want to make sure, that the work-slaves are “cared for” (kept alive), so that they can keep working.

And, of course, most people care for their personal-slaves, in the exact same way.
-- Ie, people will do everything in their power, to make sure that their personal-slaves are healthy (and kept alive), because they want to use them.

Indeed, this is to be expected, because a dead personal-slave, is of no use to them, and an unhealthy personal-slave, is unpleasant to use, (or is unusable).

And what compounds this, is the fact that all people know, that it takes a lot of time/energy/money/effort/etc, to:

3. Find, and then condition/groom, a partner/friend/lover, into a good personal-slave, (ie, one which fulfils your desires).

4. Create, and then condition/groom, a baby/child, into a good personal-slave, (ie, one which fulfils your desires).

Ie, the more time/energy/money/effort/etc, that a person puts into a slave, the more that:

a) They'll want to protect their investment/property/possession.

b) They'll feel that they have a right to control/manipulate/mould/condition/groom/brainwash/program it, (for the rest of it's entire life).

c) They'll feel that they have a right to enslave/use it, (as their personal-slave/toy/pet), for the rest of it's entire life.

Note:
From the above information (about personal-slaves, direct work-slaves, and indirect work-slaves), what is clear, is that:

Everyone is enslaving everyone.

This might sound harsh, but the way that people get the things, (that they want in life), is by them getting/controlling/manipulating (enslaving) a person, which they do, by moulding/conditioning/grooming/teaching/brainwashing/programming them, (mentally,

emotionally, physically, financially, sexually, etc), to:

- Behave in a certain way.
- Do certain things.
- Not do certain things.
- Obey their commands.
- Etc.

What this means, is that to get/control/manipulate (enslave) a person, there has to be some form of:

1. Control/manipulation/torture, (eg, punishment-and-reward).
   -- Indeed, all parents use punishment-and-reward, on their baby/child.
   -- And therefore, it's not long before all children learn (from their parents), this method of control/manipulation/torture, which the child will then use on everyone around them, (to get what they want). And, this continues for the rest of their life.

2. Imprisonment, (whether: physical, financial, emotional, mental, sexual, religious, spiritual, etc).
   -- Of course, if there wasn't some kind of imprisonment, (eg, deliberately creating a dependancy/need/desire/hope/fear/etc), then the victim would be able to leave.

Note: Really speaking, all of these things overlap, and are inextricably interlinked, (and are the same thing), and therefore, they can be lumped together, as: enslavement/imprisonment/torture.

Therefore, although I said (earlier), that “Everyone is enslaving everyone”, the truth is, that this is just sugar-coating the issue, because what is really happening, is that:

Everyone is enslaving/imprisoning/torturing everyone.

Note:
Some people know, that there are many people who feed-off people's fear. However, although some people always go on about this, these same people, are the ones who feed-off people's hopes/desires.

And it should be obvious, that there is no difference between these two sources of food/energy, because hope is the same as desire, and desire is the same as fear.

And, of course, for these people to feed-off people's hopes/desires, they have to ensure that people constantly have desires.
-- Ie, they create desires/hopes in people, and then feed-off their desires/hopes.
-- And indeed, this is what most people do to each other, on a daily basis.

-- Except, they all try to do this, under the guise of: trying to help them, trying to encourage them, etc.

The key point is, that dependancy/need/desire/hope/fear/etc, are all a type of contracted energy, which people are creating in each other, and then raping.

Ie, people are worse than parasites/rapists, since they not only feed-off (rape) that energy, but they're the ones that put that contracted energy into people.

Therefore, although I said (earlier), that “Everyone is enslaving/imprisoning/torturing everyone”, the truth is, that this is still just sugar-coating the issue, because what is really happening, is that:

Everyone is enslaving/imprisoning/torturing/raping everyone.

Note:
It's important to emphasise, that the most effective way to enslave/imprison/torture/rape people, is not just via punishment/pain, but by punishment-and-reward.
-- Eg, if a person is given, a (temporary) intensely high/pleasurable feeling, they'll spend the rest of their lives, doing whatever they’re told to do, in the hope that they get that feeling again. Ie, they’re enslaved.
-- And, the same can work, via giving:

1. A fairly low pleasurable feeling.
   -- Ie, intensely high/pleasurable feelings, are so rare (for most people), that they just accept this fact, and then become willing to do all sorts of things, just to get a fairly low pleasurable feeling.

Or,

2. A temporary absence, of pain/suffering/fear/anxiety/negative feelings and thoughts.

Or,

3. The temporary absence, of the threat of pain/suffering/fear/anxiety/negative feelings and thoughts.

Indeed, this is why clear/honest seeing is so important. Ie, you need to be able to recognise/admit, when something “good” is being done, for the purposes of conditioning/grooming/brainwashing/programming/controlling/manipulating/using/enslaving/imprisoning/torturing.

Of course, the tools/weapons/tactics which people use, to control/manipulate/use/enslave/imprison/torture other people, (whether in the short-term, and/or long-term), can be anything. However, the most common tools/weapons/tactics, are the things that are: physical, emotional, mental, sexual, religious, spiritual, financial, etc.

Note:
Since enslavement/torture/imprisonment are not wanted, all of this will inherently be forced, non-consensual, and therefore, rape.
-- Or alternatively, another way to see this, is that: Slavery can't ever exist, without some form of torture, and imprisonment, (because slavery is never voluntary/consensual), and therefore, it's also rape.

And what this means, it that all of the following words, can be grouped together:

controlling/manipulating/conditioning/moulding/grooming/teaching/persuading/coercing/brainwashing/programming/using/enslaving/imprisoning/torturing/raping.

So, what all of the above information means, is that no matter which way you come at it, the conclusion is always the same, which is that:

Everyone is being enslaved/imprisoned/tortured/raped.

And,

Everyone is enslaving/imprisoning/torturing/raping everyone.

And therefore,

Everyone is inherently, (by definition), selfish/immoral/cruel.

Note: There is only one thing, that can be worse than this, which is to not only enslave/imprison/torture/rape, but to create a baby/entity, knowing that they will then enslave/imprison/torture/rape them.

And, since this act is worse (than just enslaving/imprisoning/torturing/raping (which is selfish/immoral/cruel)), this act must inherently be, (by definition), evil.

Note:
Since we know that life is rape, and birth leads to this, this means that birth is rape. Ie:

-- In terms of life, it can be said that: Birth is rape.

-- In terms of existence, it can be said that: Creation is rape.

Note:

Now that we have seen that enslavement (inherently) involves some degree of prison/torture/rape, this means that the use of the terms “personal-slaves” and “work-slaves”, are perhaps not good to use, because they just sugar-coat the issue, (because they only mention the word/issue of “slavery”, when in fact, the issue is: “prison/torture/slavery/rape”).

However, it's too cumbersome, to fit all of this into a simple term. Therefore, I'll continue to use the terms “personal-slaves” and “work-slaves”, but I'll modify the definitions, as follows:

- A “personal-slave” = A person/entity, that is imprisoned/tortured/enslaved/raped, for personal reasons.

- A “work-slave” = A person/entity, that is imprisoned/tortured/enslaved/raped, for work reasons, (whether directly, or indirectly).

The important part of all of this, is to realise, that people are suffering a life of prison/torture/slavery/rape, just because everyone is selfishly trying to use people, (as their personal-slaves, and/or work-slaves).

Of course, most people will want to deny that they’re a part of this, however, everyone uses weapons/tactics (eg, punishment-and-reward), to mould/groom/condition/teach/program/brainwash people, so that they can fulfil their selfish desires.

And it's impossible to deny that everyone does this, because it's an inherent part of all: relationships, families, friendships, raising babies/children, jobs, etc.
-- Indeed, this is why, there is so much suffering in the world.

And when you stop, and look at it all objectively/clearly/honestly, it's just so obvious, because in all these activities/hobbies/relationships, (eg: partners, lovers, families, friendships, raising babies/children, jobs, etc), all of the bonds that will be created (to form these relationships), are literally created out of control/manipulation/force/trauma, (whether: directly, indirectly, actively, passively), and therefore, (by definition), all relationships are trauma-bonds, (regardless of whether those relationships are: partners, friends, family, co-workers, etc).

If this wasn't true, (and all relationships were made from love), then there wouldn't be so much suffering in the world.

Parents will (of course) claim that they love their children/family, however, this is obviously not true, because if these people/parents even knew what love was, then:

1. They wouldn't have had any children (in the first place).

2. They would never brainwash/program the baby/child.
   -- Indeed, if you truly love someone, then you would want them to be free, not brainwashed/programmed/controlled.
   -- Ie, brainwashing/programming/controlling, is the exact opposite of love.

And, the same is true for relationships/friendships/etc. Ie, if you truly like (or love) a person, then you would help them, to be as free as possible.

However, what all people are doing, is just using/enslaving their partners/friends/family, to fulfil some selfish desires.

Ie, people's ideas of what love is, is totally upside-down.

Of course, the definition of love being upside-down, is done deliberately.
-- Ie, people deliberately brainwash/program people with an upside-down idea/belief of what love is, so that they're then allowed to do selfish/immoral things, (eg, using/enslaving people, as their personal-slaves, and/or work-slaves), in plain-sight.

However, doing this is just stupidity, because they might succeed in their plan, and they will then (for a brief period of time) experience what they call love, but all it is, is that they're feeling some temporary selfish peace, because they've managed to control their partner/friend/child (for a brief moment in time), to fulfil some selfish desire.

Note: Instead of doing this selfish behaviour, (which only ever gets them some scraps of happiness/peace/love/pleasure), they could look at their partner/friend, and see that that partner/friend has some brainwashing/programming in them (which is causing them suffering), and instead of taking advantage of this, they could help their partner/friend to deprogram themselves, (by exposing what programming is inside of them).
-- If they did this, then that is an act of love.

Indeed, it's always clear that this is love, because after this deprograming has happened, the person will simultaneously feel less suffering, and more freedom/peace/love/bliss.

Side note: The previous paragraph, might sound appealing to the selfless people, but not to the selfish people. However, there is also a way, to make this sound appealing to the selfish people, because in the process of helping to deprogram a person, many beautiful things (and feelings) happen to the deprogrammer. And, this can keep going ever-deeper.

What emphasises how opposite this type of love is, (as compared to what most people call love), is that the deprogrammer always makes sure, that the person who is deprogramming themselves, should never see the deprogrammer as being needed.
-- Ie, the deprogrammer helps that person, to be free from them.

Indeed, this is the exact opposite of all relationships/friendships/family/etc, where one person wants to impose rules/constraints on the other person, and make them need them.
-- Ie, they are creating dependancy, (and/or addiction), and this is selfish/immoral/cruel, and therefore, this cannot be love.

Note:
Although I've said that trauma-bonds are formed (in all relationships/friendships/etc), it must be noted, that infinitely worse trauma-bonds are formed, whilst raising babies/children.
-- This is true, because the babies/children, literally can't escape from the prison (“home”), nor from their enslaver/imprisoner/torturer/rapist (parent), who is constantly forcing the child to do all sorts of things (that the child doesn’t want to do).

This causes the child deep suffering (and deep scarring), which parents refuse to (or can't) see/admit, because they're only interested in their selfish interests, (of using the child as their personal-slave, and feeding-off the child's energy).

Note: Any person that feeds-off another person, is (by definition), a parasite/predator.
-- And, this behaviour is a fundamentally inherent part, of all relationships, (eg: partners, friends, families, children, etc).
-- However, although this parasitic/predatory behaviour exists in all relationships and friendships, it's infinitely worse whilst having/raising babies (and children).
-- Ie, the worst parasites/predators, are parents.

Yet, having babies, is (somehow) legal, and seen by 99% of the population, as being: acceptable, moral, selfless, important, etc.

Note:
Saying that almost all people are predators/parasites, might sound harsh to many people, but all people in relationships/friendships/families/etc, are predators/parasites, because they got into those relationship/friendships/families/etc, to get something, (eg: energy, attention, sex, power, etc).
-- Indeed, this is obvious, because:

> No one ever gets into relationships/friendships/families/etc, if they do not want anything from them.

And, a predator/parasite, is a predator/parasite, regardless of how you try to cover this up, (eg, by sticking a label on it, (like: “partner”, “friends”, “parent”, “mum”, “dad”, “grandparent”, “family”, etc), and then trying to brainwash/program everyone to believe, that these activities are good/moral/important/vital).

And, this also includes the past tense.
-- To make this clearer, let's rephrase one of the previous sentences, as follows:

> All relationships/interactions, only ever exist, because one person wants (or wanted) something, from the other person, (eg: energy, attention, sex, etc).

Ie, the key point is, that I've now included the words “or wanted”.
-- This is important, because it's common, that many people get the thing that they wanted, (from the relationship/interaction), but they then become trapped/enslaved/imprisoned in the relationship, (eg: emotionally, mentally, physically, financially, or via children, or via a threat (whether direct or indirect), etc).

Ie, a person might say: “I'm trapped in a relationship, and therefore, I'm the victim, not the predator/parasite”. However, they were the predator/parasite, but they just lost the battle. Moreover, they would still be a predator/parasite, given half a chance.

Ie, if a person starts a game/war/interaction/relationship, because they selfishly want something for themselves, but they then lose the war, then you wouldn’t feel sorry for them, and you certainly wouldn’t call them a victim.

Ie, this is why it's true, that everyone is a predator/parasite.

So, the terms “personal-slaves” and “work-slaves”, have now been defined, (and explained in detail), which means that we can now move on, to the next part of the conclusion, which explains why so much suffering exists in this world.

So, let’s begin.

Suffering is unacceptable. It's obvious.
-- And, suffering is unwanted. It's obvious.
-- However, suffering is constantly being created (and perpetuated) by everyone, because everyone keeps brainwashing/programming everyone else with lies, eg, directly (or indirectly) saying (and/or demonstrating) that:

- “Suffering is acceptable.”
- “Suffering is part of life, (and therefore you/we/everyone, has to just accept it).”
- “Everyone goes through some suffering in life, (and so it's just normal/acceptable).”
- Etc.

The reason why everyone keeps doing this, is because they need to keep doing this, to hide their selfish/immoral actions, which involve:

A) Controlling/manipulating/using/enslaving people, (as their personal-slaves, and/or work-slaves).

B) Creating people, (babies), and then controlling/manipulating/using/enslaving people, (as their personal-

slaves, and/or work-slaves).

And all this suffering, which they inherently cause (to babies/children/adults), is all because, they selfishly want (or wanted) to fulfil a desire, (that they have).

Note:

1. If people have babies/children, (or believe that it's ok for any person to have babies/children), then they're inherently saying (and/or demonstrating), that “Suffering is acceptable”, because people who have babies/children, do so, knowing that their child will suffer, on a regular basis, throughout it’s entire life.

2. If people are participating in (or believe that it's ok to participate in) the usual main everyday activities/hobbies/games/tactics, (eg, of having a: job, relationships, family, friends, doing chores, etc), then they're inherently saying (and/or demonstrating), that “Suffering is acceptable”, because all these activities, involve suffering, on a regular basis.

Note: In the above paragraphs, I have said: “saying (and/or demonstrating)”. What this means, is that a person might not be verbally saying that “Suffering is acceptable”, however, they will inherently be demonstrating that they believe that “Suffering is acceptable”, if they have a baby, (or a: child, relationship, family, friends, job, etc), or, they’re just doing nothing (ie, being a bystander) and allowing other people to keep doing these things (which are causing suffering to others).

However, although I've just said this, the truth is, that these points (1 and 2 (above)), are just sugar-coating the issue, because “suffering” is a word, that people can hear quite easily (and not be affected/bothered/concerned by), and therefore, it doesn't propel them to reduce/prevent/eliminate the suffering that they're causing to their personal-slaves, and/or work-slaves.

And what compounds this, is the fact that the word “suffering”, will never naturally propel them to make any change (to reduce/prevent/eliminate the amount of suffering that they're causing to their personal-slaves, and/or work-slaves), because they believe that “Suffering is acceptable”.

The point is, that if this change is to happen naturally, (by people being naturally propelled), then people need to hear information, that is not sugar-coated, and just provides a clear/honest objective analysis of the situation, which starts from the neutral/natural/true start-point (for everything), (as defined/explained in the summary).

So, this is what I'll do next.

As discussed earlier, we know that “life is suffering”, and that “life is prison/torture/slavery/rape”.
-- Therefore, we can just substitute the word “suffering”, with the words “prison”, “torture”,

“slavery”, and “rape”.
-- Indeed, these are much better words to use, because most people believe that rape is unacceptable, and that slavery is unacceptable, and that torture is unacceptable.
-- And, if a person has not done anything wrong, then most people also believe, that it's unacceptable to imprison them.

The point is, that we can now substitute these words, into points 1 and 2 (above).
-- So, when we do this, we can say that:

1. People who have babies/children, (or believe that it's ok for any person to have babies/children), are inherently saying (and/or demonstrating), that:

    a) Rape is acceptable.
        -- And therefore, they are a person who is pro-rape.

    b) Slavery is acceptable.
        -- And therefore, they are a person who is pro-slavery.

    c) Torture is acceptable.
        -- And therefore, they are a person who is pro-torture.

    d) False imprisonment is acceptable.
        -- And therefore, they are a person who is pro-false-imprisonment.

    because people who have babies/children, do so, knowing that their child will suffer in life (which is prison/torture/slavery/rape) on a regular basis, throughout it’s entire life.

And,

2. People who are participating in, (or believe that it's ok to participate in), the usual main everyday activities/hobbies/games/tactics, (eg, of having a: job, relationships, family, friends, doing chores, etc), are inherently saying (and/or demonstrating), that:

    a) Rape is acceptable.
        -- And therefore, they are a person who is pro-rape.

    b) Slavery is acceptable.
        -- And therefore, they are a person who is pro-slavery.

    c) Torture is acceptable.
        -- And therefore, they are a person who is pro-torture.

    d) False imprisonment is acceptable.
        -- And therefore, they are a person who is pro-false-imprisonment.

because all these usual main everyday activities/hobbies/games/tactics, (eg, having a: job, relationships, family, friends, doing chores, etc), involve the person suffering in life (which is prison/torture/slavery/rape) on a regular basis, throughout it's entire life.

Note: Throughout the rest of this book, when referring to this selfish/immoral group of people (in points 1 and 2 (above)), I will just describe them as the people who believe that "suffering is acceptable", (rather than describing them, as the people who believe that "rape/slavery/torture/false-imprisonment is acceptable"), because otherwise the sentence will become a lot harder to follow.

I might also refer to them, as the selfish/immoral/cruel/evil people. And in the short conclusion, this is the "Type B people/society".

Note:
In addition to people trying to brainwash/program people to believe that "Suffering is acceptable", we also have the many other similar attempts of brainwashing/programming.

I'll explain these as follows.

Suffering is unnecessary. It's obvious.
-- However, because everyone selfishly wants to keep their personal-slaves (and/or work-slaves), they will say/do whatever it takes, to keep being allowed to do this, (regardless of how immoral it is, and regardless of how much suffering it causes other people).
-- Therefore, they will need to make sure, that the activity/hobby/game/tactic (of having personal-slaves (and/or work-slaves), is seen by everyone, as being acceptable (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

Therefore, to do this, they'll not only need to directly (or indirectly) say (and/or demonstrate), that "Suffering is acceptable", but they'll also make this lie/brainwashing/programming (about suffering), even deeper. And, they'll try to do this, in many different ways.

One way that they'll try to do this, is by directly (or indirectly), saying (and/or demonstrating), that:

- "Suffering is necessary."
- "Suffering is good for you."
- "Suffering is important."
- Etc.

Eg, they might say, that suffering is important/good/etc, because you will learn through it,

and then be able to help others. An example of this, is that if you are sexually raped, you are then told, that this is a good thing, because after you have worked through the recovery process (of your sexual rape), you'll then be able to help other people (who have been sexually raped).
-- Of course, this is ridiculous, because no rape needs to happen to anyone (in the first place).
-- And therefore, suffering is totally unnecessary.

Also, the selfish/immoral people, might then make this lie/brainwashing/programming (about suffering), even deeper, via other tactics, eg, by directly (or indirectly) saying (and/or demonstrating), that:

> “Suffering is not just acceptable (and necessary), but it's perfect”.

This can be done in many ways.
-- One way to brainwash/program people with this belief, is via various statements, eg:

- “Life is Perfect.”
- “Life is Flawless in it's design.”
- “Life is Exactly as it should be.”
- “Life makes zero mistakes, and zero 'accidents'.”

Of course, these four statements are totally true, because the only way that prison/torture/slavery/rape can be created (and sustained) over a period of many decades, is if it's done, in an exact/perfect/flawless way.

Ie, to create long-term suffering, it's actually extremely difficult, because you need to boil people at the exact/correct/perfect temperate, for their entire lives.
-- Ie, too hot, (too much torture), and the suffering ends too soon, (because the person will either die naturally (from too much heat), or they'll kill themselves). Too cold, (too little torture), and people will not suffer much.
-- Ie, it really does have to be exact/perfect/flawless.

Alternatively, the selfish/immoral people, might then make make this lie/brainwashing/programming (about suffering), even deeper, via other tactics, eg, by directly (or indirectly) saying (and/or demonstrating), that:

- “Suffering is not real.”
- “Suffering is an illusion.”
- “Life is a hologram.”

- “All there is, is consciousness.”

- Etc.

However, this is ridiculous/pointless, because at any point in time, life can make anyone suffer intolerable pain, (even an enlightened being), and the pain can be so intolerable, (and/or never-ending), that it becomes totally irrelevant, if that pain is real, or an illusion, or if life is: a hologram, consciousness, or whatever else.

Note:
From all of the above, it can be seen that the list of excuses (to make suffering seem acceptable/necessary/important/etc), can go on forever.
-- And indeed, this has to be the case, because this brainwashing/programming has to occur on a daily basis, to override the regular (direct) experience, that life is mainly suffering.

Ie, in life, there is more suffering/pain, than happiness/pleasure, and if people dwell on this fact for a few minutes, the implications become too much to bear, and therefore, they need to brainwash/program themselves, to believe something else, (delude themselves), so that it covers over this inconvenient realisation/truth.

However, in order to make this belief/delusion real, that person will have to know that other people also believe in that belief/delusion, and therefore, they need to brainwash/program other people to believe in it.

However, this is never difficult, because there are always plenty of people, who are wanting the same thing.

Ie, the reason why these excuses/beliefs/lies/delusions, (about suffering being acceptable/necessary/important/etc), are so easy to brainwash/program into people, is because:

1. Everyone needs themselves (and everyone else) to believe in these excuses, so that they can be allowed (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc), to continue to use/enslave other people, (as their personal-slaves, and/or work-slaves).

2. In practice, everyone is enslaving/imprisoning/torturing/raping everyone, and therefore, this means that everyone ends up suffering, and since everyone is suffering, (or has suffered), they therefore believe, that it's ok/fine/acceptable/necessary, that everyone else also suffers.

The key point is, that even if 100% of the population, believe that it's acceptable and necessary to use/enslave people (as their personal-slaves, and/or work-slaves), that does not make it true.

And it’s important to remember, that this is not about opinion. Because if we start from the neutral/natural/true start-point (for everything), (as explained in the summary), we know that, if a person causes suffering to others, they are inherently (by definition), selfish/immoral/cruel, and, if the cruelty is extreme in intensity (and/or duration), then they are inherently, (by definition), selfish/immoral/cruel/evil.

Therefore, from all of the above, it's obvious, that:

1. Actions (and words), that come from a person/entity, who has the conscious (or unconscious) belief, that “Suffering is acceptable and necessary”, will always (inherently) be: selfish/immoral/bad/wrong/cruel/evil/toxic/ parasitic/predatory/psychopathic/etc.

   Indeed, these people/entities, will inherently always keep causing suffering to others, because:

   a) They will naturally/inherently not care, how much suffering they cause others, as long as they can keep fulfilling their selfish desires.

   b) They will naturally/inherently try to keep brainwashing/programming other people, to believe that “Suffering is acceptable and necessary”, (and that it's acceptable to have personal-slaves, and/or work-slaves).

   c) There won't be a natural/inherent drive in them, to make any real changes, to the amount of suffering that they (and others) are causing everyone.
   -- Indeed, the key point is that:

      It's impossible for a person, to be naturally propelled to change anything, if they see suffering as being acceptable and necessary.

And, this is in direct opposition to:

2. Actions (and words), that come from a person/entity, who has the conscious (or unconscious) belief, that “Suffering is unacceptable and unnecessary”, will always (inherently) be: selfless/moral/good/right/kind/etc.

   Indeed, these people/entities, will inherently, always try to reduce/prevent/eliminate all suffering, for themselves, (and all beings, and existence itself), because:

   a) They will naturally/inherently care, about how much suffering is being caused in existence.

   b) They will naturally/inherently try, to help to deprogram any people that want to be deprogrammed, to set them totally free, (from everyone, and from (the idea of) themselves).

   c) There will be a natural/inherent drive in them, to keep making all the real

changes necessary, (at an ever-deeper level), to keep reducing/preventing/eliminating as much suffering as possible, (for themselves, and all people/entities/beings/dimensions/realms, and existence itself).
-- Indeed, the key point is that:

> It's only ever possible, for a person to be naturally propelled to change anything, if they see suffering as being unacceptable and unnecessary.

Note:
The use of these strong words (eg: parasitic, predatory, psychopathic, rape, evil, etc), can be problematic, because people are always more interested, (and caught up), in trying to redefine these words, (so that they are excluded from that definition, whilst including other people in that definition, who they want to attack (or exclude, or whatever else)).
-- So, to make it clear, I am only using these words, to point the reader towards something. And, to make this easier to grasp, it's perhaps beneficial, to explain some of this, via the following example.

Some people argue, that a psychopath, is a person who can't feel emotion. And, of course, the people who are arguing this, say that they can feel emotion, and therefore, they think that this excludes them, from being called a psychopath.
-- There is absolutely nothing wrong, if these people want to believe this.

However, if you invent (and/or choose to use) certain definitions of words, then that automatically allows other people, to use your definition (of that word), wherever they want to use it.

Eg:
If a parent says, that they're not a psychopath, (because a psychopath is a person, who can't feel emotion), then this inherently means, that a parent is then inherently (by definition), infinitely infinitely worse than a psychopath, because:

1. A psychopath (that can't feel emotion), is (arguably) not so much (or at all) to be blamed, because they can't know, what suffering they're causing, (since they can't feel emotion).
   -- However, a parent (who argues that they're not a psychopath), can feel suffering, and therefore they must be extremely evil, to create a baby, (for their own selfish benefit (of having a personal-slave, and/or work-slave)), knowing that that baby, will regularly suffer, throughout it’s entire lifetime.

2. The prey/victims, that all parents target (to use/enslave), are extremely young/vulnerable, (babies/children), because they know, that that prey/victim, can't escape (since it's a baby/child).
   -- And the parents also know, that because their prey/victims are that young/vulnerable, they're also easier to mould/groom/condition/brainwash/program,

and therefore they're easier to control/manipulate/use/enslave, to fulfil their selfish desires.

3. Psychopaths use/enslave, their prey/victims, however, parents create their prey/victims, and then use/enslave them.
   -- This is infinitely infinitely worse, because even if the perpetrator/parents ever release their prey/victim, that victim is then, still going to be trapped, in the prison/torture/slavery/rape (of everyday life), for the rest of their life. Ie, the victim is only in this trap, because the parents created them.

Ie:

1. When I use of these strong words, (eg: parasitic, predatory, psychopathic, rape, evil, etc), I'm trying to point to something, that is worse than what these words are describing, because there really/truly/honestly, are no words strong enough, to describe those people, who cause suffering to others.
   -- And, this is especially true, for those people who do know, what suffering is.

2. I'm not using these strong words, (eg: parasitic, predatory, psychopathic, rape, evil, etc), to exclude people, (or groups of people/entities), nor to attack them, nor anything else.
   -- All I'm doing, is defining these words, from the inherent neutral/natural/true start-point (for everything), (as explained in the summary), which is therefore without regard, for who it will exclude/include).
   -- Ie, by doing things in this way, the results/conclusions/realisations, are pure/true, and therefore, they have to be accepted, even if they are hated.

   And similarly, if all people/entities/beings/dimensions/etc, are found to be evil, then that is just how it is. Ie, whatever the resultant conclusions/realisations are, is what they are.
   -- Ie, if you go through this process (of ever-deeper clear/honest/objective seeing), then whatever is seen/realised/concluded, is seen/realised/concluded.
   -- And if it shows you something that you don't like, then denying/hiding from what you've just seen, is just ridiculous, (because denying/hiding from it, does not make it disappear). And, arguing against it, and getting other people to believe in the opposite, does not change it.
   -- Ie, whatever results/conclusions/realisations that are exposed in this conclusion, (eg, that life is prison/torture/slavery/rape), are just how they are.

Ie, it's obvious, that trying to redefine (or avoid) these strong “negative” words, (so that you can avoid these strong conclusions/results/realisations (eg, that “Suffering is unacceptable and unnecessary”)), is not going help with reducing/preventing/eliminating suffering.
-- Indeed, it will only do the opposite, and therefore, it will increase/perpetuate/create (new and more) suffering.
-- Therefore, these strong words have to be used, and any resultant strong

conclusions/results/realisations, will be whatever they are.

So, from all of the above, we can say that:

Since,

> Everyone is enslaved/imprisoned/tortured/raped.

And,

> Everyone is the enslaver/imprisoner/torturer/rapist, (of their personal-slaves, and work-slaves), (direct and indirect).

This means that,

> This is what “life” (inherently) is.

And therefore,

> Life will always (inherently) be, full of selfish/immoral/cruel/evil people.

And therefore,

> Life will always (inherently) be, prison/torture/slavery/rape, (suffering).

And therefore,

> Life/existence, is not only Survival of the stupidest,

but,

> Life/existence, is inherently, Survival of the selfishest/immoralest/cruelest/evilest.

Note:
Most people always want to hide these realisations/truths, (from themselves, and other people), and they try to do this, in many different ways, eg, talking about the meaning of life, and/or, how life/existence/source/god is beyond comprehension, etc.
-- However, this is all ridiculous, because a clear/honest observation of every aspect of life, (and life/existence itself), shows that:

1. “The meaning of life”, and “The purpose of life”, is (at a deeper level), to get/be “That”.
   -- This is obvious, since that is what life is.
   -- However, if people/societies/entities/dimensions are taking the indirect route (to “That”, (as explained in the short conclusion)), then

life just becomes about using/enslaving/raping lots of people/animals/entities/things/energies, (which is all done, in the hope of reducing/preventing/eliminating suffering, and increasing pleasure/happiness/feelings/sensations/etc, and also increasing freedom/peace/love/bliss).

Therefore,

2. Life is not: “A mystery”, “Beyond comprehension”, “Unpredictable”, etc.

Indeed, it's ridiculous to believe these things, (eg, that life is: “A mystery”, “Beyond comprehension”, “Unpredictable”, etc), because,

3. Life is just the same pattern repeating itself.
   -- Indeed, the pattern of life, is that: People suffer, and then they get a scrap of happiness/peace/love/pleasure, and then they go through more suffering, ad infinitum.

   Note: The “scrap of happiness/peace/love/pleasure”, (which lasts for 5% of the total time), may vary in description, (and indeed, everyone has different definitions of: happiness, pleasure, peace, spiritual/religious/divine experiences, etc), but the point is, that it's irrelevant how you describe it, because it's always followed by more suffering (whether: emotional/mental/physical/spiritual), which lasts for 95% of your time, (when calculated, across your entire lifetime).

Note:
If these percentages were better, (eg, people are truly happy for even 30% of their time), then there wouldn't be so much suffering in the world.
-- Of course, people will always argue, that this ratio is never as bad as 5%, but they're just saying this, because they have to delude/brainwash/program themselves, (and everyone else), into believing this, because otherwise, the implications are too much to bear.

Indeed, people will always do all that they can, to avoid examining/recognising/admitting/exposing, that:

1. Life is prison/torture/slavery/rape. Because as soon as they admit this, they have to admit all kinds of other things. And, if they've had children, then they know that they'll also have to admit, that they were cruel/evil, to bring children into this world.

2. They've been tricked/conned/brainwashed/programmed/used/enslaved, (to be people's personal-slaves, and/or work-slaves).

3. Suffering can actually (in practice), be reduced/prevented, if they

(themselves) stopped using/enslaving/raping other people, (as their personal-slaves, and/or work-slaves).
-- And therefore, they'll know, that until they stop this, they have no way to deny, that they (themselves), are an enslaver/imprisoner/torturer/rapist.

Of course, since people will keep trying to avoid examining/recognising/admitting/exposing all of the things that this conclusion is talking about, what this means, is that the cycle-of-suffering will always continue. Because, it's impossible to reduce/prevent/eliminate suffering, if people refuse to recognise/admit, all these causes of suffering, (which are mentioned in this conclusion).

Note:
If people were honest enough, to be able to see life clearly/honestly, then they would know, that people are only truly happy in life, for a very small percentage of the time.
-- However, as soon as people become this honest, they would then (naturally) not be able to use/enslave/rape other people, and therefore, the percentage figure (of how much of the time, people are truly happy) will go up.
-- Ie, these three things, are directly proportional.
-- Ie, with ever-deeper honesty, you'll naturally see more evil, and cause less evil.

Therefore, the only thing needed, to reduce/prevent/eliminate suffering (for all beings), is ever-deeper honesty.

However, what is happening in this world, is the opposite. Ie, people are not honest, and they only see/hear, what they want to see/hear.
-- Ie, people want to create (and sustain), ever-deeper lies/delusions.

This causes suffering in many ways.
-- Two key ways, are:

1. They see life in a delusional way, and therefore, suffering is inevitable for themselves, and others.
   -- Eg, they delude themselves, into believing that people are truly happy in life, for 80% of the time, and in believing this, they then believe, that it's ok to bring children into this world.

2. They constantly try to force people to do things, so that the resultant situation/reality/life, is how they wish it to be.
   -- However, all that happens, is that the resultant situation/reality/life, is a false superficial veneer.
   -- However, they are delusional enough, to believe that this false superficial veneer, is true/real, and therefore, they delude themselves, to believe these things, (eg, that people are truly happy in life, for 80% of the time). And, in believing this, they continue to do the same things, which forces people to do things, (which causes those people to suffer). And, they then also believe, that it's ok to bring children into this world.

Eg, there are many times when a child really isn't happy, but the parent wants to have a reality, where their child is happy. So, the parent will want to see the child smile (or verbally say that they are happy), and so the parent will force the situation, until they get what they want.
-- And, because the parent does this on a regular basis, the child learns, that if they don't just fake a smile, (and/or say that they're happy), and give the parent what they want, then the parent will:

a) Make the child feel bad, (eg, by emotional blackmail).

b) Make the child suffer, (whether directly, or indirectly).

c) Etc.

And since the child learns, that the parent will dig their heels in, and not let the child go, until the parent has got what they wanted, what this means, is that the child therefore learns, that they (the child) will suffer less, if they just give the parent what they want, (eg, fake a smile, and saying that they're happy).

Many people will say, that there is nothing wrong with wanting to make a child happy, however, what they're missing, is that most parents want their child to smile, so that the parent can:

1. Feed-off (rape) the child's energy.

2. Reinforce the delusion, that they have of the world, (and of life).

3. Make the parent feel successful.

4. Etc.

It's easy to prove, that the motives of the parent are selfish, because if the child asks for an instant/painless/effortless/guaranteed/permanent way out of life, the parent will do all that they can, to prevent this from ever happening.

And, the deeper that all of this is examined, the more you'll realise, that the selfishness of parents, is never-ending, and that it happens in so many different ways.

The problem is, that this selfishness is so common, that people see it all as: "normal", "acceptable", etc.
-- And what compounds this, is that it's all legal.

However, all of this is far from ok/fine/acceptable, because it's all so damaging and scarring.

One weapon/tactic that is very damaging and scarring, is emotional blackmail.
-- Of course, emotional blackmail is something that all parents use on their children, on a

regular basis.
-- And the usual way that it works, is that until the parent gets what they want (from the child), the child will be made to feel bad, (ie, feel pain/suffering).

Of course, there are some obvious key points, to realise from all of this, which is that:

1. Forcing the child to do something, via pain/suffering, (or threat of pain/suffering), is (by definition), slavery.

And,

2. Inflicting pain/suffering, (or threat of pain/suffering), is (by definition), torture.

And,

3. Since the parent is forcing the child to do something (that they don't want to do), this is (by definition), non-consensual, (rape).

And,

4. Although this happens at all ages, (even when the child is an adult), this is more common when the child is very young. And, of course, when the child is young, they physically can't escape from the “home” (prison). Therefore, the child is (by definition), imprisoned.
   -- And, even when the child is an adult, they will be imprisoned in many other ways, (eg: emotionally, mentally, etc).

And therefore,

5. From these points (1 to 4), it can be seen, that the parents are the enslavers/imprisoners/torturers/rapists, of their children.

What makes this situation worse, is that whilst the baby/child is young, all parents will brainwash/program their baby/child, so that the baby/child will always want to give the parents their energy.
-- Indeed, this is extremely common, and it can be seen in many ways. Eg, many parents emotionally blackmail their child, to be/act happy, because when the child is happy, they feed-off the child's energy.

The key point is, that when the child becomes and adult, it needs energy, and so it then tries to get energy, in the same parasitic way, (ie, via other people, (eg, via: relationships, friendships, family, interactions, etc)).

However, the problem then gets worse, because like most people, they'll eventually come to the conclusion, that the easiest way to do this (get/rape energy from a person), is to just have a baby/child, because babies/children can't escape from them. Therefore, they'll be able to feed-off the child, as much as they like.

Ie, humans are (inherently), nothing but parasites.

Of course, all of the above, is not just about parents, because prison/torture/slavery/rape,

is (inherently) what all interactions/relationships are, (whether the relationships/interactions are between: partners, friends, co-workers, families, etc).

There is an important point in this, and to get to it, let's start from here:

> All of these things, (relationships, interactions, friendships, jobs, having/raising children, etc), is what “life” is.

And therefore,

> Life (itself), is always going to (inherently) be prison/torture/slavery/rape (suffering).

And therefore,

> If you suggest ways to make life (and existence) not be prison/torture/slavery/rape (suffering), but your suggestions (and ideal vision of utopia) includes all these things (eg: relationships, interactions, friendships, jobs, having/raising children, etc), then these suggestions (and ideas of utopia), are ridiculous/foolish/stupidity/misdirection/lies/selfish/immoral/cruel/evil, (since you are then the cause of many people suffering).

Before getting to the next part of this conclusion, I have to add a bit more information, to the definition of the “indirect work-slaves”.

Earlier on, I said that:
“Indirect work-slaves, are people/entities, and you want these people/entities, to be constantly created/born (and kept alive), because you want to use them, to do work for you (indirectly).
-- Eg, you want people (who you don't directly know), to work (be a slave) at jobs, because you want to have: electricity and water in your house, and to have food in shops, and to have your trash taken away, etc.”

The key point (that I want to now mention), is that although I said that “you want these people/entities, to be constantly created/born (and kept alive)”, this is only part of the story. Because, if you want these people to do these jobs for you (indirectly), then you actually want quite a few things, which must inherently include, that you want:

1. Them to be brainwashed/programmed to get jobs.

2. Them to be brainwashed/programmed to not leave their jobs.
   -- Ie, they need to be convinced/persuaded/coerced/conditioned/brainwashed/programmed, to keep working at their jobs.

3. A fail-safe system, to make sure that they do not leave their job.
   -- Eg, in case they do realise, that their job is slavery, there should be a fail-safe system in place, which will force them to keep working at their jobs.
   -- This can be done, in many ways, and it's usually done, via a combination of methods/tactics/weapons, eg: financial debt, physical health (threat of potential pain), threat of suffering emotionally (or mental), social threats, spiritual threats, religious threats, etc).

4. Them to be deeply brainwashed/programmed, to believe (as a matter of fact), that they should never want to kill themselves.
   -- Because, obviously, all the effort/time/money/energy that went into points 1 to 3, is all wasted, if the work-slave, then just kills themselves.

5. A fail-safe system, to make sure that, if they want to kill themselves, that they can't kill themselves easily.
   -- Eg, in case they do realise, that working hard at jobs/chores/etc, is pointless/ridiculous/stupidity, and also prison/torture/slavery/rape, (especially when they only get scraps of happiness/peace/love/pleasure in return for their hard work), then you also want to make sure, that there's a fail-safe system in place, which is to make it very difficult for them, to kill themselves.

   And to make sure of this, this fail-safe system should involve all aspects of the person, (eg: practically, legally, physically, mentally, emotionally, spiritually, religiously, etc).
   -- Because, obviously, all the effort/time/money/energy that went into points 1 to 4, is all wasted, if the work-slave, then just kills themselves.

6. Etc.

Note: The above is true, regardless of whether you admit it, or not.
-- However, this is especially true, for points 4 and 5.

Indeed, points 4 and 5, should never be underestimated.
-- Ie, most people will never want to talk about the fact, that they have an extremely deep fear, that if all people were given an option, (which they could take whenever they wanted), which provided them with an instant/painless/effortless/guaranteed way out of life, then the fear is, that some people would take that way out, and this would then make many others choose to leave life, and this would make others question life, and then make them also choose to leave life, and the more this happens, the more that this then brings you closer to one of your deepest fears, which is that:

1. Your personal-slaves might then also take that option, to leave life.
   -- Actually, it doesn't even need to go this far. Ie, your fear (of your personal-slaves killing themselves), is so deep, that you want to make it

difficult, for all people to die.

2. If many people decide to leave life, then there will not be enough people, to do all those jobs for you (indirectly), and so society collapses, and you don't want society to collapse, because you'll then lose your personal-slaves, and your position in life, and whatever else that you want to cling to.
   -- Of course, if you had no money/possessions/housing/etc, then you don't really have a good position in life, and therefore, you would not care so much (or at all), if society collapses.

Note: What proves that this is all true, is the fact that almost everyone, is doing all they can, (via their action, and/or inaction, (directly or indirectly)), to make sure that there is no instant/painless/effortless/guaranteed/permanent way out of life.
-- Ie, everyone is trying to force people to stay alive, by not providing everyone, with an instant/painless/effortless/guaranteed/permanent way out of life.

Note:
What is important to understand, is that:

> It's actually stupid, to not provide an instant/painless/effortless/guaranteed/permanent way out of life, because only when this is done, will the quality of everyone's lives improve.

This is obvious, because it's true in all cases, (eg: relationships, friendships, families, jobs, activities, etc).
-- Eg, a relationship is only ever at it's best, when both people (in that relationship/activity), have an instant/painless/effortless/guaranteed/permanent, way to get out of that relationship/activity.
-- Ie, only when this is provided, do you know, that the other person, wants to truly/genuinely be in that relationship/activity.

However, most people would rather trap a person (in a relationship/activity), rather than set them free, and see if they stay (in that relationship/activity).

Of course, this is to be expected, because most people are only concerned, about fulfilling their selfish desires, and they just don't care, whether their actions (or inactions), are causing other people suffering.

This might all sound harsh, but if the opposite of this was true, then there would be zero suffering in the world.

And this is all happening, in all aspects of life, and at all levels of life.
-- Indeed, if you look at relationships, there are so many tactics used, to trap a partner.
-- Four of the most common tactics, are:

1. To get both partners living in one property, whilst also making sure, that both partners have sold (or have stopped renting) any other properties.
   -- This usually takes a fair bit of persuasion/coercion/brainwashing/programming, before they can make this happen. And, there may also be some direct (and indirect) threats, as well.

   Of course, after this is done, a person can't leave the relationship, until they've spent a lot of time/effort/money/energy/etc, trying to find a new place to live, and untangling themselves from the joint/shared house (and bills, and furniture, etc).
   -- Ie, most people will stay in the relationship, rather than try to sort all of this out.

   However, since it is this, that is making them stay in the relationship, there will inevitably come a time, when they just can't take it any more, and this will make the break-up, something that has infinitely more pain/suffering, (as compared to if they had broken-up earlier, (as soon as they knew the relationship was causing them to cringe/suffer)).

2. To break them.
   -- The best way to explain this, is as follows.

   Some people (let's call them “pimps”), want to own sex-workers (sex-prostitutes), so that they can then rent them out to clients, and keep all (or most of) the money, for themselves.
   -- Obviously, no sex-worker (sex-prostitute), would want to do this, because they get nothing (or not a lot), in return, (for being a sex-slave).
   -- So, the only way to trap a person into being a sex-worker, is to either keep the sex-worker physically locked up, (eg, keep them locked in a house, where they can’t ever escape), and then force them to be a prostitute, or, keep them locked up in other ways, (eg: mentally, emotionally, financially, under threat of pain/suffering (whether to them, or other people that they love)). Ie, force them to be prostitute, via the tactics/weapons of pain/suffering, (whether: physical, sexual, financial, mental, emotional, etc).

   Of course, locking them up physically, is not a ideal, because they might escape, (and not all clients are ok with using sex-workers that are locked up). So, the preferred method, is to “break” them.
   -- Ie, the pimp uses the tactic of punishment-and-reward, to break the person (in all ways, (eg: mentally, spiritually, emotionally, sexually, financially, etc)), and after they've been broken/enslaved, they will obey the pimp, and will not be able to escape, (even if there is no physical prison).

   Note: Punishment-and-reward, requires a method of punishment/correction, to be administered. If this method of correction, is sexual (or physical), then this is seen as rape, and is illegal.
   -- There is absolutely nothing wrong with making this illegal, however, if you do this, then all other devastating methods of punishment/correction, then also need to be made illegal.

   The point is, that most people are against any information/belief/person/tactic, that

is pro-rape, (ie, rape being used as a method/tactic/weapon, of punishment/correction, to break/enslave a person).
-- And there is absolutely nothing wrong with believing this (that this is wrong/bad).
-- However, if a person believes this, then they also need to believe/do this, in all other aspects of life.

Ie, all these people, then also need to be against, the use of all the other devastating methods/tactics/weapons, which are used for the purposes of punishment/correction, to break/enslave a person.

And they not only need to be against it, but these other tactics/weapons also need to be made illegal.

And, of course, anyone that is not trying to make these other tactics/weapons illegal, are inherently:

A) Pro-rape.
   -- Because rape is not just applicable, to the sexual aspect of life.

B) Going to create (and perpetuate) suffering, because when a person realises that the rules are not fair, they realise, that they then only have two choices:

   a) Obey the rules.
      -- But, if they chose this option, then they know that they'll continue to be imprisoned/tortured/enslaved/raped.

   b) Don't obey the rules.
      -- They might not want to chose this option, however, to avoid being imprisoned/tortured/enslaved/raped, they’re being forced to choose this one.
      -- And, once they break one small rule, and are outcast in society, (and demonised), they might then be turned into a person, that now has nothing to lose.
      -- And therefore, they now have no deterrent, of using any tactic/weapon, no matter how immoral/cruel/evil.

      Indeed, this is common, and the result is, that suffering/rape (of all types), is inflicted on many people.
      -- Of course, when this suffering/rape keeps happening, people then say that they don't understand, why this is happening in the world.
      -- Of course, they'll never want to recognise/admit, that they're responsible for creating (and perpetuating) this suffering/rape, (because they were using/enslaving people, as personal-slaves, and/or work-slaves).

Of course, although most people will find this behaviour appalling, (of a pimp trying

to break/enslave a person, to turn them into an obedient/compliant sex-worker (sex-prostitute)), this is basically what is going on in most relationships, (eg: partners, friends, family, raising babies/children, etc).

Of course, most people will deny that this is true, but it's obvious to see.
-- Eg, when one of the people in the relationship, is totally controlled by the other person, it's obvious to see, that the controlled person, has had their spirit broken, and have been broken/enslaved in all ways.

The problem is, that this behaviour is so common, that it's seen as something that is acceptable.
-- Moreover, it's even moved into the next stage, where people believe that it's good, to openly boast to their friends/peers, about how successful they've been, in becoming the dominant person in the relationship, where they're now able to totally control the other person.
-- And indeed, there are many people, who will say this directly. And there are also many others, who will say this, but they'll be a bit more indirect. However, whether it's done directly or indirectly, it's the same thing.

Indeed, it's common to hear people proudly saying, that they've got the other person "wrapped around their little finger".
-- And, when a person can do this, they're elevated to a higher rank, (in the social order of their peers).
-- Ie, society encourages this.

Actually, that last statement is incorrect, because it's more accurate/correct to say, that society is based on this.
-- Ie, the person who is ok with controlling/manipulating people, gets into the positions of authority.

The key point is, that the victims (whether in these relationships, or in jobs, or wherever else), are usually so broken, that although they aren't physically trapped, they are truly trapped.

However, this is only half of the story, because they're not only trapped, (and broken), but they're also now a slave.
-- Ie, they can be convinced/commanded to do all sorts of things, including to go and get a job, (ie, become a prostitute (work-prostitute)). (Note: All jobs are prostitution).
-- And, whilst telling that partner to get a job, the non-working partner makes sure, that they have full access (and control), over the earnings (from that job). And it doesn't matter whether they control the earnings in a direct way, or an indirect way, because the end result, is the same.

Ie, at the start of this point (point 2), I talked about how a pimp (of a sex-worker), will break a person (to become a sex-worker), and then control the earnings from that job.
-- And here, I've talked about how a dominant partner, will break a person (to

become a prostitute (worker of some job)), and then (directly or indirectly) control the earnings from that job.
-- Ie, they are no different.

However, this is not really true, because the situation with the relationship, is much worse, because it's much more subtle and sly, and this therefore breaks the victim in much deeper ways, (which has much worse long-term (and widespread) consequences).

One of the ways that it's more subtle/sly, is that in relationships, the same tactic of punishment-and-reward is used, however, more reward is used.
-- Indeed, it's no secret, that at the beginning of a relationship, all things are given freely and generously, (eg: lovemaking, affection, closeness, money, time, attention, energy, etc), but as soon as the other partner is broken/enslaved/trapped, the lovemaking/affection/closeness/money/time/attention/energy/etc, is all stopped.

Note: In the above example, I said that the dominant partner was worse than a pimp (of a sex-worker). At the very least, they are equally as bad, because the dominant partner wanted to make the other partner go to work (be a prostitute), so that the dominant partner could then use the money that was earned, to fulfil their selfish desires.
-- The key point is, that money is not the only thing that is extracted/raped from the the other partner.
-- Ie, there are also many other things, that are wanted by the dominant partner.

Indeed, it's never just one thing.
-- Indeed, the rape is never just a financial thing, because the victim will be raped/broken/enslaved in all ways: financially, emotionally, mentally, sexually, spiritually, etc.

Of course, this is to be expected, because if a person is selfish enough to be ok with raping someone, then they're going to be the type of person, that is going to try to get a much as possible from them.
-- Ie, they're going to try to rape them, in as many ways as possible.

3. To get married.
   -- This usually takes a fair bit of convincing/persuading/coercing/brainwashing/programming, before they can make this happen. And, there may also be some direct and indirect threats, used as well.

4. To get pregnant.
   -- This usually takes a fair bit of convincing/persuading/coercing/brainwashing/programming, before they can make this happen. And, there may also be some direct and indirect threats, used as well.
   -- However, if this fails, then some people will just use the standard backup plan, of getting “accidentally” pregnant, (whether via their partner, or via someone else).
   -- There are so many ways to do this, and most of these ways are extremely easy/simple, (and so I'm not going to discuss them here).

The key point is, that these four tactics, (in points 1 to 4 (above)), are so easy to prevent, and therefore, this proves, that these things are done deliberately, to trap the partner.

I say that these four things are “so easy to prevent”, because they are, and to prove this, I'll explain how to prevent these four traps, below.

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1. To prevent the first trap, (of only having one place to live), all you need to do, is to both agree (upfront), that you'll never fall for this trap.

   By doing this, you’re ensuring, that you both have an instant/painless/effortless/guaranteed way out of the relationship.
   -- And by doing this, you’re ensuring, that you're both together, because you want to be together.

   Note: What this also means, is that as soon as you see your partner trying to subtly/slyly trap you like this, you’ll then naturally see that as a warning sign (of what they’re truly like), and therefore, you realise that the only wise course of action, is to instantly end the relationship/interaction, and permanently cut all communication with them, forever.

   Side note: Again (as mentioned in the short conclusion), you do not need to give them any explanation/answer (about why you want to leave the relationship/interaction, and cut all communication with them, forever).
   -- However, if they want an explanation/answer, (and if you want to say one last thing (which might help them)), then just tell them that they will have their answer (and all their answers), if they examine the situation with ever-deeper honesty.

   Side note: The term “ever-deeper honesty”, refers to the process of being honest in ever-deeper ways. This is different to the term “Ever Deeper Honesty”, which refers to the title of this book. (This is explained a bit more, on the last page of this book.)

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2. To prevent the second trap, (of a person “breaking” you), all you need to do, is recognise when something is unacceptable, and not do it, and immediately walk away from the person, (or group of people), and permanently cut all communication with them.
   -- Ie, “unacceptable”, is your guide.

   Ie, when you know that something is unacceptable (and/or unnecessary), and that some person (or group of people), are trying to tell (brainwash/program) you to

believe that it's acceptable, (and/or necessary), then you know that you should totally cut them out of your life, (in all ways), permanently.

And, you need to be firm with this, because there will be many ways/weapons/tactics used, to try to convince/persuade/coerce/brainwash/program you, (to make you into a slave), so that you follow their commands.
-- Some of these common weapons/tactics, is to say something like: “You need to be able to compromise”, “Everyone else is doing it, therefore so should you”, etc.

---

3. To prevent the third trap, (marriage, (and similar traps)), all you need to do, is to both agree, that you'll never get engaged/married, (or whatever else).

   And, if one partner starts trying to convince/persuade/coerce/brainwash/program you to get engaged/married, then that is to be seen as a red-flag (of what they’re truly like), and therefore, to immediately end the relationship, and cut all ties, (in all ways), permanently.

   This might sound harsh, but it's so obvious, that marriage is ridiculous/stupid, because it's the exact opposite, of making sure that you both have an instant/painless/effortless/guaranteed/permanent way out of the relationship.
   -- Ie, it's the exact opposite, of making sure that your partner is with you, because they want to be with you.
   -- It's the exact opposite of love.

   Side note: People always seem to overlook the fact, that although it's easy to trap a person, if you succeed in doing this, then your partner will be with you, but the relationship will not only be loveless (zero), but the resentment/anger/hatred will keep building, until there is an inevitable ugly breakup, (which will involve a lot of long-term suffering, for both people).

   Of course, there are other reasons for marriage, and one of the main ones, is that soon after you're married, you can be asked for a divorce, and then it's not just half of your money gone, but there are also many other issues, (eg: alimony, pension, etc).

   The point is, that:

   a) If you clearly/honesty look at marriage, from a business deal point of view, you'd laugh at anyone who foolishly took that deal.
      -- Indeed, it's such an obviously ridiculous/foolish/stupid deal, that it's not even a subtle scam/trick/con.

   And,

   b) If you clearly/honesty look at marriage, in terms what benefits it can bring to your relationship, you will clearly see, that it has zero benefits, and only a huge list of negatives.

-- And, these negatives, will mean that the relationship is doomed, from the moment that it's formed/created, (whether you realise/admit it, or not).

Indeed, this is obvious, because if you want more true/pure love, then this can only ever exist, if there is more freedom. Ie:

Less freedom = Less love.

Indeed, this is why people want/desire the love, that is true/pure, (ie, “unconditional love”).
-- Ie, they want the type of love, that has no conditions.
-- And, of course:

True/pure “unconditional love” = Zero rules/conditions/games/ trapping/enslavement.

Note:

A relationship can only exist, after it has been defined, (whether officially or unofficially).

And,

All definitions, inherently have rules/conditions.

And therefore,

A relationship with “unconditional love”, is absolutely impossible, since it’s a contradiction in terms.

Of course, this is all obvious, since:

True/pure love, can only exist, in the absence of all ties/bonds/limitations/etc.
Ie,
If you want true/pure love, (ie, true and pure freedom/peace/love/bliss), then all things need to be absent.
Ie,
True/pure love, is not something that you get, but is something that remains, in the absence of all games and things (in existence).
Ie,
True/pure love, is that which remains, in the absence of existence.
-- Note: It can be called: “That” which remains, in the absence of all things.
Ie,
True/pure love = “That” = non-existence.

Or, another way to see this, is that:

Life/existence, will always inherently be, prison/torture/slavery/rape.

And what all people/entities are naturally seeking, is

Zero prison/torture/slavery/rape.

Which can therefore only be had:

In (as) zero existence.
Ie,
In (as) non-existence.

Note:
From all of the above, it's clear that all relationships/friendships/family/etc, will lead to a loss of freedom. However, it's important to note, that when you have zero freedom, that doesn't just mean zero love (and a zero value), but a negative value, because there will inherently be many regular (or constant) negative: thoughts, feelings, actions, etc.

And, of course, this is true, regardless of what type of relationship you're in.
-- Ie, regardless of whether you're in a marriage, or in a short-term relationship, or whatever else.

And, when you know this, it then also becomes obvious, that the problems in all relationships, start the moment that you set conditions/rules/etc.
-- Ie, as soon as you DTR, ("define the relationship"), the relationship will inherently lose freedom, and therefore also love.
-- And this is true, regardless of whether the DTR is done officially, or unofficially.

Indeed, the damage to each other, will be just as bad, whether the rule that is broken, was official or unofficial.
-- The point is, that hiding behind rules/laws/words/etc, will never protect you from suffering.

Also, in relationships, people always (severely) underestimate, the power of the bonds that are formed, at the more subtle (subconscious and unconscious) levels.

Indeed, this is why all relationships (and interactions), are fundamentally flawed, (whether long-term, or short-term).

To explain this more, let's look at the example of sex and lovemaking.

If there are no feelings towards each other, then two people can have sex, and break up, (or just part ways), and there are no issues. However, the sex (and everything else in the relationship), will be a zero value, or a negate value.

Alternatively, if you both (truly/honesty) see each other, as the perfect 10, (in all ways), then the relationship (and lovemaking), will be absolutely amazing. However, with time, one of the partners (or both partners), will change (in at least one aspect of their life), and as soon as this happens, that partner will not see the other partner as being the perfect 10 (in all ways), and they will increasingly start to get more ugly/cringe moments, (and from that moment onwards, the relationship will become increasingly more ugly/toxic).

And, even if you do break up, the problems/hassles (and/or energy draining), will continue for years afterwards, (even if you live in different countries, and have broken off all communication).

The key point is, that even if you do have the most amazing moments, (eg, during deep slow intimate lovemaking), those truly amazing moments, will not be worth it, due to the problems/hassles (and/or energy draining), that will inherently occur, after the inevitable breakup.

I say “inherently”, because the most amazing moments, (eg, during deep slow intimate lovemaking, whilst looking into each other’s eyes), are things that will always create deep bonds, on the subconscious and unconscious levels, and this is why, it makes no difference, if you live in different countries, and have broken off all communication.

Indeed, this is a good example, of what I said earlier, about how: “people always (severely) underestimate, the power of the bonds that are formed, at the more subtle (subconscious and unconscious) levels”.
-- And to this statement, it can be added, that: People always (severely) underestimate, how badly these bonds can drain you.

And people always forget, that even if those moments were amazing, and the breakup was amicable, the draining of energy can still happen, not because the other person is thinking of you negatively, but because they miss those moments, and/or want those moments again, or whatever else.

Note: Earlier on, I mentioned how: “with time, one of the partners (or both partners), will change (in at least one aspect of their life), and as soon as this happens, that partner will not see the other partner as being the perfect 10 (in all ways), and they will increasingly start to get more ugly/cringe moments, (and from that moment onwards, the relationship will become increasingly more ugly/toxic).”

The point that I now want to mention, is that this always happens, early on in the relationship. However, the partners will usually stay in the relationship a bit longer, (due to various fears/desires).
-- And, of course, by staying in the relationship, they'll have to “put up with” the

thing, that they don't like.

Moreover, this means that they'll have an ugly/negative/cringe feeling inside of them, (which is toxic, since it's negative), and they're choosing to keep doing the activity (the relationship), that is causing this negative/toxic stuff (suffering) in their body.

The key point is, that they're literally choosing, to cause themselves suffering.

And, of course, since the relationship is then toxic, it can only ever go downhill.
-- However, one (or both) of the partners, will cling to what they had, and this will make them want to prevent the other partner from leaving, and therefore the relationship turns into one which is about ever-deeper trapping, and enslavement.

The key point is, that:

> Even if you search (or wait) for the perfect partner, and then you get them, it will not be long, before the relationship starts to get many ugly/cringe moments, and then it just keeps getting worse from there.
>
> Ie, the perfect partner, can exist in a moment, (and even many moments), however, it's impossible for it to last longer than that.
>
> And, after it does inevitably end, the problems will last for a long time afterwards.
> -- And therefore, the cons will always outweigh the pros.
>
> And, relationships that exist, where both people do not see each other as a perfect 10 (in all ways), are not worth having, since they cause negative/toxic stuff (suffering) in your body, right from the beginning.
>
> Therefore, it becomes clear, that it's absolute stupidity, to play any of these games/activities/hobbies, (whether it's: lovemaking, sex, long-term or short-term relationships, deep or superficial interactions, etc).

Note:
Earlier on, I said that if you're able to feel these ugly/cringe/suffering feelings in your body, then you'll know, that these will all start to occur, very early in a relationship.
-- However, this is sugar-coating the issue, because you'll actually feel these ugly/cringe/suffering feelings in your body, before the relationship begins.

This is true, because these feeling are also inherent, in a desire.
-- And the stronger the desire, the worse (more negative/toxic) the feeling will be.

Ie, when you desire a person (or sex, or whatever else), then these feelings will be inside of you.

The key point is, that although these feelings are not pleasant, everyone is

brainwashing/programming everyone, to believe that these feelings are good/acceptable/necessary/etc.

Ie, they are trying to brainwash/program you, to believe that black is white.
-- Ie, that ugly/cringe/suffering feeling, is toxic, and extremely bad/unhealthy for you (physically, emotionally, mentally, spiritually, etc), however, you're being brainwashed/programmed to believe, that it's good/acceptable/necessary/etc.

Note:
From some of the information above, it can be realised, that since this ugly/cringe/suffering/toxic feeling, will be inside you, whenever you desire something, this means that it will be there, during the relationship, (even at the beginning of the relationship), and it will also be there, even before the relationship begins, and what this means, is that:

a) All relationships are toxic, (and therefore extremely bad/unhealthy for you, (physically, emotionally, mentally, spiritually, etc).

b) Desiring any type of relationship, is toxic, (and therefore extremely bad/unhealthy for you, (physically, emotionally, mentally, spiritually, etc).

c) Desiring (or having) any type of friendship/family/job/etc, is toxic, (and therefore extremely bad/unhealthy for you, (physically, emotionally, mentally, spiritually, etc).

And yes, there might be other feelings mixed in, (which people call “love”), but these are just feelings/bonds, that are made from a desperation to get/use/keep/trap/confine/enslave the person.
-- And, this is true, whether you are successful at getting/using/keeping/trapping/confining/enslaving, or not.

Ie, some people will argue, that they're not getting/using/keeping/trapping/confining/enslaving anyone, and it might be true (that they're not getting/using/keeping/trapping/confining/enslaving a person), but this is not out of trying.

Ie, they want things from a relationship, but just haven't been able to get the things, that they want.
-- And, this is true, because people only form interactions/relationships, because they want something.

Ie, when it's put like this, it's obvious, that all relationships, are not made from love, but made from trauma-bonds, (or whatever else you want to call it).

However, despite the fact that these trauma-bonds are obvious to see, everyone is brainwashing/programming everyone, to believe that this is “love”.

Of course, it doesn't matter how many times a person says that black is white, because it'll always be black.
-- And similarly, it doesn't matter how many times a person says that suffering is acceptable/good/important/necessary, because it will always be unwanted.

Ie, you can try to brainwash/program people to believe that relationships/friendships/family are made from love, but they aren't.
-- This is obvious, because if all relationships/friendships/family were made from love, then there wouldn't be any suffering in the world.

---

4. To prevent the fourth trap, (pregnancy, (whether genuinely accidental, or not)), it's very simple, because all you need to do, is use one of these two options:

    a) Know that in this aspect of life (of lovemaking and sex), the cons always outweigh the pros (in the long-term), and therefore, you simply don't play these ridiculous/stupid games any more.

       However, since lovemaking and sex are so heavily brainwashed into everyone, this means that option "a" will be very hard to do (for most people), and therefore, they have to use the option "b".

    b) Sign a NCBA, (Non-Consensual Baby Agreement).
       -- I'll explain this next.

The NCBA, is a legally binding agreement, that both partners can choose to sign/accept (ie, click the "accept" button, on a certain website), which states that neither of them consent to having children.
-- This agreement can be completed on the internet, and/or at their local health clinic, or wherever else.
-- Then, if either partner wants to have a child, and they do so (without both parties cancelling the legal agreement), then they're on their own (financially, and in all ways).
-- Ie, by going ahead with having the baby, they're not legally allowed to get money from the other partner, (nor from the government).

The reason why the NCBA is important, is because it's ridiculous to trust promises, (of any kind), because thoughts/sensations/emotions all arise (from nowhere), and random unexpected life-changing experiences, can also arise (from nowhere), and therefore, no person is in control, of what they'll be like, in the next moment.

Indeed, the clearest example of this, is when a woman is absolutely (genuinely/honestly) sure, that she doesn't ever want children, but as soon as she's pregnant, she can be flooded with thoughts/sensations/emotions/hormones/etc, which makes her want to have the baby.
-- Therefore, the NCBA, is the only solution.

Of course, the suggestion of the NCBA, is a step in the right direction, but it's not ideal.
-- So, let's go one step further.

The next step in the right direction, (towards less suffering in the world), is the inverse of the NCBA. Ie, the NCBA should exist, by default.

Ie, by default (by doing nothing), you have no responsibility, to any children that you did not consent to.

Ie, if you do consent to a having/raising a child, then you do need to go and sign a CBA (Consensual Baby Agreement), which states that you are consenting to having a baby, and therefore, you are responsible for the child (financially, and in all ways), for the entire lifetime of the child.
-- Ie, no money will be given to you, from any other source, (including the government).

Side note: In that last paragraph, I said: "for the entire lifetime of the child".
-- Indeed, it's obvious, that it must be for the entire lifetime of the child, because:

> "A puppy is not just for christmas".

Ie, "A baby is not just for Christmas".
-- Ie, you can't just use/enslave it (when it's a cute baby/child), to fulfil your desires, and then when it's older, (and it's not so cute anymore, nor easy to control/manipulate/use/enslave), you force it into slavery (getting a job), or kick it out into the brutal world, (where you know it will suffer).

Note:
The NCBA is also important for another reason. I'll explain this as follows.

Since parents "are responsible for the child (financially, and in all ways), for the entire lifetime of the child", and, the parents are also responsible, for having imposed a lifetime of prison/torture/slavery/rape on the child, the child is well within it's rights, to:

1. Take the parents to court, to face criminal charges.
   -- Ie, the parents knew that the child would suffer regularly (throughout it's entire lifetime), and so the parents are accused of forcing the child into a situation (life), which was known to be: imprisonment, torture, slavery, and rape.

2. Take the parents to court, to sue them for £200 million.
   -- The £200 million figure, is the absolute minimum, because:

a) £100 million, is to account for damages, for all the suffering that was caused (and will be caused), from a lifetime of prison/torture/slavery/rape.

and,

b) £100 million, is to account for a lifetime of expenses. This will cover the basic living expenses, plus all other expenses, which are needed to make life not just about survival.
-- Ie, the money should not just be the bare minimum, for survival, because just surviving through life, is a worse form of prison/torture/slavery/rape, than if they have enough money, to give them the freedom/choices/options, to try to reduce/prevent/eliminate suffering, and get ever-deeper freedom/peace/love/bliss.

And, points 1 and 2, are things that any child can do, regardless of their: age, health, class, etc.
-- Ie, the child does not have to have some disability/illness/etc.

The key point is, that any parent that signed an NCBA, is exempt from all such criminal charges (and suing), since they did not consent to the child being born, (and therefore, they did not consent to making the child go through of lifetime of prison/torture/slavery/rape).
-- Ie, the criminal charges (and suing), is only applicable to the parent, that was consenting to having the child.

Note:
Children have already sued some parents in court, on the basis that the parents knew that the child would have a lifetime of physical/mental/emotional suffering, because the parents knew (before the birth), that the child had some disease/illness/etc, and yet they chose to have the child.

The point is, that if it has to be done this way, (ie, a court case about some disease/illness/etc), then it can, because all prospective parents have a hereditary disease (called “physical/mental/emotional suffering”), and they know that their future child is going to have this disease as well, and yet they're choosing to have the child anyway.

Ie, to make the point clearer, let's give this disease of “physical/mental/emotional suffering”, a new name.
-- Let's call it: “Life”.

Ie, “Life” is a disease, and therefore all parents are (knowingly/deliberately) passing on a disease, to their children, (simply by creating them).
-- Therefore, all children have the right, to sue their parents, for having created them, despite knowing, that they were going to pass on this hereditary disease, which would cause a lifetime of physical/mental/emotional suffering.

Ie, no matter which way you come at it, all children have the right to sue their parents for damages, for a lifetime of physical/mental/emotional suffering.

Note: Suing people to get money, is an ugly thing that many people do, and I'm against it, however, I'm not against the type of suing that I'm discussing, because it might be the case, that only after parents start being sued, that all parents will start to take note, of what they've done (by deciding to have a child).

Ie, most people are so selfish, that the only things they care about, are things like their own happiness/money/etc, and therefore, the only thing that will make them stop to think (about what they're about to do (eg, having a baby)), is by making them realise, that they will run the risk of being sued, and/or sent to jail.

Ie, perhaps these types of legal cases, will be the only way, to break this cycle-of-abuse.
-- Ie, this cycle-of-abuse (where people just keep having a baby, regardless of the consequences), has to stop, and the only way to break the cycle, is by hitting people where they are affected the most, (which for most people, is money).

Note:
The suggestion of the CBA, is a step in the right direction, but it's not ideal, because even if the parent gives the child an allowance of £1 million per year, (for their entire lifetime, (so that they never have to get a job)), the child will still suffer regularly, throughout it's entire life.

Therefore, the next step (in the right direction, (of reducing suffering in the world)), would be to say that you can have a baby/child, however, you have to allow the child, to always have the freedom/choice/option, to be able leave life (in an instant/painless/effortless/guaranteed/permanent way), whenever it wants.
-- Moreover, you have to make sure, that there is an actual way to do this.

Note: Although the two previous paragraphs, are suggestions which are in the right direction, (of less suffering), it must be recognised, that both of them still cause suffering, because as soon as a baby is born, it is going to suffer regularly, throughout it's entire lifetime.

Therefore, the next step (in the right direction, (of reducing suffering in the world)), would be to make it illegal to have babies.

However, although this is a step in the right direction, it's not ideal, because it's not about making it illegal.
-- What it's all about, is:

People (just naturally), not wanting to cause suffering, to other people.

And this includes, people that already exist, and people that do not yet exist, (ie, babies).
-- Ie:

> You know that a baby/child will suffer regularly, throughout it's entire lifetime, and so you (just naturally), don't want to have a baby/child, because you (just naturally), don't want to cause suffering to anyone.

...I can't believe that I'm even writing this.

Ie, I look at these two sentences (that are indented), and it's just so clear, that this information is something that shouldn't need to be explained/said.

However, the fact that this does need to be explained/said, should be ample proof, that there is something very wrong/bad/malevolent, with the whole of existence.

Note:
Earlier on, I said that if a person consents to having a child, then they have to take on full responsibility, for that child, for it's entire lifetime. The point is, that although this means that the parent has to provide a lifetime of support for the child (eg, financial, emotional, etc), this is only half of the story.

It's only half the story, because when I say that the parent is responsible in all ways, I mean all ways.
-- Eg, if the child causes suffering to a person, then that suffering (which was caused to a person), is the responsibility of the parent.
-- Ie, the parent has to accept the responsibility/blame/consequences, for all the suffering that the child causes to other people, (and this is throughout the child's entire lifetime).

This might sound ridiculous to some people, however, how can it be any other way, because the suffering that was caused by the child, only occurred, due to the decision of the parent, to fulfil their selfish desire, to have a child.

Indeed, if a person tries to fulfil some other desire, and as a result of trying to fulfil that desire, they cause suffering to a person, then they are responsible, (and will be punished accordingly).

And what needs to be understood here, is that this is true, regardless of whether it is law, (or not), or something you believe in, (or not).

And therefore, what also needs to be understood, is that the blame/punishment will naturally happen to the parent, regardless of whether it is law, (or not), or something you believe in, (or not).

Indeed, how can it be any other way, because this is no different, to the example of the dominoes.
-- Ie, if you knock a domino (cause suffering), and that domino knocks 10 other dominoes, then the random person that gets hit by that tenth domino, will suffer, and that suffering is caused by you.
-- Ie, you are responsible for that tenth person suffering.

And therefore, this is no different, to when a person has a child.
-- Ie, all the suffering that the child causes to others, is due to you.

And, of course, if your child decides to have children, then the suffering that those children cause to others, is also on you.

Note: I'm not saying that the parents are responsible, because they raised the child badly.
-- I'm saying that the parents are responsible, regardless of how they raised their child, since the act of having the baby, is the root cause of the problem.

This stuff is so obvious, but it's to be expected, that no parent will admit that this is true.
-- And they won't even accept/admit, that this is 0.001% true.
-- And therefore, all parents will just stay in a state of 100% denial.

Indeed, the denial is so total, that when most people hear things in the news, (eg, about how some perpetrator did bad things to a victim), they'll say something like: “I don't understand why people do things like that”.

The point is, that the people who say thing like this, are the cause of most of the suffering in the world.

Of course, some people are not in denial, but are just sly, and are trying to misdirect people, away from seeing that they are the cause of the suffering.
-- Eg, these people might try to brainwash/program everyone to believe, that violent crimes that are done against a person, (eg, rape), is done for control. Ie, they're try to brainwash/program you to believe, that rape is not a sexual thing, but just a control thing.

The point is, that it's clear that these types of lies, are misdirection, because these types of crimes are occurring, mainly because the perpetrator is full of anger/frustration/resentment/etc. And it's obvious, that all of this anger/frustration/resentment/etc, is accumulated from things that has happened to them, as a result of them being alive.

Ie, in most cases, the perpetrator's bad actions, are just a natural result of them being alive.
-- Ie, due to being forced into life/existence, they're inevitably going to suffer a lot, and this all builds up, and eventually there will be one straw too many, and they'll snap.

And therefore, the key point is, that all parents are to blame, for all these problems in the world.

And indeed, how can the parent not be to blame, since all of these problems that occur in the world, are all due to the fact, that the parents wanted to fulfil their selfish desire, to have a child.

Or, if this is too hard to see (and/or believe), then simply turn it around.
-- Ie, realise that:

> If people did not have any babies, then none of this suffering could exist. And therefore, parents are to blame for all the suffering in the world.

And, it's important to emphasise, that the parents will have to take the blame, regardless of whether their child (the perpetrator), did immoral things, that were:

1. Done physically, or non-physically.

2. Done directly, or indirectly.

3. Done in a premeditated way, or in a non-premeditated way.

4. Etc.

Ie, what I'm getting at, is that the child's immoral actions, might have been legal, and even seen as normal/acceptable, however, labelling it as “legal”/“normal”/“acceptable”, doesn't change the fact, that suffering was caused.

Nor does it change the fact, that that suffering (which was caused by the child), is still to be blamed on the parent.

Of course, this is why parents/people are constantly trying to brainwash/program everyone, to believe that certain (immoral/cruel) actions, are to be seen as normal/ok/acceptable/etc.

Of course, this is:

1. How the “unacceptable”, becomes seen as acceptable/normal, by the majority of the population, and then it becomes legal.

2. Why people are not able to see, just how violent and scarring life really is.
   -- Ie, because so many immoral things are done, on a daily basis, (by most people), everyone just sees all of this as normal/acceptable.

And this is why there's so much suffering in the world.
-- Ie, a lot of suffering exists, because all these immoral actions, are being done by everyone (to each other), all the time.

And, since people are not able to recognise (and admit), how violent and scarring life really is, they'll keep believing, that having children is a good idea.

And so the next child is born, and so the next cycle starts all over again

The key point is, that people need to recognise this cycle-of-suffering, and then break this cycle-of-suffering.

However, this cycle-of-suffering won't (and can't) ever be broken, until it is recognised (and admitted), and people aren't going to do this, since they're too busy trying to brainwash/program everyone, with things that hide their immoral behaviour/actions, (eg, of using/enslaving people, (as personal-slaves, and/or work-slaves)).

And therefore, suffering will continue.

Note: Breaking this cycle-of-suffering, is so easy to do, since all you need to do, is to see things in life, in a clear/honest way.
-- The point is, that this is easier to do, since it takes no effort, since it's just seeing. The opposite of this, is to see things, and then lie about it (to yourself, and others). That takes effort/energy/etc, and is detrimental to a person's health (mentally, emotionally, physically, spiritually, etc). And, that negative/toxic energy in them, will then spread to everyone around them.

And, it's irrelevant how many spiritual (or religious) cleanses/retreats/meditations/prayers/books/rituals/practices/etc, that a person does, because immediately afterwards, they'll always need to immediately go back to brainwashing/programming themselves (and others) with information, which hides their immoral actions, (eg, of using/enslaving people, (as personal-slaves, and/or work-slaves)), and then the negative/toxic energy in them, will immediately come back.

Indeed, this is why all the religious/spiritual/enlightenment stuff, is just misdirection.
-- And indeed, this is evident, in the fact that everyone in this world, continues to remain in a deep state of delusion.

Note: The best example of how people do not see things in a clear/honest way, is the fact that most people like to believe/pretend, that children are happy.
-- The point is, that no matter how much you try to believe/pretend, that children are happy, it simply isn't true.
-- Indeed, it's so obvious, that most children are not happy, but to see this, it requires you to be able to look at all children, in a clear/honest way.

Ie, all it requires, is clear/honest seeing.
-- Ie, this is not about analysing/researching/reading/studying, or anything like that.
-- It's just about seeing children, in a clear/honest way.
-- And when you do this, you'll see that all children are suffering, for most of the time.

However, even if people can't do this clear/honest seeing, it's obvious that all children will not be happy, because how can a child ever be happy, when they're constantly being:

1. Forced to do loads of things, that they don't want to do.

And,

2. Forced to not do things, that they want to do.

And, of course, when these two points are combined, it's seen that most of the child's life, is forced, and therefore non-consensual, (and therefore rape).
-- And what this means, is that the child's life is not just rape, but prison/torture/slavery/rape.

And this is compounded by the fact, that the child's very existence, is non-consensual.

And, all of this suffering that the child has to go through, is all because the parents wanted to fulfil their selfish desire, (to have a child).

Of course, if a child's life is this bad, then it's to be expected, that they will go through a lot of suffering, throughout the rest of it's entire lifetime. This is because, if their childhood is that bad, then they'll have been permanently scarred by it, and all these many types of scarring (which have accumulated throughout their whole childhood), will be permanently stored in their minds (consciously/subconsciously/unconsciously), and therefore it's inevitable, that this will affect all their decisions and actions in life.

Therefore, although we know that adults cause a lot of suffering in the world, we need not condemn this behaviour, but expect it.
-- Ie, how can anyone expect an adult to make good/moral decisions and actions in life, when they all had childhoods that was a life of prison/torture/slavery/rape.

And it's also important to realise, that all of the above information, is applicable to all children, (even the children that are brought up in the most "normal"/"heathy"/"moral" environments). Ie, no matter what you consider to be the ideal environment (to raise a child), the child will still suffer this horrific forced non-consensual life (of prison/torture/slavery/rape).

Parents will never understand this, because they can only see, what they want to see. Indeed, they will see a child smiling, and not realise that the reason why most children smile, is to please the parents, (so that the child then avoids the pain/suffering, of):

1. Seeing the parent unhappy.

2. The parent getting angry at the child (because the child is not happy).

3. The parent getting in a mood, which will inevitably make the child's life unpleasant.

4. Etc.

Note: I have used this example (of the child smiling), but this applies to everything.
-- Eg, the child:

1. Giving the parent attention, (whenever the parent wants it).
2. Speaking to the parents, (whenever the parent wants it).
3. Is expected to do something, (whenever the parent wants it).
4. Is expected to give the parent affection, (whenever the parent wants it).
5. Etc.

Of course, the child knows, that they have to do all of this for the parent (whenever the parents demand it), because if they don't, then they'll suffer (emotionally, mentally, or physically, (whether directly, or indirectly)).

And what is important to see, is that this is all true, regardless of whether the parents know what they're doing, or not.
-- Eg, if you are kidnapped, and imprisoned in someone's basement, and you are being tortured and raped every day, then what can be said, is that your life is prison/torture/slavery/rape, and this is true, regardless of whether your captor knows this, or is deluded into believing that they're a selfless/moral person, who is doing god's work.

It's so obvious, that anyone who is in any activity, that they cannot leave, (in an instant/painless/effortless/guaranteed/permanent way, (whenever they want)), is being forced non-consensually, to do that activity.
-- Ie, it is non-consensual, (rape), whether: emotional, mental, physical, or whatever combination of them.

And, it's absolutely clear, that there are countless times, when:

1. A child does not want to be in an activity (which the parents are forcing them to do).

And,

2. A child does want to do something, (eg, stay in bed, until they naturally want to get out of bed), but the parents are forcing them to get out of bed, and do all things in a certain way, in every aspect of their life.

Therefore, the child is being forced non-consensually, to do most things. And, this is true, whether the forcing is done directly, or indirectly.

Ie, if the child knows (from past experience), that they will suffer (if they do not behave how the parent wants (eg, to be happy)), then the child is indirectly being forced.

-- Ie, the child knows that the threat (of suffering) is real, without being overtly threatened.
-- Ie, the threats can be indirect, but they are just as real, as the direct threats, (because either way, the end suffering (or threat of suffering), is always real).

Of course, this all means, that the only bond that can exist (between the parent/perpetrator, and child/victim), is a trauma-bond.
-- Ie, the parent can delude themselves, as much as they want, to believe that this bond is made of love, but in reality, it's always made from trauma.

The above information, paints an extremely ugly picture of life. However, what is perhaps the worst part of it, is that the parents (and 99.9% of the population) consider this behaviour (of having a child, and/or raising a child), to be selfless/moral/good/important/acceptable/ok/allowable/god's work/etc.

Moreover, parents (and other people) not only believe this, but they constantly keep trying to brainwash/program everyone else to believe this. And this is true, regardless of whether they know that they're doing this, or not.

Note: When talking about this (or any) brainwashing/programming, perhaps the best way to judge it, is to just see the end result.
-- And, in this case, the end result is that: Parents have been successful in their brainwashing/programming of everyone, (as can be seen from the fact, that 99.9% of people, believe that it's ok/acceptable for people to have babies/children, and there's also the other fact, that this whole horrific thing is legal).

Note:
There are many tactics that can be used to brainwash/program everyone, and one of those tactics, is misdirection. And, one of the easiest ways to misdirect people, is to point at some person/group/thing, and say that those people/groups/things, are to blame for all the problems in the world.

And, there are many things that people point towards, to lay blame. And it's important to realise, that there will always need to be many such things, because not all people will get hooked by the same lies/misdirection. However, each person only needs to be hooked by one piece of bait.
-- Ie, to make sure that everyone gets misdirected, there always needs to be many different types of bait.

An example of one such piece of bait, is that many parents/people complain about corporations/governments/organisations/secret-organisations/etc, and how they're brainwashing/programming/controlling/manipulating the general public, and that this is why life is full of suffering.

Of course, this is the perfect misdirection, because this is exactly what parents do to children.
-- Ie, parents/people are trying to brainwash/program others to believe, that:

> Corporations/governments/organisations/secret-organisations/etc, do all that they can, to make people into “good little obedient slaves”, so that they can use/enslave them, to fulfil their desires.

However, what the parents/people are misdirecting you away from, is that:

> Parents do all that they can, to make their children into “good little obedient slaves”, so that they can use/enslave them, to fulfil their desires.

Ie, many parents/people complain, about the immoral/cruel/evil behaviour, of the corporations/governments/organisations/secret-organisations/etc, but they're doing this same immoral/cruel/evil behaviour themselves.

And, of course, since these parents/people are labelling these corporations/governments/organisations/secret-organisations/etc, as immoral/cruel/evil, then the parents will also have to accept that label (of immoral/cruel/evil), since they’re doing the same thing.

Of course, the last sentence is incorrect, because the parents aren't doing the same thing, because the parents are infinitely worse (than the corporations/governments/organisations/secret-organisations/etc), because the parent’s “good little obedient slave”, is:

1. Literally trapped in the parent's house, and can't escape.

2. A slave that is in existence, only because the parents created them. Ie, the parent's created the human, and then enslaved it, (as opposed to the companies/governments/organisations, who only enslave it).

And, there's absolutely no counter-argument that can resolve this issue, because all people are immediately enslaved/imprisoned/tortured, as soon as they have a body.

This happens, because, as soon as you have a body, you have to do certain things, just to avoid pain/suffering, eg:

1. Eat food.

2. Drinking water.

3. Keep the body at a temperature that is not too hot, nor too cold, (via clothes, shelter, etc).

4. Make sure that you have a shelter, and sleeping surface (so that you’re able to fall asleep, and have a long enough sleep).

5. Etc.

The point is, that as soon as a person is born, they're a slave to all this.

And, even if you have £100 million, you still have to do some of this yourself.

And, even if you have £100 million, and you're healthy, life will give you an illness at some point in your life, and therefore, the only conclusion is that:

1. It's selfish/immoral/cruel/evil to be born.

2. The people that have to take responsibility for causing this slavery/suffering, are:
    a) All parents.

    b) All the people who think that it's acceptable for people to have children.

Note:
All of the above is also important, because many spiritual people/teachers say, that all you need to do, to avoid suffering, is to be desireless.
-- However, although this sounds great in theory, if you actually try this in practice (in the long-term), you realise that you can minimise pain/suffering to a certain extent, but whenever life wants, it can make sure that it gives you a large dose of pain/suffering, that is above your pain threshold.

Another important thing to realise, is that, to avoid the basic pain/suffering in life (which you would get from not eating food (and drinking water, and having shelter, etc)), you need to desire food/water/shelter/etc.
-- And, this desire, will itself, cause an ugly/negative/cringe/toxic feeling in your body, (because any type of desire, will cause an ugly/negative/cringe/toxic feeling in your body).

And, even if you have £100 million, you might be able to have enough food/water/shelter, and even employ other direct work-slaves (to help to do your daily chores), however, you might then have an ugly/negative/cringe/toxic feeling in your body, because you are using people as slaves.

And, even if you do not have these types of direct work-slaves (that you yourself employ), you will be using indirect work-slaves, (eg, the people who provide your house with electricity and water, and the people who work in the shops, and deliver things to the shops, and protect your house and land, etc). Ie, you will get an ugly/negative/cringe/toxic feeling in your body, due to the knowledge, that these indirect work-slaves exist.

Ie, no matter which way you come at it, the inescapable conclusion, is that:

1. It's cruel to be trapped in a body.

And therefore,

2. It's cruel to be born.

Note: Many “spiritual”/“enlightened” people/teachers/teachings/etc, will say that: “You are not in trapped in the body, because you are not the body-mind mechanism”.
-- Of course, this type of information/advice/teachings/help, are all just pointless, since that type of help, does not permanently eliminate your suffering.

Moreover, saying that it is “pointless”, is sugar-coating the issue, because this type of information/advice/teachings/help, will actually add to your suffering, (especially in the long-term).
-- And, if it adds to your suffering, then this inherently means, that it’s a bad/cruel thing.

And, if it’s a bad/cruel thing, then the people that are teaching (and perpetuating) it, are bad/cruel.

Note: Many people try to argue, that it's not their fault, if they believe (and/or perpetuate) any bad/cruel information, and they’ll try to justify (hide behind) this, by saying that it's hard to tell the difference, between good information, and bad information.
-- However, this too is lies, because it's so easy to know what is bad/cruel information, (and/or, lies/misinformation/misdirection/etc).

Indeed, there is one very simple way (which I'll explain below), which can instantly prove if:

1. Someone is trying to fool/trick/brainwash/program you, into believing bad/cruel information, (and/or, lies/misinformation/misdirection/etc).

2. You're trying to fool/trick/brainwash/program yourself (and others), into believing bad/cruel information, (and/or, lies/misinformation/misdirection/etc).

The very simple way to prove this, is to:

> Put yourself in the position of a victim, that has been kidnapped, and permanently locked/trapped in a basement, and you're being raped and tortured on a daily basis, (and no matter what you say/do, there's just no way out of there, and it looks like it will never end), and the pain/suffering is intolerable.
>
> Then, whilst imagining yourself as this victim, you should imagine:
>
> 1. How useful these spiritual (and/or religious) phrases/sentences/information/advice/justifications/explanations/teachings/etc) are to you.
>
> 2. What you would say to the perpetrator. Ie, what would you be asking for?
>
> 3. Etc.

Eg, if you are suffering intolerable pain/suffering, and you're begging to be let out of that basement/prison, and the perpetrator replies, “You just need to realise, that you're not trapped in the body, because you are not the body-mind mechanism”, then this is not going to help to eliminate your suffering.

At most, that phrase/sentence/teaching/advice, might help reduce your suffering for a very short while, however, it will never help you in the long-term, and this means, that the intolerable pain/suffering (of the rape and torture), which you’re experiencing on a daily basis, is going to continue.

Note: It's obvious that this (and any such) phrase/sentence/teaching/advice, will only ever help reduce your suffering for a very short while, because if these phrases/sentences/teachings/advice did help eliminate suffering permanently, then there wouldn't be any people suffering in the world.

And it's also obvious, that the only thing that you want, (whilst being raped and tortured every day in that basement), is either:

1. A real practical instant/painless/effortless/guaranteed/permanent way out of that basement/prison.

Or,

2. A real practical instant/painless/effortless/guaranteed/permanent way out of life/existence.

And, it’s obvious, that any other type of “help”, (that does not do one of these two things), is not help.

And, that help is not only zero help, but it’s something worse (than zero). The point is, that that type of “help”, is not just a thing that is neither good nor bad, but something that is bad, (because it will actually add to your suffering).

Note: This example (above), should help to emphasise, the importance of the words “instant/painless/effortless/guaranteed/permanent”.
-- Ie, each of these words, are important.
-- Eg, it will not help you, if the perpetrator offers you a way out of the basement/prison, but that way out (that is being offered), is promised some time in the future.

Indeed, all promises are ridiculous, because you know that the perpetrator will always have to promise you all kinds of things, (eg, they'll promise you, that if you do x, y, z, then they'll let you out in the future).

Eg, the perpetrator might promise you various things (rewards), as long as you put some effort/time/energy, into doing some things, that the perpetrator wants you to do.

Eg, the perpetrator might want you to:

1. Make (or do) things for them.

And/or,

2. Make (or do) things for yourself, (so that you keep yourself in a useable state).
   -- Indeed, the perpetrator will want you to remain in a useable state, because it's not pleasant to use someone (a personal-slave), that is in a damaged/degraded state.

The key point is, that it's quite obvious, that since the perpetrator went to the trouble of capturing/getting you, and then imprisoning you, then why would they let you go.

Ie, it's obvious that:

> All their words and promises, are not to be trusted.

Because it's obvious that:

> All their words and promises, are just about keeping you (their personal-slave), in a useable state.

And, therefore, the only real practical help, that is of any value to you, is if you're let out of that basement/prison, in a way which is instant/painless/effortless/guaranteed/permanent.

And, that must be without compromise. Ie, it must be all of these things. Ie, instant, and painless, and effortless, and guaranteed, and permanent.

Eg, you don't want to be let out of the basement/prison, in way which is instant/painless/effortless/guaranteed, but it's not permanent.
-- Ie, they let you out, but then bring you back into the basement/prison, one minute after freeing you.

And indeed, this is why I always clarify/emphasise, each of these words, (instant, painless, effortless, guaranteed, permanent).

Note:
If the victim is not promised a way out of the basement/prison, but they are promised some better living conditions (in the basement/prison), then the victim might agree (consent), to make/do some things for the perpetrator, (in order to get those rewards, (of better living conditions)).
-- The key point is, that if the victim is choosing/consenting to do those things, (because it helps them reduce the amount of suffering in the basement/prison), then this does not mean that they are doing this willingly.
-- Ie, they do not have any real freedom/choice.
-- And therefore, even if they are doing things for the perpetrator, they are not really consenting to it.

On this issue, some people will argue, that there is no real way to tell, who is “truly” consenting, and who is not truly consenting.
-- However, this is lies, because:

> It's extremely easy to know, if someone is “truly” consenting (or not), because if you want any person to be truly consenting, then all you need to do, is to provide them with an instant/painless/effortless/guaranteed/permanent way out of the activity, and out of life/existence.
>
> Ie, if they have this most fundamental of freedom/choices/options, and then they choose to stay in life/existence, and in the activity, then that shows true consent.

Of course, the point of explaining this, is that this is what life is like for some people.
-- Ie, some people are “choosing”/“consenting” to do various things in life, (because those things will help reduce the amount of suffering in their prison (of life)), however, the actions (of those people), should not be mistaken for true consent, because if those people were given an instant/painless/effortless/guaranteed/permanent way out of the activity (and out of life), then they would have taken it.

Of course, what this means, is that:

> There's absolutely no way around the fact, that the only way to know if people are truly consenting (to all the things that they do in life), is if everyone is provided with an instant/painless/effortless/guaranteed/permanent way out of life.

And what this means, is that any people/relationships/family/community/society/country, that does not provide everyone, with an instant/painless/effortless/guaranteed/permanent way out of life, is based on the fundamental principles of:

1. Deliberately not giving people, any real true: freedom, choice, consent, etc.
2. Deliberately imprisoning/enslaving/torturing/raping all people, (whether as personal-slaves, and/or work-slaves).
3. Selfishness is good.
4. It's acceptable to do things that are selfish/immoral/cruel/evil.
5. Deliberately preventing people, from having the most fundamental of rights, (the freedom/choice/option, to be able to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way).

Note: It's important to see, that this is also true, at all levels of life, and in all aspects of life, (eg: relationships, family, friendships, jobs, having/raising children, etc).
-- And what this means, is that:

> Giving a person, the freedom/choice/option, to leave the relationship/family/friendship/job/etc, in an instant/painless/effortless/guaranteed/permanent way, is not enough.
>
> Ie, yes, you do need to do this, however, in addition to this, you also need to give that person, the freedom/choice/option, to be able to leave life, in an instant/painless/effortless/guaranteed/permanent way.

And, any person that does not do these two things, is a person that has the fundamental principles, of points 1 to 5 (above).
-- And this is true, regardless of whether they recognise/admit this, or not.

Note:
Many people will argue, that any person/thing/idea/belief, that says that it must be this exact way, is a bad person/thing/idea/belief. However, what these people are failing to see, is that on this issue, (of the freedom/choice/option, to be able to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way), there simply is no middle ground, because how can there be?

Indeed, you either have this most fundamental of rights/freedoms, or you don't.

And this is also true, for most of the things in this conclusion.
-- Ie, there is no room for debate, and the reason why there is no rom for debate, is because all of the things in this conclusion, are based on the most fundamental rights/freedoms.

And indeed, from the neutral/natural/true start-point (for everything), the main three points that were derived, were that:

1. “Suffering is real, (or as good as real).”
2. “Suffering is unwanted.”
3. “Freedom is wanted.”

Ie, you either have the freedom (to move away from the suffering), or you don’t.

Ie, there simply is no room for debate.

And, since this whole book is based on this, this means that almost all of the information in this book, is also in this same situation, where there's simply no room for debate.

And, when I'm talking about the “freedom (to move away from the suffering)”, this must be something that is:

1. A real/practical thing.
   -- Ie, not just theory, and/or promises (hope).

2. Able to be done in an instant/painless/effortless/guaranteed/permanent way, whenever and wherever they want.
   -- Indeed, I've already explained why each of these words are important.

3. Given to everyone.
   -- Ie, no one is excluded from this.
   -- Indeed, no person/entity can be excluded, because as soon as one single person/entity is excluded, then that society/people/country/world/existence, is being inherently immoral/cruel/evil.

Note:
Earlier on, I talked about true consent, and how no people have true consent, (since no one has the most fundamental of freedoms/rights). However, what must also be seen, is that what makes this situation worse, is that most people are coerced, into doing most of the things/activities, in life.
-- And this is true, regardless of whether people are aware of this, or not.

Of course, this issue will always be hidden, because most people are trying to hide it, since they're the ones who are doing this coercion, (on a regular basis).

There are many ways to try to hide it, and some of these ways, is to try to brainwash/program everyone, to believe that this coercion, is:

- Harmless.
- Caring.
- Love.
- Acceptable.
- Necessary.
- Important.
- Etc.

However it's not harmless at all, (nor any of these things), since it causes people long-term prison/torture/slavery/rape.

Of course, when the coercion is of a sexual nature, then people want to call it rape.

However, it's obvious, that rape is not something that is only applicable to sex. Ie, rape is applicable to all parts of a person, including: physical, mental, emotional, financial, spiritual, etc.
-- And sometimes, these types of rape, can be much worse than sexual-rape.

However, rape which is of a non-sexual nature, is legal, and so people know that they can get away with using this weapon. And, this is why most people use all these other types of rape, on a daily basis.

And, since they haven't broken the law, they then try to sell to everyone, that they are a person who is good/moral/etc.
-- And, since other people are also playing the same (or similar) ugly games, they all keep reinforcing each other's immoral games.

And, since 99% of the population are involved in these daily games, everyone then believes, that this makes it all acceptable/ok/necessary/etc, and what this then means, is that everyone uses these immoral games/weapons/tactics/etc, even more.
-- Ie, it all just keeps escalating, and therefore, the amount of suffering in the world, just keeps escalating.

The key point is, that coercion then ends up happening from all angles, and this mental and emotional pressure/abuse, is so much, that most people inevitably cave under the pressure, and do whatever they're being coerced/encouraged/pushed/forced to do.

And, of course, people always underestimate, just how easy it is, to coerce/encourage/push/force people to do things.
-- I say "of course", because in all societies, everyone is brainwashed/programmed to be arrogant, (blind).

And, of course, everyone has to be brainwashed/programmed to be blind, so that they can then be used/enslaved, (as personal-slaves, and/or work-slaves).

Also, it's very obvious, that it's easy to coerce/encourage/push/force people to do things, because a clear/honest seeing of life, shows that this is happening to everyone, in all aspects of life, (eg: relationships, parenting, friendships, jobs, etc).

There are many things, that make this apparent, and one of these, is the fact that all people have settled (compromised), in their choice of: relationships, parenting, friendships, jobs, etc. (I'll explain how this can be proved, later in this conclusion).

And, what this all means, is that it's important to recognise/admit, that most of the coercion in life, is coming from "loved" ones, (eg, parents/partners/friends/etc).
-- Ie, your enemy (the people who cause you to suffer), are all the people that you keep surrounding yourself with.

However, most people are not able to see this, because they're too busy coercing their "loved" ones.

Ie, the only solution to this problem, is to permanently cut all ties with the people who try to coerce you. However, you can't do this, if you're the one trying to keep the ties/bonds strong.
-- And the only reason that you're trying to keep the ties/bonds, is because you want something from them.

To give an example, of just how serious this issue of coercion is, many people agree to

have children, but only because they've been brainwashed/programmed/coerced/pressured, from a very young age.
-- Most people will not recognise/admit this, because most people will never admit that they're able to be brainwashed/programmed.
-- However, the truth is, that this brainwashing/programming is unavoidable, since children are surrounded by people, who are doing this to them, (ie, their: parents, grandparents, extended family, etc).

And what this means, is that this act (of having a baby), is done out of brainwashing/programming/pressure/coercion, and since coercion is rape, this means that the act of having a baby, is also rape.

Moreover, this coercion, has lead to the worst crime ever, (of a person/entity being created).

The point is, that coercion is the cause of lots of suffering in the world, because most people fail to see, that thousands of small ("harmless") pushes (in a certain direction), all adds up, and it all ends in people doing various things in life, which are bad for them, and others.

And what this means, is that this is yet another example, of how it is everyone, who is responsible, for all the suffering in the world.

Note:
Whilst talking about brainwashing/programming/pressure/coercion/etc, it's important to emphasise, that:

1. The subtler the force used (to make a person do something), the more violent/scarring it can be, and the more widespread the damage will be.

And,

2. Since the legal system prevents people from using physical violence (to get what they want), the legal system (in effect) pushes/encourages people to use subtle weapons, (eg: emotions, words, non-verbal threats, etc).

Indeed, many people know, that they can get what they want, without any words being exchanged.
-- Eg, in a relationship, one partner will know, that if they don't do x, y, z, that they'll face certain consequences.
-- And sometimes, these consequences are that their partner will withhold love/affection/lovemaking/sex/etc.

Indeed, withholding love/affection/lovemaking/sex/etc, is something that happens in all relationships.
-- And despite the fact that everyone knows this, everyone still chooses to believe that relationships are good/loving/important/necessary/etc.

And it’s important to realise, that these types of wars, are never-ending, since they happen from a very early age, and then continue throughout a person’s entire life, and in all aspects of life, (eg, in the: family, schools, jobs, friendships, relationships, etc).

The point is, that life is battlefield, and a constant war.

And this is true, even if there are no physical wounds/injuries/scars.

Ie, many people try to say, that life isn't a constant war, and they try to justify this, by comparing a normal life, to a life in a war zone.
-- Indeed, these are exactly the sort of people, who use all the emotional/verbal/non-verbal weapons, whilst trying to blame everyone else, for all the suffering in the world.

And these are exactly the type of people, who try to differentiate/separate the words like: coercion, pressure, threat, rape, etc.

Ie, these are the people, who are causing the problems in the world. And they’ll keep doing this, because they want certain weapons (eg, the physical ones), to be illegal, whilst trying to keep the other weapons (eg, subtler ones), legal, (because those are the ones that they like to use).

Note: Whilst we’re on the issue of subtle energies, it's important to explain this in a bit more detail. So I'll do this next.

Many people want to be desired by other people, but they do not see the huge risks/problems, that will come from this desire.
-- The point is, that the more someone wants you (for whatever reason), the more they're going to do everything in their power to get you.

This might sound good to some people, but this comes at a very heavy price, which is that: After they've got you, they'll do whatever it takes, to make sure you're never able to leave them.
-- And/or, if they can't have you, they'll make sure, that no one else can have you.
-- And/or, if you do eventually get away from them, then they might feel so angry (for whatever valid/invalid reason), that they might want to hurt you, in any way that they can, (eg: financial, emotional, energy draining, etc).

The point is, people don't understand the inevitable problems that come from forming bonds with other people, (especially deep bonds).
-- And this is important, because forming bonds (and deep/subtler bonds), is something that most people will do, because almost all people are brainwashed/programmed so deeply (from a very young age), to want relationships/friends/family/children/etc

Similarly, people are brainwashed to want love/lovemaking/sex/lust/attraction/etc, but they're not taught about the inevitable problems, that will come with these desires (due to the bonds that are formed, and the energies that are exchanged).

Ie, this means that people go into the game/war/battlefield, and end up learning the hard

way, (suffering).
-- And, if the result is a lot of pain/suffering, then this will scar them for life, which means that, not only is it they who suffer, but everyone, (because suffering spreads to everyone).

Note:
Earlier on, when I was talking about providing people with their most fundamental of freedoms/rights, I talked about how, all help that is not real practical help, is not just of zero value to you, but it will be of a negative value.
-- Ie, something of zero value, might not cause you much suffering, however, something that is of negative value, will definitely cause you suffering.

This is an important subject, and so I'll now add some more information to this.

When a person/parent/perpetrator, tries to brainwash/program you with lies/promises/hope/etc, (which they'll do, to make you do certain things, (eg, to keep you alive, and to keep you in a useable state)), these lies/promises/hope/etc, will (at some point in time), be seen to be lies/brainwashing/programming, and this will cause you suffering.
-- Ie, these lies/promises/hope/etc, are not just "harmless" things, but are negative (harmful) things.

The key point is, that these types of negative (harmful) sentences/phrases/teachings/advice/lies/promises/hope/etc, are constantly being brainwashed/programmed into everyone, from many different sources, eg:

1. Parents, friends, partners, teachers.
2. Motivational teachers.
3. Self-help books.
4. Spiritual teachers.
5. Enlightened teachers/gurus/saints/etc.
6. Etc.

It might sound strange (to some people), to put all of these people in the same category, but they are the same category. They just say things slightly differently.

Earlier on, I covered some examples, which are said by spiritual teachers/teachings, so now I'll give some other examples, of what is said by: parents, friends, partners, motivational teachers, self-help books etc.

One example, is that if you're a victim, locked in a basement, being raped and tortured everyday, and you're begging to be let out, and the perpetrator then says, "Just stop being so pessimistic and depressed, and just try to be positive", then this does not help to stop the daily rape and torture, at all.

The point of that last example, is that that is something that a parent would say to a child. And indeed, there are many similar conversations between parent and victim, as follows:

P = Parent/person/teacher/perpetrator.

V = Victim. (Whether the vicim is a normal child, in a normal home, or a person in a basement, being raped and torture every day).

V -- “I'm suffering, and I just don’t want to suffer anymore.”
P -- “You might think that your suffering is severe, but many other people go through much worse than you.”
V -- “Surely, if I say that I am suffering, then I am suffering.”
P -- “You're not suffering, I have been through worse suffering than this.”

V -- “This is imprisonment, torture, slavery, rape.”
P -- “If I had to go through it, so should you.”

V -- “Please let me out, I'm begging you.”
P -- “Everyone else is doing this, why do you have to be difficult.”

V -- “I don't want to be here. This is just incredibly cruel and evil. You're keeping me against my consent.”
P -- “I am feeding you, and doing everything to keep you healthy and alive. You are so ungrateful. What I am doing, is the most important job in the world. Ask most people, and you'll see that they agree with me.”

V -- “What you're doing to me, is immoral.”
P -- “Everyone else in the world is doing this, so it can't be immoral.”

Of course, this list (of replies by the parent/person/teacher/perpetrator) could go on forever.

All that needs to be understood, is that:

No excuses/words are going to help you (in a real practical way), whilst you're trapped in prison/torture/slavery/rape.

And therefore, this can all be summed up as follows:

The only thing that is going to help you, is not words (lies/excuses/arguments/discussions/teachings/promises/hope/etc), but a real practical instant/painless/effortless/guaranteed/permanent way out of that prison/torture/slavery/rape.

Of course, people/parents are never going to give you that instant/painless/effortless/guaranteed/permanent way out of life, because that defeats the point of having a baby/child, (or any other type of personal-slave, (and/or work-slave)), in

the first place.

Ie, the only reason to have a baby/child, (or any other type of personal-slave, (and/or work-slave)), was to use/enslave/rape it, on a daily (or regular) basis.

And no person can be used/enslaved/raped, unless it's imprisoned, (whether: physically, mentally, emotionally, spiritually, etc).
-- Indeed, if it's not imprisoned, it would just escape.

Of course, this brings us back to an earlier point, where I said that people have to not only give their personal-slave a real practical way out of the activity (eg, the relationship), but also a real practical way out of life. However, if a person is trying to use/enslave you (as their personal-slave), then they're obviously going to do all that they can, to not let you have either of these two things.

Note:
Although I've focused many examples on a parent-child relationship, they're also relevant to any other slave relationship. One example of this, is the teacher-student relationship.
-- Indeed, the desire to play the role of a teacher, should never be underestimated, because it can provide the teacher/perpetrator with so much.

Indeed, in playing the role of a teacher, a person/perpetrator can try to get a lot of things from the student, (eg: money, attention, energy, popularity, respect, friendships, relationships, sex, etc).

Indeed, personal-slaves (and perpetrators), come in many different guises.

However, whatever form it is in, the perpetrator will always do all that they can, to hide the fact, that they are a perpetrator, (and that they're using/enslaving/raping their personal-slave(s)).

Indeed, many parents/people will always say, that a child that is in a "normal" "healthy" "stable" house, can't be called a victim. However, this is ridiculous, because unless a person (baby/child/adult), can enter (and leave), from the body, whenever they want, (in an instant/painless/effortless/guaranteed/permanent way), then they do not have freedom.

And, if they do not have freedom, then they are (by definition) imprisoned/trapped, and with that, there will inherently also be enslavement/torture/rape, (whether: physical, mental, emotional, spiritual).
-- Ie, there's no dispute, that they are a victim.

The key point is, that until there is a way to enter (and leave), from the body, whenever you want, (in an instant/painless/effortless/guaranteed/permanent way), it is selfish/immoral/cruel/evil, to create a baby/entity.

Note:
All of the information above, is something that is impossible for people to deny knowledge of, because the problem of suffering, is everywhere.
-- Ie, the key point is, that saying that, “the problem of suffering, is everywhere”, is important to understand, because it means that this is not some rare problem, which people are just walking past, (trying to deny that it exists), and then they can deny that it exists, because they don't see it anymore.

Ie, the reason why they can’t do this, is because after walking past some suffering, there is more suffering.

Ie, due to the fact that, the problem of suffering, is everywhere, this problem is inherently inescapable. And therefore, it’s impossible for people to deny knowledge of it.

However, since people are denying knowledge of it, what this means, is that people are trying to live in a state of permanent 100% denial.

And, this denial, (like any denial), is toxic, because there's always a constant fear, that this problem will explode in their faces, at any moment in time.
-- So, what this means, is that people are living in a constant state of deep fear, (whether consciously, subconsciously, or unconsciously).

However, this is only half of the story, because, since this denial (toxic state-of-being), takes up a lot of energy, and produces very ugly/toxic things in the body, it’s inevitable that there will be a point, where this cannot be sustained (physically/mentally/emotionally/spiritually) any longer, and at that point, there will have to be a huge shattering/crisis/trauma/problem/etc.

Ie, the key point is, that this is unavoidable.

Yes, people can try to be “strong”, and try to “fight” and “win”, and try to be a “survivor”, (ie, hold onto their illusions/delusions/lies a bit longer), however, this just means, that there will still be an inevitable shattering/crisis/trauma/problem/etc, but it’s just been postponed.

However, to say that “it’s just been postponed”, is sugar-coating the issue, because whenever it is postponed, it will then happen in a bigger (and much more devastating) form.

Also, whilst they were fighting it, this was not a peaceful time for them.

Ie, what this all means, (from a deeper perspective), is that:

No one is ever “winning” this battle, and no one has ever won.

And therefore, this means that,

All people, only ever lose each battle, and all battles.

And therefore, this means that,

> There's nothing to be gained, by constantly trying to fight, (or survive, or stay on top of things, or be a “survivor”, etc).

Or, more accurately,

> Since there is a constant fear/ugliness/toxic/drained feeling, whilst you’re trying to fight, (or survive, or stay on top of things, etc), this means that the end result, is always a loss.
>
> Ie, life/existence, is not even a zero-sum game.
>
> Ie, life/existence, is always a loss, (a rape).

So, bringing this back to the other issue, (of people trying to deny that suffering is everywhere), what this means, is that: The only way to escape this constant fear/ugliness/toxic/drained feeling, is to stop trying to deny that this problem (of suffering being everywhere) exists.

And, it’s obvious, that only after this is admitted/accepted, that a real positive change (towards less suffering), can naturally start to happen.

And, after that starts, this needs to continue, by seeing all of this type of information, (as demonstrated in this conclusion), at an ever-deeper level, (ie, with ever-deeper honesty).

However, to start the process, all you need to do, is to see how you (yourself), are causing suffering to others, by using/enslaving people, (as personal-slaves, and/or work-slaves).

Note:
The reason why I'm exposing the fact, that the act of having a baby, is the most selfish/immoral/cruel/evil act, that a human can ever do, is because if this one issue can be recognised/admitted by enough people, then the world will be transformed, into one which has a lot less selfish/immoral/cruel/evil people, (and therefore, a lot less suffering).

One of the best ways to expose this, is to emphasise the fact, that having a baby is only ever done, to fulfil the parent's selfish desires, (whatever they may be), and that parents are willing to fulfil this selfish desire, despite the fact, that they know that the child will suffer regularly, throughout it’s entire life.

This should all be common sense, however, everyone keeps having babies, and therefore it's very clear, that the basics need to emphasised.
-- And, the best way to do this, is to emphasise the fact, that people are only having children, for selfish reasons.
-- And, the best way to do this, is to expose many of the selfish reasons, why people

decide to have babies/children.

Indeed, just creating a list of all these reasons, makes the situation extremely clear.
-- So, to emphasise all of this, here's a list of 33 reasons:

1. The parent wants a best friend, (or companion, pet, etc), and the ideal way to find a best friend (who has all the beliefs that they want them to have), is not to find one, but to create a baby, (and then fill them with all the beliefs, that they want them to have).
   -- Ie, the parent thinks, that they'll be able to mould/condition/groom/brainwash/program the child, to believe whatever they tell them, and so they'll become the ideal friend/companion/etc, and then they'll have the ideal relationship.
   -- Ie, basically, they're planning to be a predator, who will groom the child.

   Note: To see that the above is true, turn it around. (I'll explain this later on, (after this list).)

2. They want to be able to be in control of someone. And, they think that they'll be able to be in control of their baby/child, since they are the ones who are going to be doing the brainwashing/programming/conditioning, from the very first few moments, of the baby's life.
   -- Also, they know that the baby/child will be much smaller than them, and so it will be easy to control it physically.

3. They want some purpose and meaning in their life.

4. They want someone to love them.
5. They want someone to love them unconditionally.
6. They want to experience "unconditional love", and other emotions that they're told happen (after they have babies/children).

7. They don't want to feel lonely.

8. They want to play at being a "mummy"/"daddy".
   -- Part of this game, is that they'll want to hear their baby/child, call them "mummy"/"daddy".

9. They want attention from friends/relatives/etc.
10. They want attention from a person (a human), and they think that the baby will always give them attention.

11. They think that it will make them happy, or whatever else.

12. The want to be needed.

13. They don't want to be left out (from their group of peers/friends/family). Ie, all their friends/family are having babies, and therefore they know, that they have to have

one, or else they'll not be able to be as involved with that group of peers/friends/family.

14. They want to trap their partner, into a relationship with them.
15. They hope that having a baby, will help save their failing relationship.
16. They know that their partner will leave them, if they do not have a baby.

17. They want to get money (child-support/maintenance) from the government, or from the father (whether biological, or not), because they know that this money can be spent on anything, (since they know, that nobody checks to see that the money is being spent on the child).

18. They want to make their parents happy.
19. They want to make their grandparents happy.
20. They want to make their partner happy.

21. They want the family name/business/property/etc, to continue and be passed on for generations.

22. They think that it will be fun, or an adventure, or whatever else.

23. They want to pass their knowledge/beliefs/ideas onto someone, and they know that a child will have to listen to it all, (since it can't physically escape from them).

24. They fear that, if they don't have children now, that they might regret it when they're older, (because they'll then be too old to have children).

25. They think that having and raising a baby/child, will mean that they can then give themselves a certain label/image/identity, (eg: mature, responsible, selfless, loving, accomplished, important, nurturer, etc).
    -- Ie, they think that having a child, will be proof that they are these things. And, they think that this proves it to themselves, and to other people.

26. They fear going to hell, (or whatever else), if they do not have children.

27. They think that, if they have a baby/child, that they're then entitled to stop having to work at a normal job.
    -- This might (or might not) also be tied in with their delusion/belief, that: “Raising a child, is the most important job in the world”.

28. They want to experience what it's like to be pregnant.
29. They enjoy the experience of being pregnant.
    -- Eg, they might like all the positive attention that they constantly get (whilst pregnant).

30. They want someone to look after them, when they are old.

31. They are feeling bored, and want to fill their days with something to do.

32. They're tired of the pressure (mental and emotional), that their partner/family/friends

are putting on them (to have a baby/child).

33. They want to feel fulfilled.

34. Etc.

As can be seen from this list, the decision to have a child, is obviously selfish.

However, this list (above), is only half of the story.
-- The second half of the story, is as follows.

A way to prove, that the desire to have a child is always selfish, is to turn each reason (for having a child) around.
-- Ie, if the parent knew (100%), that the outcome (of having that baby/child), was going to result in the exact opposite of their desire (of why they originally wanted/desired to have the baby/child), then they would not have the child.

The best way to understand this, is via the following examples.

Example 1:

A parent might want a child, so that they can condition/mould them, into being a person, that has all the beliefs (and behaviours) that they want them to have, and therefore, the child will be their ideal/best friend, (or companion, or whatever else).
-- However, if the parent was told, that they could have a baby/child, but that they had to let someone else condition/brainwash/program it, then the parent would say that they do not want to have a child.

Ie, this proves that the parent only wants a baby/child, if it is they (the parent) who is the one that does the conditioning/moulding/brainwashing/programming.

Example 2:

If a parent wanted to have a child, because they think that the child will give them happiness (and love, and other things that they want), but (somehow), they're able to know (100%), that their future child will deeply hate and despise the parent (for their entire lifetime), and that the child will make the parent's life a living hell, then the parent is obviously not going to have the baby/child.

And, of course, this can be expanded to more than one reason.
-- Ie, if the parents had 33 reasons, of why they wanted to have a child, but they (somehow) found out, that their future child, would end up being a person, that made all 33 desires not come true, and moreover, that child would cause them intolerable suffering throughout their entire lifetime, then, obviously, the parents would not have the child.

This is obvious, because people will not do something, that they know will cause them intolerable suffering, for their entire lifetime.

-- Indeed, even at a lesser level, people will never choose to do a hobby/activity, if they know that that hobby/activity, will bring them zero benefits, (or more negatives, than positives). Ie, people only do things, if they think that they will get some benefit/positives from it.

Ie, no matter which way you come at this issue, the decision to have a baby/child, is extremely selfish.
-- And, when you know that life is prison/torture/slavery/rape, then this act becomes the most immoral/cruel/evil act possible.

Of course, the above information, is not just applicable to the hobby/activity of having babies/children. Indeed, this information is applicable to all the usual hobbies/activities, (eg, of having: relationships, friendships, families, etc).
-- Ie, the underlying pattern, is the same.

And, that underlying pattern, is selfishness.

Ie, if you look clearly/honestly, at all the usual activities/hobbies, (of having: relationships, friendships, families, etc), then you'll always see the same underlying pattern (of selfishness).

Of course, this is obvious, since the only reason why people partake in these usual activities/hobbies, is to get something.

However, what people fail to grasp, is that:

> All people have reasons for wanting to get (and maintain) relationships/friendships/family/etc.

And,

> Each of these reasons, is a desire (that they want to fulfil).

However,

> The inherent/inevitable problem comes, because people are assuming, that the relationships/friendships/family/etc, will fulfil their many desires.

And what this means, is that,

> All these activities/hobbies (of relationships/friendships/family/etc), are based on assumptions.

And,

> The assumptions that everyone has, are just false ideas/beliefs/stories/fairy-stories,

that have been brainwashed/programmed into them.

And, what makes this situation many times worse, is the fact that it's never just one assumption, (because it's never just one desire).

Indeed, the desire to have a partner/friend/family/child, (whether long-term, or short-term), is usually based on many assumptions.
-- And, all of these assumptions, are what leads directly to their suffering.

And, this suffering will only keep getting worse, with time.

Moreover, some of these assumptions are so big, that the person will end up being devastated, and scarred for life.

Of course, the issue of assumptions, is true for every aspect of life, and every level of life.

So, since each assumption, is a thing that directly causes your suffering, what this means, is that the more aware you are, of the number of assumptions that exist in each sentence (said by you, and other people), the more free (and at peace) you will be, and the less you will suffer.

And, it's important to note, that whether the assumptions are made consciously, (or otherwise), is irrelevant.

And, it's also important to note, that within even one simple sentence, almost every word that is said/used, will be an assumption.

And, with ever-deeper honesty, you'll see ever-deeper assumptions, in everyone's sentences, (including your own).
-- And what this means, is that everyone's sentences, are showing just how deeply brainwashed/programmed everyone is.

And therefore, to write a list of all the assumptions that everyone makes, is impossible, because the list would go on forever.
-- Indeed, that is why the suffering in this world, goes on forever.

Ie, people can argue, that all of the above information, is just words/theory, however, it's so obvious, that all of this information is true, because there's so much proof, that everyone's reasons/desires/assumptions (for having relationships/friendships/family), are incorrect/flawed, because there's so much suffering in the world.

Ie, if relationships/friendships/family, really did give people true happiness/peace/love/pleasure, then there wouldn't be any suffering in the world.

Ie, to see this proof/evidence, all you need to do, is recognise and admit, that people who are in relationships/friendships/family, are only getting scraps of

happiness/peace/love/pleasure, (and are suffering for most of the time)

Indeed, how can it be any other way, because: The more reasons/desires/assumptions, that a person has, the more that they will suffer.

The point is, that when you realise just how many reasons/desires/assumptions, that people have in their decision to partake in the hobbies of relationships/friendships/family, then you'll realise, why it's so obvious, that so many people are suffering in the world.

And, the best way to emphasise why it's “so obvious”, is to show/expose just how many reasons/desires/assumptions, can exist in people.
-- Note: Whether these reasons/desires/assumptions, are conscious, subconscious, or unconscious, is irrelevant, because the same amount of suffering, will happen.

So, to emphasise just how many selfish reasons/desires/assumptions, goes into wanting to get (and keep) relationships, (and/or friendships, and/or family), here's a list:

1. I will get regular sex.
2. I will get sex.
3. I will regularly make love to my partner.
4. There will be lovemaking (not sex).

5. I will feel all warm, fuzzy, and loved-up.
6. I will get affection.

7. I will be listened to.
8. I will be respected.
9. I will get attention.
10. I will feel close to someone.

11. It will make me happy.
12. It will make me happier.
13. I will feel content.
14. There will be more good times than bad.

15. I will feel supported.
16. I will feel secure forever.
17. I will feel safe.
18. I will have stability in my life.

19. It will make me seem successful to my peers.
20. I will have fun.
21. I will laugh.
22. I will share my problems.

23. I will be able to change my partner for the better, and they will thank me.
24. They will like that I am helping them.
25. I will feel needed.

26. They will want me to improve them.

27. They will only love me, (and no one else).
28. I will be special to someone.
29. I will feel a special connection.

30. I will be understood.
31. I will not feel alone.
32. There will be no more games being played.
33. I will be able to be myself.

34. I will enjoy living with them.
35. There has to be at least one person in the world, who will make a relationship be something that is more good than bad, (ie, there will be more pros than cons).
36. Etc.

Note: With a list this long, it should be obvious, that it's impossible to say, that people who get into relationships/friendships/family, are not selfish.

Of course, what makes the suffering in relationships/friendships/family ever-worse, is the longer that they go on.
-- And indeed, in the long-term, all assumptions will always be proved, to be incorrect/false.

And therefore, when people make “x” amount of assumptions, they have to expect:

1. “x” amount of times, that they'll be angry/annoyed, (because the relationship isn't providing them, with the things that they assumed that they would get).

2. “x” amount of times, that they'll realise, that they've been lied to, (betrayed), about what relationships/friendships/family really gives you.
   -- Ie, they will have to realise, that:

   a) They were lied to by everyone, (because everyone said that relationships/friendships/family, were activities that would provide all the things that they wanted, (eg: happiness, sex, affection, and everything else in the long list (above)).

   b) They were lied to, (betrayed), even by the people, who are supposed to “love” them, (eg: their parents, siblings, friends, partners, etc).

   c) The lies/misinformation is everywhere, (eg: media, movies, tv programmes, adverts, news, etc).

Note:
Another reason why it was good to create that long list of reasons/desires/assumptions (above), is because it also emphasises, that when a person wants to be with you (whether as a partner, friend, family, etc), they are full of all these desires, which they will want to fulfil.
-- Ie:

> If you chose to spend time with someone, then you need to be aware, that they are full of desires, and, that they will want to use you, to fulfil all those desires.

Note: The more selfless a person becomes, the more that they'll realise, that being around people is unpleasant, because people are just full to the brim, with all these desires.
-- Ie, all desires in people, produce an ugly negative energy, and since people are full of desires, it's unpleasant (and painful), to be around people.

Indeed, this is why it can be said, that:

All people are toxic.

And, “all” means all.

Indeed, this is to be expected, because by having a physical body/mind, this will make all people desire to do many things, just to avoid pain/suffering. And, by having a desire, they will be toxic, (to varying degrees).

And, this also applies to your own body/mind.
-- Ie, it's also unpleasant (and painful), to feel these constant desires in your own body/mind.
-- And what this also means, is that:

You are toxic to yourself.

Of course, when it's all said so bluntly/clearly/honestly like this, it seems absolutely crazy, that people want to spend time with other people.
-- Ie, people are choosing to spend time, with people who are constantly thinking: “I want … I want … I want …”.

Indeed, all people want every situation to run, exactly how they want it to run, (or within their limits).

The point is, that when it's put like this, if you choose to have

relationships/friendships/family/children/jobs/etc, then you've only got yourself to blame, when it causes you to suffer.

Note:
Whilst seeing all of this information, it's important to also recognise/admit, just how upside-down everything is.
-- Eg, most people in society believe, that it's good/successful/etc, if someone wants to be with you, and you then get with them, (to form a relationship/friendship/family/etc).
-- However, the obvious truths in this, are that:

1. If someone wants to be with you, then they want something from you, (or many things from you).

And,

2. Whilst in a relationship/interaction with you, they're going to try to control/manipulate/use/enslave you, to make sure that they can always get these things, that they want.

And,

3. If you totally stop selling/providing what they want, then they're going to go somewhere else to find it.

Ie, getting with that person (who wants something from you), is just stupidity, because they're going to try to enslave you.
-- However, instead of honestly recognising/admitting these obvious truths, people are just blinded by their selfishness, and therefore, they get stuck on things like: “I want someone to want me”.

And, in their attempt to get someone to want them, they'll be trying to sell something, (or somethings).

Ie, they're dangling/selling some things (as bait), and are hoping that someone will bite.
-- Ie, it's a trap.

Of course, the only reason why people put themselves in these stupid situations/activities/hobbies/games, is because they arrogantly (and ignorantly) believe, that they'll be more successful, in controlling/manipulating/using/enslaving the other person.

Of course, what these people are failing to see, is that if one person (in the relationship/friendship/family) is enslaved, then that person will be suffering, and that suffering will spread to you.
-- And, that suffering will also spread, everywhere.
-- And, this is why there is so much suffering in the world.

Note:

In one of the previous paragraphs, I said: “because they arrogantly (and ignorantly) believe, that they'll be more successful, in controlling/manipulating/using/enslaving the other person.”
-- Ie, the key factors of why people suffer in relationships/friendships/family/parenting/jobs/etc, (and generally in life), are:

1. Ignorance.

2. Arrogance.

Indeed, if you look clearly/honestly at life, you'll see how all people in relationships/friendships/family/parenting/jobs/etc, are suffering, (no matter how much they try to portray an image of happiness/contentedness/success/etc).

And, this is true, even in the very early stages of a relationship/friendship/family/parenting/job/etc.

However, instead of looking at life clearly, people are either trying to be:

1. Ignorant -- Where they deliberately try to avoid seeing/admitting how much other people are really/truly suffering. Ie, they're deliberately avoiding, seeing how things really are in life, (because they want to remain in their delusion/bubble).

And/or,

2. Arrogant -- Where they always believe that:

   “It’ll be different for me”.

   Eg, many couples will be thinking of moving into one house together, and they'll be aware of the fact, that all other (honest) coupes who are living together, are saying that they're suffering. Yet, the couple (who are thinking of moving in together), will just think:

   “Yes, we see that other couples suffer (when they live together), but we're different. It won't be like that for us”.

Of course, no matter how confident (arrogant/ignorant) that couple is, it will be the same for them, (and all couples), because the game of relationships/friendships/family/parenting/jobs/etc, are all fundamentally flawed.

And, if something is fundamentally flawed, then:

1. It can’t ever be put right, no matter what you do to it.

2. It's irrelevant who plays that game, or what tactics/weapons they use,

because the game will always make you lose.

Moreover, the more you try to do this, the worse it gets.
-- And, since people are stupid, then it's only to be expected, that this is what most people try to do.
-- Ie, when there are clear problems in the relationships/friendships/family, they'll usually just try to entangle themselves together, even more, (eg, by: living together, getting married, having children, etc).
-- Of course, this just increases the suffering.

Indeed, it's just so obvious, that it can't be any other way.

Note:
Arrogance, and ignorance, are delusion.
-- And, all delusions, only ever bring suffering.
-- Therefore:

1. Ignorance is not bliss.

And,

2. Arrogance is not bliss.

Ie, no matter how much a person might appear to be happy, it's only in a delusion/bubble.
-- And, this delusion/bubble, can be created in many ways, (eg, appearing: confident, arrogant, innocent, ignorant, funny, etc), but the result is always the same, suffering.

And, it's not just them who will suffer, but any person that buys into their lies/delusions, (because they'll then be deceived into believing, that relationships/friendships/family/parenting/jobs/etc, is the key to: happiness, peace, love, pleasure, success, etc.

Ie, people who buy into the lies/delusion, will then copy these activities/hobbies (eg, of having relationships/friends/family/children/jobs/etc), and this is how the suffering spreads.

Ie, by people trying to give the image that they're “happy”, they spread a lot of suffering to the whole world, (because suffering spreads exponentially).

Ie, seeing that someone looks happy, and then copying what they do, (in the hopes that you will then also be happy), is one of the biggest causes of suffering.

Indeed, this is the way that adverts (and: movies, tv programmes, etc) work.
-- Eg, many tv programmes (especially sit-coms), portray people with partners/families/friends/babies/children/etc, as all being happy, (even after they've added up all their good times and bad times). So, people then want this happiness, and so they

then try to get happiness (and/or whatever else), from partners/families/friends/babies/children/etc.

What this shows, is just how easy it is to brainwash/program people.

Of course, when people read that last sentence, they'll deny that it's true.
-- Moreover, they'll even say something like: “That's an absurd statement, because everyone knows that tv programmes are not real”.

However, the key point is, that:

> If all adverts/media/movies/news/tv programmes/etc, were all clearly showing, that relationships/friendships/family/parenting/jobs/etc, all cause 99% suffering, (and 1% true happiness/peace/love/pleasure), then no one would partake in these hobbies/activities (of relationships/friendships/family/parenting/jobs/etc).

Or, they would partake in these hobbies/activities, however, as soon as the relationship/friendship begins, they'll see that the tv programmes were true (in saying that it causes 99% suffering), and then they'll stop partaking in those stupid hobbies/activities.

So, from all of the above, it should be obvious, that suffering is inevitable, if it’s not just the adverts/media/movies/news/tv programmes/etc, which keep creating (and perpetuating) all these lies/delusions/assumptions, but also everyone who partakes in those hobbies/activities, (or wants to partake in them).

Note:
What this all means, is that when people suffer, instead of trying to see what is causing their suffering, (ie, their false assumptions, and lies/delusions), they just choose to go deeper in that same direction, (ie, adding ever-more false assumptions, and ever-deeper lies/delusions).
-- And therefore, they just end up suffering even more.

A good example of how the assumptions/lies/delusions just end up compounding each other, is as follows:

Stage 1 -- Get a partner.
> A person wants certain things (eg, happiness/peace/love/pleasure/etc), and assumes that they'll get it from a relationship. So they do this. However, this only provides them with scraps of happiness/peace/love/pleasure, and 99% suffering.
> -- Ie, they have realised, that the relationship has not given them what they want, and they've just ended up suffering.

Stage 2 -- Move in together.
> Despite suffering (in stage 1), that person is brainwashed/programmed to assume/believe, that they will get what they want, if they can make both partners

live in the same house, (whilst also making sure, that both partners have no second house/apartment (owned or rented), which they can easily escape to).
-- Of course, in the long-term, this just makes them suffer a hundred times worse.

Stage 3 -- Get married.
Despite suffering (in stages 1 and 2), that person is brainwashed/programmed to assume/believe, that they will get what they want, by making both partners get married.
-- Of course, in the long-term, this just makes them suffer a thousand times worse.

Stage 4 -- Have a child.
Despite suffering (in stages 1, 2, and 3), that person is brainwashed/programmed to assume/believe, that they will get what they want, by making this relationship have a baby/child.
-- Of course, in the long-term, this just makes them suffer a million times worse.

The key (obvious) point is, that if the assumptions/lies/delusions, at the very beginning are wrong, then adding more assumptions/lies/delusions on top of it, is only going to make things progressively worse.

And, in many cases, it not only makes it “progressively worse”, but exponentially worse.

Note:
In relationships/interactions/friendships/family/etc, the issues/desires/subjects of lovemaking and sex, are very important, so I'll explain them in a bit more detail now.

These two subjects are clearly very important to examine, because most people spend so much energy/time/effort/money to get “x”, which will hopefully get them “y”, which will hopefully get them “z”, which will hopefully get them to experience an amazing lovemaking/sex session (with their ideal partner, (whether that ideal partner is a long-term relationship, or a very short-term interaction)).

Of course, all these compounding assumptions, will inevitably lead to suffering.

However, the key point is, that even if x, y, and z, goes according to plan, and you end up in bed with someone that seems ideal for you, there can still be a hundred issues during lovemaking/sex.
-- The key point is, that no matter how well you know them, (or how much you like them), you don’t know what they’ll be like in bed, until you’ve spent time with them in bed.

And indeed, many people forget, that although they might have been perfect in all ways, this does not mean that they’ll be perfect in bed.
-- And, even if they are perfect in bed, there are some issues, that exist for all people during lovemaking/sex.

So, as mentioned before, sometimes the best way to emphasise all these types of things, is with a simple list. So, here is the list:

1. During lovemaking, they naturally make unpleasant/annoying sounds, and/or are too loud, etc.
2. It's unpleasant to see their face, because they make weird/annoying facial expressions whilst aroused.

3. Whilst lovemaking, they're so internal, that they give you absolutely zero feedback, as to if they're sexually aroused.
4. They have very weak internal orgasms, and so you don't really know that they've even had an orgasm.

5. They're not able to have an orgasm.

6. When they get very sexually aroused, they just pass-out, and stay unconscious (in a deep sleep), for a long while. This is great for them (if they've gone into some deep state-of-being, or beyond), however, it's boring for you, (especially if that's all that keeps happening during lovemaking).

7. They are able to have a great orgasm, but they pass-out immediately afterwards. This is better than point 6, however, this means that there is no post-orgasm intimacy, which is an amazing thing, and is therefore something that you want, but is still missing in your life.

8. During (or immediately after) lovemaking, they can't handle the energy level, and so they feel physically sick, (which is definitely a mood killer, and not something that is pleasant).

9. They don't last very long during lovemaking.

10. They can't have multiple orgasms

11. They try too hard during sex.

12. They don't keep eye contact
13. They don't stay present during lovemaking.

14. They don't want to cuddle, spoon, etc, (after lovemaking).

15. When they go to sleep, they snore loudly.

16. They don't like foreplay.
17. They don't want the (soft/warm) bedroom lights on. Ie, they want the room to be pitch-black, or extremely dark. This means that you can't look at each other.

18. There can be moments of zero pleasure, where nothing good is happening. Ie, nothing bad is happening, but nothing good is happening.
19. There can some moments of boredom.
20. There can some moments, where you realise that you'd rather be doing something else.

21. They might want to do things, that you don't really want to do. Those things might only be slightly unpleasant, but you'd still rather not do them.
22. There are moments of annoyance, (because it's not going how you want it to go).
23. They become weird, immediately after climax, (eg, they: jump out of bed, sit upright, leave the house, etc).

24. You like a certain type of skin (eg, flawless skin), but their body is not like that.
25. You don't like body art, (eg, tattoos, piercings, etc), but they have some.
26. You don't like body hair, and they do.
27. Etc

And, after realising/remembering all of the above, it might then get you remembering other unpleasant things. Eg:

1. After lovemaking/sex, they want to talk about problems at work.
2. You're not able to sleep properly/deeply, whilst there's another person in your bed, (even if they don't: snore, make any noise, move around, etc).

3. In the middle of the night, they want to wake you up, to talk about something.

4. They might have an unpleasant body smell.
5. The wet patch (after sex), is unpleasant.
6. Their libido is too low.

7. Their body is too hot/cold.
8. You (or they) can't see properly in bed, (because you (or they) need contacts or glasses).
9. They want to wear other stuff at night, (eg, teeth strips, face lotion, etc)

10. There is too much fear/anxiety, that these few moments of pleasure, could lead to long-term prison/torture/slavery/rape, (whether emotionally, financially, mentally, etc). This could be due to a pregnancy, or a false accusation of rape/assault, or due to them becoming too attached to you (and/or missing you) after you break-up with them, or you missing them (after they break-up with you), etc.

11. They look awful in the morning.
12. They have bad breath in the morning.
13. Etc.

Yes, many of the issues above, can be communicated to the partner, and things can be improved, however, the point is, that you want someone who just "gets it" (because they're on the same wavelength as you).

-- Note: They might be on the same wavelength as you, in all other aspects of life, however, that doesn't mean that they'll be on the same wavelength as you, in the bedroom.

Note:
One reason for writing these two lists in detail, is because many people forget the reality of lovemaking (and/or sex), because they're too busy trying to maintain the fantasy of it, (in their head).

Ie, people spend so much time (and energy) thinking about how they want the lovemaking/sex to go (with their ideal/dream partner), that this blocks out the memories of all the small (and very large) annoying things that come with lovemaking/sex/etc.

The reason why it's important to emphasise all of this, is because people suffer not only during the lovemaking/sex, but more so afterwards, because it's then that they realise, that they put in so much energy/time/effort/money to get this lovemaking/sex/etc, and even if it is good, the pros-cons ratio is never good, especially after taking into account, the time spent:

- At your job.
- Doing chores.
- Doing other things that you don't want to do.
- Etc.

Note:
One reason for explaining this topic (of lovemaking/sex) in so much detail, is because all of these realisations, can then actually "burn" lovemaking/sex (in the spiritual sense), and this is important, because if this happens, then you'll be free from the desire for lovemaking/sex, which can then free you from many other desires/suffering, (eg: the dating-game, relationships, interactions, marriage, divorce, child-support/maintenance, trying to look good, trying to be some person/image/identity (so that other people want you), etc).

And, the more things that get burnt, the less suffering there will be, and the more you will move towards ever-deeper freedom/peace/love/bliss.

Note:
Earlier on, I mentioned about how the two lists (above, (about the problems with lovemaking/sex)), are also important, because they emphasise how much people are living in delusion/fantasy, (as opposed to seeing how life really is).
-- The key point about this (that I now want to make), is that this is true for all hobbies/activities in life, (especially the hobbies/activities of: relationships, family, friends, having children, etc).

Ie, if people were not deluded, they would see that no hobby/activity is worth doing, (when everything is factored in), and therefore, they would not be in an endless cycle-of-suffering.

However, most people are doomed to stay trapped in this endless cycle-of-suffering, because all they care about, is reinforcing their delusion/bubble, (by cutting/editing/filtering out, as much of reality, as possible).

A good way to emphasise this issue, of how people prefer fantasy/delusion, (over reality/truth/honesty), is to use the example, of how some people watch porn. So I'll use this example now.

One of the things, that porn is good at doing, is making people realise, that the thing that they're seeking (in a porn video), is just a moment. Eg, they might want to get/see/feel a moment (in a video), which is about: intimacy, pleasure, beauty, or whatever else.

Indeed, many people will not want to watch a whole porn video, (in the hope that they will find the moment that they want). Moreover, they will certainly not want to go through thousands of porn videos, just to find that key moment. Ie, they will try to find a way, to get the exact moment (that they're looking for), as quickly as possible.

So, they might start of, by choosing what category of porn they want. However, this is still providing too many videos, and going through all of those videos, just to find that key moment (in the video), makes this whole process a bad thing, (in terms of the pros-cons ratio).

So, they might then find other ways. Eg, they might know, that other people have created videos, which are a compilation of many videos. Ie, these videos are doing all the work (filtering) for them.

However, what the person might then find, is that these compilation videos, (which are made up of long segments (from two or three other videos)), is still not enough. Ie, the “hit-ratio” (of getting that moment (that they want), with minimal effort), is not being achieved.

So, they then find compilation videos, which only have very short segments, from many videos, (because this will provide a much better pros-cons ratio).

Indeed, the desire for only seeing a specific moment in a video, is so large, that there are even certain websites/forums, which are mainly of gif files. Ie, these gif files, are very short moments from a video, which are on a never-ending loop. Ie, the exact/key moments of the video (that is desired by a person), is extracted from the video, and then looped.

The key point is, that these moments from a porn video, (that people want to see), are very small in duration.
-- Ie:

> What people want, is to cut/edit/filter out,
> as much of reality (existence), as possible.

And, this cutting/editing/filtering out (of as much reality/existence, as possible), does not stop there.

Indeed, if a person really knows what they want, then they'll naturally be really critical of the gif, and they'll then see, that the bit that they're really after, is just a split-second (from within that gif). Ie, they literally want a still screen-shot, (ie, one frame from that gif).

And, of course, this is to be expected, because this happens in many other areas of life too. Eg, when a professional photographer wants to capture a certain image/expression/energy (of a person), they will find, that although their camera might allow them to take 5 photos of that person (per second), the chances of getting one good photo (from a 1 second photo-shoot), is highly unlikely. Therefore,
photo-shoots need to be much longer in duration, and many photos are taken.

However, even after a full photo-shoot, there might not be any good photographs (that have been able to capture the person in the (desired) perfect expression/energy/moment/etc).

However, this is to be expected, because a person's facial expressions, (and their: energy, body language, micro-expressions, etc), all change a lot, in every split-second.

Side note: When you know this, it's foolish to believe any lies/brainwashing/programming which is telling you, that if you want to be around a naturally beautiful person, then just get into a relationship, with a naturally beautiful person.
-- Ie, the point is, that that naturally beautiful person, is going to be constantly changing, (in many ways), in every split-second. And, they will often not look/feel beautiful, especially due to the fact, that life is always full of suffering, and therefore, they will be constantly affected by life/suffering.

So, back to the photo-shoot.
-- The key point is, that what the photo-shoot is doing, is cutting/editing/filtering out (as much of reality/existence, as possible).
-- And, even after a long photo-shoot, there might not even be one frame/moment, which is good.

Ie, after a long photo-shoot,

100% of reality/existence, was cut/edited/filtered out.

And what this means, is that,

Not even 0.0001% of reality/existence, was seen as worth keeping (having).

Ie, when you're honest, you might realise, that you don't even want 0.0001% of reality/existence.

Which (in effect) means that:

You want to cut/edited/filtered out, the whole of reality/existence.

Which (in effect) means that:

You don't want anything in reality/existence.

Which (in effect) means that:

You don't want reality/existence.

Which (in effect) means that:

You want non-existence, ("That").

However, this isn't what happens for most people. To explain this further, let's get back to the example of the porn gif videos.
-- The person who is trying to find that specific moment (in a gif, or wherever), is trying to cut/edit/filter out, reality/existence, (ie, they're trying to filter out, how life really is).
-- And, this can keep going ever-further. Eg, even after finding one specific frame/moment, they might then go further, and convert that colour image, into a grey-scale image.

And, if they want to go further, they might then crop it, and/or make it blurry, and/or airbrush it, etc.

The key point is, that what this proves, is that they're trying to do all that they can, to cut/edit/filter out reality/existence, because:

They're trying to cut/edit/filter out, how life really is,
as much as possible.

However, it's important to see, that although they're doing this, they're still clinging to existence.
-- Ie, they're struggling to find a moment in reality/existence, that they truly like, (ie, like in full, (without editing/cropping/etc)), however, instead of simply being honest, and admitting that everything in existence is not good (when seen in full, (without editing/cropping/etc)), they're going in the opposite direction.
-- Ie:

They're trying to cut/edit/filter out, reality/existence, as much as possible, so that they can keep a scrap of it, so that they can then build a fantasy/delusion around that.

Ie, instead of going in the direction towards non-existence ("That"), they're going in the opposite direction, (of trying to create a delusion in existence).

And what this means, is that they're creating (and perpetuating) suffering, for themselves, and everyone.

Of course, this is something that everyone does, (to varying degrees). Eg, when people are at a party/social event, they might take many photos, and later on, they will edit/filter out the photos that they don't like. And they might then go further, and edit/filter those good/selected photos, by cropping each photo.

And they might then go further, and change the colour photo, into a grey-scale photo.

However, even if the person does all of this, they might still not end up with something that they truly like.
-- And what this proves, is that the person is finding it hard, to like even a split-second of reality/existence.

This should be a big clue to the person, however, instead of seeing this clue, they keep trying to scrape together, some more scraps (split-seconds), of these moments.

And, of course, even if you do manage to get the perfect photo, the issue then is: How long can you keep looking at that photo, before you get bored.

And similarly, how many times can you repeat a story (of a good moment that happened), before you get bored of telling that story.
-- Or more to the point, how many times can you repeat a story, before you start to feel that ugly/cringe feeling, (which occurs when you repeat any story).

Indeed, the more honest you become (with yourself), the quicker/sooner you'll feel that ugly/cringe feeling. And therefore, you might not even be able to repeat that story more than once.

And, as you get even more honest, you won't even be able to say the story once.

And so, from all of this, it is then realised that:

1. Even if you did do something, which gave you a good feeling, it was only a moment, (which is just a scrap of happiness/pleasure, (when compared to the your entire life/existence)).
   -- Ie, all that time/effort/money/energy, that went into creating/getting that moment, is a very poor pros-cons ratio.

   Ie, working hard in life, (at jobs/chores/etc), is only ever resulting in a few crumbs of happiness.
   -- Ie, the few "crumbs of happiness", is the slave's wage.
   -- Ie, people are slaves.

   And, since people never truly consent to being slaves, this must mean, that they've been controlled/manipulated/brainwashed/programmed/coerced/forced/etc.

And, since they're slaves, this must also mean that they're being imprisoned/tortured/raped.

2. All of this is the opposite of freedom/peace/love/bliss.

3. If this is all that life/existence can offer, then life/existence is not worth:

    - Living in.
    - Having.
    - Being.

Note:
In the above information, I talk about "crumbs of happiness", and some people will argue, that you can succeed in scraping together many of these crumbs, and therefore, be reasonably happy. Yes, this can work, (even for a reasonably long period of time), however, if you're truly honest with yourself, then:

1. You know that even if you are successful at this (in being happy for a reasonably long period of time), during this time, there will still be many moments, which are not true happiness/pleasure.
   -- And this means that there are still many moments, which involve suffering (to varying degrees).

2. You know that this happiness/pleasure/etc, is all going to stop/collapse at some point in time, (in some way, or another), and this can happen due to a whole variety of reasons, eg:

    a) Your body will age, and so you'll not be able to do certain things (as you get older). This might be due to what you're physically capable of doing, or due to how society views older people, or whatever else.

    b) The external things/people/situation/environment/etc, will inevitably change.
    -- Ie, since your happiness/pleasure/etc, is dependent on other people (and/or certain environments, or whatever else), and you know that you can't ever be in total control of all of these things, and this inherently means, that you know that it can (and will inevitably) all end at some point in time, (when the circumstances/conditions change).

    Of course, this is to be expected, because when you're getting pleasure/happiness/love/etc, from an external source, then it's inherently a conditional pleasure/happiness/love/etc, which means that it has limits.

    c) Etc.

Note:
Earlier on, I explained how people try to get/find, a split-second moment from a porn video. What I now want to show, is that it's also important to see this, the other way around.

When this is done, it helps to show how hobbies/activities (and people, environments, etc) in life/existence, can be made to appear appealing, even if they are (in reality) boring/unappealing/ugly/bad/etc.

There are many ways to explain this, one of which is to use porn, as a vehicle, to show how people keep getting trapped (and keep suffering), because they keep buying into some lie/fantasy/desire.
-- I'll explain this as follows.

If you make a compilation video, where each section (that is cut from a full-length video), is made to last only for a split-second, then the compilation video will just be a series of flashing images. Ie, the viewer will pick up what the flashing image is about, but you won't be able to see each image in any detail.
-- The reason why I'm explaining this, is because when this is done, you can think that the video that you're watching is good (or: great, beautiful, peaceful, loving, etc), and this can be enough to make you:

1. Want that person in the video.

2. Want to do that activity.

3. Want to be in that environment.

4. Etc.

However, if you actually examine each frame/moment of that video, you'll realise, that what appeared to be good/attractive/appealing, is (upon closer inspection), not good at all.

Ie, when you saw the video as flashing images, it might have made you think that it looked exciting/appealing/etc, however, on closer inspection, you actually realise, that the activity/person/environment in each frame, is perhaps:

1. Totally bored.
2. Not at all beautiful/pretty/good looking.
3. Is stressed/uncomfortable/unhappy.
4. Has bad energy.
5. Is not peaceful.
6. Is not loving.
7. Etc.

Of course, this is nothings new, since this is how:

1. Companies sell things to the public.

2. People sell themselves, to each other, (eg, via: photos, videos, etc).

3. Etc.

Note: In point 2, I said, “eg, via: photos, videos, etc”. What I mean by this, is not that people create compilation videos of themselves (consisting of fast flashing images), however, many people do make sure, that the photos (of themselves), which are shown to their friends, are showing them in the best light. Eg, they might crop the photo, to make it look better.

And, of course, even if they don’t crop the photo, they're still choosing which photos to show to people, and which to keep hidden. Ie, the same process applies, where people are choosing the best way to sell themselves.
-- And, obviously, the same happens with people selling themselves via videos, and other media.
-- However, what must be seen, is that when people are trying to sell themselves via a photo, the person is still trying to mislead people, because they’re selling themselves, on the basis of a one split-second moment, and also, they’re deliberately hiding all the other split-second moments.

The key point is, that everyone (companies/people/etc), are all doing their best to mislead the viewer/victim, so that the victim buys (whatever they’re trying to sell), whether the thing being sold, is an activity (eg, sex/relationships/etc), or a person, (eg, “you should choose me as your partner”), or whatever else.

Note: The key words in that previous paragraph, are “mislead”, and “victim”. Ie, this means that all people who are doing these things, are immoral.

However, that's only half the story, because there’s always more to it. To show this, let’s use the example of sex.

When sex is being sold, what's really being sold, is not “sex”, but ideas/beliefs/etc.
-- Eg, the ideas/beliefs that:

- Sex will fulfil your desires.

- Sex will make you happy.

- Sex will give you what you’re truly looking for.

- Etc.

And similarly, “relationships” are not what's really being sold, but ideas/beliefs/etc.

-- Eg, the ideas/beliefs that:

- Relationships are the key to happiness.
- Relationships will give you what you're truly looking for.
- Etc.

And similarly, people don't sell themselves, but ideas/beliefs/etc.
-- Eg, the ideas/beliefs that:

- "I'm fun, (and therefore, I will make you smile/laugh/happy)."
- "I'm beautiful, (and having a beautiful partner is important, because it will make you appear successful to your peers)."
- Etc.

And, the important thing to realise, is that:

None of these are ever true.

And therefore:

The ideas/beliefs that are being sold, are nothing but bait/hooks/traps.

And therefore:

Any people who are selling these ideas/beliefs/etc, are immoral/cruel, (because they will cause suffering).

This might sound harsh, but the truth is, that all ideas/beliefs that are being sold, are just fantasy.
-- This is 100% true, because "ideas/beliefs" are, (by definition), fantasy, (since they exist in imagination).
-- And therefore, "fantasy", is just a bait/hook/trap/etc.

However, it's important to note, that people not only want to bait/hook/trap/deceive/mislead/etc, other people, but also themselves.

Indeed, most people are constantly trying to create (and maintain) a fantasy/delusion, (for themselves to live in).

-- Indeed, this is their life/existence.

And what this proves, is that:

People prefer fantasy, to reality.

And what this proves, is that:

People do not like reality/existence.

And the more honest a person gets, the more they'll realise this, and therefore they'll naturally keep wanting to move ever-closer towards "That", (non-existence).

To emphasise a specific part of this, let's now add another example.

Some people prefer to have relationships, with people that they hope will change (in the future), because this hope allows them to fantasise (about how their partner will be). Whereas, without hope (fantasy), they see the relationship/person/life, as it really is, (ie, how ugly/boring/unhappy/compromising/toxic/etc, it is). And, this is when the relationship ends.

A common example of this, is marriage/weddings.
-- Ie, a girl might fantasise about marriage/weddings (for much of her life), and she might even fantasise about living with her partner, and how living with them will be great (because of x, y, z), however, after the marriage/wedding, and after living together for a while, it is soon seen, that the fantasy was better than reality. And, after that realisation, the relationship is on a never-ending downward slope.

However, by the time they make that realisation, it's usually too late, because they've usually trapped their partner (and therefore also themselves), eg, via: the marriage contract, living in the same flat, shared bank accounts, etc.

And, the same is also true, for having children.
-- Ie, just as people fantasise about weddings/marriage/relationships/interactions/lovemaking/sex/etc, people also fantasise about how it will be to have babies/children, and how it will fulfil all sorts of desires (that they have).

The key point of all of this, is that:

This is just a fantasy,
and therefore,
it will never be like that in reality,
and therefore,
suffering is inevitable.

Ie, everyone's actions, (including the act of creating children/entities), is done purely out of wanting to fulfil some selfish fantasy, (which is obvious, because before a person does something, they desire it, and, desire is fantasy). And what this all means, is that the inevitable result, is suffering

Ie, life/existence, is just people/entities trying to fulfil their selfish desires, and therefore, it's obvious, that life/existence will always be full of suffering.

To get to the next key point, let me recap for one paragraph.

Earlier on, I said that "most people would rather trap a person (in a relationship/activity), rather than set them free, and see if they stay".
-- And, it was important to realise/emphasise, that this doesn't just mean that you give them the opportunity to leave the relationship, because, the only way to truly "set them free, and see if they stay", is to also give them a real/practical option of an instant/painless/effortless/guaranteed way out of life.
-- Ie, you need to constantly provide them with these two options, so that you can then see, if they're truly choosing stay in life, and in the relationship/activity, or not.

The key point that I now want to mention, is that this can be a very good way to measure things.
-- Eg, if you want to gauge, how selfish/immoral everyone in this world is, think of this:

> How many people, are willing to provide their personal-slaves, with an instant/painless/effortless/guaranteed way out of life?

The point is, that if people (and societies/countries), were selfless/peaceful/caring/loving/wise/kind/etc, then they would provide all their personal-slaves (and work-slaves), with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life.

Of course, I've only said this, as a stepping-stone.
-- Ie, what I've just said, is nonsense, because, the type of people that are willing to provide their personal-slaves (and work-slaves), with an instant/painless/effortless/guaranteed way out of life, are the type of people, that would not have enslaved other people (as personal-slaves (and/or work-slaves)), in the first place, (or created a baby, and then enslaved them).

Therefore, to gauge how selfish/immoral/cruel/evil, everyone in this world is, just see what percentage of the population, have had children, (or want children), and then add that to the percentage of people, that believe that it's acceptable to have children.
-- And, then add that to the percentage of people, who have other types of personal-slaves (eg, relationships, friendships, etc).

-- And, then add all of this, to the percentage of people, who are using other people, as their direct work-slaves, and/or their indirect work-slaves.

Ie, everyone in the world, is selfish/immoral/cruel, and 99% are selfish/immoral/cruel/evil.

Of course, most people will never recognise/admit this, because they don't want to label themselves, as being selfish/immoral/cruel/evil.
-- And to make sure, that they never get labeled as being selfish/immoral/cruel/evil, they try to use all kinds of weapons/tactics, eg:

1. Brainwashing/programming themselves (and everyone), to believe all types of lies.

2. Misdirection. Ie, get people to focus on anything, except the truth.

3. Ridicule, shaming, discrediting, etc.

4. Etc.

The point is, that when this is done enough, (ie, enough energy is put into it), these lies turn into a false reality, (ie, a bubble/delusion).
-- Indeed, most people spend all their time/energy/money/effort, in trying to create (and sustain) their bubble/delusion.

Of course, this is stupidity, because it’s obvious that:

Bubbles always burst, and delusions always shatter.

And what this all means, is that,

The only thing that is guaranteed in life, is suffering.

And what this means, is that,

Life/existence is always going to be full of suffering.

Note: The phrase “The only thing guaranteed in life, is death”, is a phrase that is misdirection, because it misdirects people in many ways, (eg, away from the fact, that suffering is something that regularly occurs, throughout people’s entire lives).

Note:
Although most people will always try to keep their bubble/delusion intact, it's inevitable that there will always be some moments, when the bubble/delusion temporarily bursts, and then they're honest with themselves.

In these moment, they'll see life as it truly is, and they'll then say things like:

1. “Work, sleep, chores. Is this all life is?”
2. “I'm tired. I'm so tired.”
3. “What's the point?”
4. “I don't know why I bother?”
5. “Why do I need to do this?”
6. “Why do I need to do that?”
7. “I'm staying on top of things, but I'm only ever just keeping my head above water.”
8. “What for?”
9. “What exactly is the benefit, of going through all of this suffering.”
10. “Why?”
11. “I'm just too tired to go on.”
12. “I'm done.”
13. “I don't want to do this any more.”
14. “I want out.”
15. Etc.

The point is, that these types of comments, are coming from the person’s direct experience of life, however, they then quickly gaslight/brainwash/reprogram themselves, into believing that:

- “Life is good.”
- “Life is worth living.”
- “Life is precious/important/valuable/special.”
- Etc.

And so the delusion is reinstated.

Indeed, this is to be expected, since most people always prefer delusion/fantasy/lies (over truth/reality/honesty). And, the stronger the delusion, the better.

Indeed, this delusion has to be very strong, because this delusion isn't just covering up something that they've seen, but something that they've felt (and are feeling) on a regular basis.

Side note: Due to selfish people having a higher tolerance of suffering, this means that, when they hear of someone killing themselves, they often think it's ridiculous that a person would kill themselves, over some small issue (or issues) in life.
-- The point is, that the reason that they think it's “small”, is because their tolerance is high.

Also, they'll never be able to understand all the reasons why the person killed themselves, because the suicidal person, would not only have had a lower tolerance (of suffering), but they would also have had a totally different wavelength, which would mean that they had a:

a) Totally different interaction with life, (due to them having more sensitive senses (sight/sound/smell/feeling/etc)).

b) Totally different way of seeing life, (because they see life more clearly/honestly/directly/etc).

c) Totally different way of thinking, (because they aren't able to just think selfishly).

d) Totally different way of doing things, (because they aren't able to do immoral things).

e) Etc.

Also, even if a selfish person knew these points (in theory), that still doesn’t help, because theory is so different, to these things being what you naturally are.
-- Ie, they just won't understand why the person was suicidal.

And, since most people are selfish, this means that, it just has to be accepted, that most people will never understand why people are suicidal.

Yes, the selfish people will understand that “life is hard”, and therefore understand that people could be suicidal, but this is nowhere near truly understanding, why some people are suicidal.
-- Indeed, how can they understand, when they live in totally opposite worlds.

Indeed, many people will argue, that when people say things like “What's the point?” (and all the other phrases (as mentioned in points 1 to 14 (above)), this is just them during a

brief low point, and that that depression, is just temporary.

Of course, it's not about being pessimistic/depressed/etc. What it's about, is just being clear/honest, in observing life.

And, a clear/honest observation of life, will reveal, that the only thing that is guaranteed during your life, is suffering.

Ie, no matter who you are, you will suffer, on a regular basis, throughout your entire lifetime.

And this will happen, in a variety of ways, including: physically, emotionally, mentally, spirituality, etc.

However, due to people trying to live in their bubble/delusion, they will never admit, just how much they're really suffering.

Moreover, some people will deliberately put themselves into a delusional state, because deep down, they know, that if they stopped and calculated, what percentage of their life is truly good, (and what percentage is not truly good), then they'll know for sure, just how bad life really is.

Eg, if during every minute (of a every day), people recorded how they honestly felt, and they did this for their entire lifetime, then they might get the following results:

0.0% = Pure/true beyond-worldly bliss.
0.1% = Pure/true peace.
0.1% = Pure/true pleasure.
0.8% = Pure/true happiness.
19.0% = Mediocre happiness/peace/love/pleasure.
80.0% = Suffering. (Whether it's light suffering, or severe suffering. And whether that suffering is: physical, emotional, mental, spiritual, etc.)

These figures might seem harsh, but it shows why there's so much suffering in the world.
-- Ie, unhappy/suffering people, results in an unhappy/suffering world.

And therefore, anyone who says that there is more pleasure than pain, (or that there's an equal amount), is lying, because if this were true, then the world would not be full of so much suffering.
-- And therefore, it's totally impossible to come to any other conclusion, other than: Life is cruel.

And therefore, it inherently follows, that: It's cruel/evil to bring babies into this world.

Note:

These percentages (mentioned above), will always get much worse, if you also include the suffering, during the times when you're in a subconscious state, (eg, whilst dreaming at night, or just lying in bed, or daydreaming, etc). Ie, if you have an unpleasant sleep, then all that unpleasant sleep time, also gets added to it.

And, these percentages will keep getting ever-worse, as you become ever-more sensitive to how suffering is caused, at ever-deeper levels.

Ie, the deeper you go into it all, the more you will see, how:

1. Everything affects everything.

2. Even if someone's suffering appears very small, it will still have an effect on everything, and that affect, is much worse than you think.
   -- The problem is, that most people have to perceive the small types of ("normal") suffering, as being acceptable, (and a necessary part of everyday life), because they're the ones who are doing this to others.

   Of course, even these smallest types of suffering, affects the world in very bad ways, (because these small types of suffering, might appear small, but they can actually be very violent and scarring (to the victim), because they're then effected at a very deep/subtle energy level.

   Indeed, almost all people have been violently scared like this, because this type of violent scarring, is something that all babies/children will experience, on a very regular basis.
   -- The problem is, that this is so common, that it's become normalised, and accepted. And, of course, parents have to do all that they can, to keep making this seem normal/acceptable, because it's something that is happening most of the time.

   And the absolute worst part, is that the babies/children are brainwashed/programmed to obey (and please) their captor, (the parents). And the damage that comes from this, is unbelievable.

   And it's important to recognise/admit, that this is something that has happened to all people (when they were babies/children), because this is something that all parents do, (and all parents will always do), because if parents were sensitive/moral enough, to be able to see how badly this affects babies/children, then they wouldn't have had babies/children (in the first place).

   And it's easy to prove just how badly, most people have been affected by what happened to them as a baby/child, because it's easy to see, how most children (even when they're grown adults), are still under influence of the brainwashing/programming/trauma, that was put into them.
   -- And, of course, almost all of those children (even as adults), have no idea that this brainwashing/programming/trauma, is inside them.

   The point is, that everyone is affected by this deep violent scarring, and its effects are evident, in that the world is full of suffering.

The point of mentioning this information (in point 2), is that even though I said (earlier), that people are suffering for 80% of the time (across their entire lifetime), this was just a stepping-stone, because the amount that people suffer in their entire lifetime, is many times more than they think, because they can't remember, (and/or won't admit), all the suffering that they went through as a baby, and as a child.

Also, there is so much suffering that is totally repressed, (in their unconsciousness), that they won't ever know the true extent (of the amount of suffering), that they've been through.

So, the reason why I mentioned a figure of 80%, was as a stepping-stone, to ease people into realising/admitting, that suffering occurs for 90% of the time, (or higher).
-- Of course, people do not want to calculate/recognise/realise/admit this, because the implications are too much to bear.

And it's also important to note, that the figure of "0.1% = Pure/true pleasure", was also a stepping-stone.
-- Because, if you add up the moments (or minutes), spent in pure/true pleasure, and compare this to the amount of minutes that you've been alive, then this will end up being some figure, which is so small, (eg, 0.0001%), that when you round it up/down to one decimal point, then it becomes 0.0%.

And similarly, "0.8% = Pure/true happiness", was also a stepping-stone, because with more honesty, that might have ended up as being a figure of 0.04%, which then ends up being rounded down, to 0.0%.

And then, the "Mediocre happiness" category, can be analysed more deeply, and split into various sections, and one of those sections, might show you, that it's not really happiness at all.

Of course, the more you analyse it, the more these statistics/percentages keep changing, and it's always in a direction, towards more suffering, (because most people have repressed a lot of the suffering, that has happened to them, and/or, they're deluding themselves, because they're scared of the truth, and the implications that follow).

Ie, what people do not want to recognise/admit, is that over your entire lifetime, (including the time spent in bed (whether in a conscious or subconscious state)), the percentage of suffering (whether severe or light), might be at 95%, or 99%, or 99.9%.

And, of course, if you're rounding figures up/down, then a 99.6% figure (or higher), will end up being rounded up, to 100%.

However, it's important to realise, that whether the percentage of suffering, is a figure of 95%, or 99%, doesn't really matter, because both of those figures are totally unacceptable.

Needles to say, most people will not want to know the truth, about what the real percentages are (for their own life), because they can see that the implications of all of this, are definitely going to become too much to bear.

Note:
One thing that's must be remembered, is that even if a person doesn't have any major issues/suffering in their life, but they do have mild annoying suffering in their life, and this is happening for 95% of the time, then that person is still going to be asking questions like:

> What's the point of staying alive, because the only thing that's guaranteed in my life, is more of this mild annoying (slow-boil) suffering?

And indeed, it's a very valid question, because why would anyone want a life/existence, that is mild annoying suffering, for 95% of the time.

Ie, why would anyone want to be in a life/existence, that is a slow-boil suffering/torture/rape.

And, even you manage to delude yourself, and bring this figure down to 90%, the question still remains.

Note:
When people do calculate these percentages/ratios, there are many things that will make them (accidentally, or deliberately), get the wrong figure.
-- I will explain some of these issues next.

One of these issues, is the fact that people fail to include the issue of "intensity".

To explain this, I'll use the example, where this percentage (of how often you're truly happy), is calculated for a relationship.

When people calculate how often they're having truly amazing moments (in a relationship), they'll just calculate this, based on how often they have good times. However, when they do this, they're just using their "best" moments, as oppose to "truly amazing" moments.

The point is, that in a relationship, the truly amazing moments, can only exist, when both partners are naturally "sparking" each other. And to do this, both partners need to see each other, as a perfect 10, (in all ways).

Ie, when both partners see each other in this way, they will naturally spark each other, and amazing moments will naturally happen.

Note: When I talk about a "perfect 10", I'm talking about a real/true perfect 10, and not a "delusional perfect 10".

Ie, a "delusional perfect 10", is when a person deludes themselves (and others), to believe that some person/partner/friend/family/child, is a perfect 10.

-- Indeed, this is what most people do. Ie, they spend a lot of time/effort/energy, in using stories (thought and emotions), to convince/brainwash/program themselves (and other people), to believe that their partner/friend/family/child/job/etc), is perfect, (or that they're happy, or whatever else).

Note: I in the previous paragraph, I said "convince/brainwash/program themselves (and other people)." The key part here, is: "and other people".
-- Ie, people need to convince/brainwash/program themselves, and also other people, because their delusions only gain more strength/reinforcement, if other people are also accepting/agreeing/reinforcing their delusions.

Ie, every time that a person talks about their relationship/friends/family/children/job/etc, they usually want their delusion of it, strengthened/reinforced/solidified (made real), and, of course, most people are happy to reinforce a person's delusions, because they'll want something in return (from that person).
-- It's obvious that they'll want something in return, because the only reason why they're in that conversation/interaction/relationship, is because they want something.

The thing that they want (in return), could be anything, but it could just be, that in return, they also want their delusions strengthened/reinforced/solidified (made into reality).

The point is, that when people have these normal everyday "acceptable" "harmless" conversations, (about their relationships/friends/family/children/jobs/etc), these conversations are far from harmless, because they're causing (and perpetuating) suffering, and that suffering will then spread to everyone.

And therefore, if you're having these type of conversations, then you're inherently (by definition), selfish/immoral/cruel.

And, of course, no relationship is a perfect 10 (in all ways), in the long-term.
-- Ie, there might be a few moments when it can be a perfect 10, however, it's extremely rare. And, those moments are more common, at the beginning of a relationship, (before it rapidly goes downhill).

What this all means, is that:

> When any couple are together (in a relationship), 99% of that time, there will be a feeling of having settled/compromised, (in terms of choosing (and keeping) them as a partner, because they do not see them as a perfect 10, (in all ways)).
> -- And, of course, this knowledge (of them having settled), will be in them (even if it's deep down), and this means that there will be an ugly/cringe/toxic feeling in them, (even if it's deep down, and subtle/slight).

So, the key point is, that when people calculate these percentages, they're supposed to add up how many minutes are "truly amazing" moments, however, instead of doing this, they're just adding up their "best" moments, and these "best" moments, actually contain

that ugly/cringe/toxic feeling, (deep down).

Ie, these “best” moments, have no real intensity, and moreover, they even contain an ugly/cringe/toxic feeling, (somewhere deep inside of them).

Of course, it's to be expected, that they have “no real intensity”, because it's impossible to have real/true intensity, with someone that you're not naturally sparking with.

So, the result of all of this, is that the calculation (and end figure), of the percentages (of how much suffering there is in your life), is totally incorrect, and therefore, all you end up doing, is reinforcing your delusions, of how life/reality/existence is.

Of course, this is what most people are constantly trying to do, (whether: consciously, subconsciously, unconsciously).

Note:
What this also all means, is that no relationship/sex/lovemaking/intimacy/affection/etc, is worth having, unless you're in a relationship/interaction, where you both mutually see each other, as a perfect 10, (in all ways).
-- Because if you're in a relationship/interaction, that is not like this, then it will create negative feelings in one of the partners, which will then transfer/spread (to the other partner), and it will then compound/escalate (inside of them), and then transfer back.

Ie, it only needs one partner to have one small ugly/cringe feeling (inside them), because as soon as this exists in one partner, it will be transfer to the other partner, because they will feel that the other partner is not 100% into them, (and this will be felt in every moment).

And therefore, these feelings will keep transferring between the partners, and they'll keep getting worse, with every transfer.

And, if a person tries to keep this ugly/cringe/toxic feeling, buried/hidden in them, (via delusion), then it’ll just be something that is building/escalating inside of them, until the inevitable point in time, where they can’t bear it any more (mentally, emotionally, physically), and then there will be a sudden shattering, (of the relationship, and perhaps of them).

So, what this all means, is that even if you do have a perfect relationship/interaction, (where you both see each other as a perfect 10, (in all ways)), know that this will soon change.

And, the key word in that last sentence, is “soon”.
-- Indeed, this is inevitable, because it’s never long, before one of the partners, will see something in the other partner, that makes them cringe, (even if slightly).
-- And as soon as that happens, the ugly/cringe feeling will be there, and it is that which will muddy all experiences.
-- And therefore, 99% of experiences, will not be true happiness/pleasure/love/etc.

And therefore, saying that people are suffering (at various levels) for 99% of their entire lifetime, is correct.

Note:
It's easy to prove, that everyone (in all relationships), have settled/compromised, when choosing (or keeping) their partner, (or friend). Indeed, if a person says that they've not settled/compromised, they're lying, because everyone would leave their current partner, (or friend), for a person who is:

1. Beyond perfect (in all ways), including that they're a multi-billionaire, and perfect in looks, and the chemistry/attraction that you both mutually feel is beyond any worldly feeling of attraction.

2. Able to completely transform your life (to however you want it to be), whether that is about: social standing, class, money, stability, safety, power, friends, popularity, fame, fun, excitement, peacefulness, bliss, beyond worldly states-of-being, etc.

3. Going to give you £1 billion, just for the first date, (and the date is promised to only last 10 minutes, and the money is put into your bank account, before the date starts).

4. Able to give you pure ultimate health, for the rest of your life, (because they're giving you a machine, that can do this to your body).
   -- And, this machine can even reverse age you, so you can look as young as you want, and remain at that age.

5. Able to free you from all your beliefs, that caused you to live a life of prison/torture/slavery/rape.

6. Is able to help you get pure ever-deeper freedom/peace/love/bliss, (by yourself, whenever you want, wherever you want).

7. Is able to give you the ability, to be able to enter and leave all realms/dimensions (and life/existence itself), in an instant/painless/effortless/guaranteed/permanent way.

8. Etc.

And, we could add one more point to this list, which says that they're willing to date you in secret, until you're ready to leave your current partner.

The point is, that with the knowledge that this perfect partner exists (and that they want to be with you), most people would leave their current partner immediately. And, the others might just go and meet this perfect partner in secret (just to see if it's all true), before fully committing to them (and leaving their current partner for good). Also, many would leave their partner, just for the £1 billion (that is offered to them), for the first date.

The key point of all of this, is that: Everyone (in every relationship), has settled.

Ie, in relationships (partners and friendships), everyone settles on what they think is the best that they can do/get, (at that moment in time).

Sure, most people will deny that this is true, because they have to, because otherwise they're admitting to themselves, that they've settled.

Some people are ok with admitting this to themselves, however, most people are not, (because as soon as they admit this, then they would be admitting to themselves, that they might actually leave their current partner (if a perfect partner was offered to them), and this would mean, that they're being deceitful to their current partner).

Indeed, since all people will always leave their relationship/friendship/family (as soon as their perfect partner/saviour comes along), then this means that people are always lying (being deceitful), when they:

- Promise to be with you forever.

And/or,

- Make you promise to never leave them.

And/or,

- Say that they will always need you.

And/or,

- Etc.

So, once you're aware of these games/lies, you'll not fall for it, and not suffer from it.
-- And also, you'll not lie to others, (and therefore, not cause suffering to others).

However, it's also important to recognise/admit all of this, because as soon as it is recognised/admitted, then you see:

A) How ugly all of these games are.

And,

B) How ugly all the people are, who participate (or want to participate) in these games.

And, it's also important to see, that this is true, regardless of whether these games are about long-term relationships/friendships/family/etc, or very short-term interactions.

Note:
This example (with points 1 to 7 (above), which proves that everyone in all relationships, have settled/compromised), might sound extreme, but it's always good to start at an extreme, because then you'll slowly make your way down the scale, and find that you'll still do the same action, (of leaving your current partner), for less money, less amazing looks,

and less whatever else.

Indeed, this is similar to the other test, where you ask yourself (or someone else): “What would you do, for £100 billion?”

Indeed, this test is important, because it shows that everyone is a prostitute, because all people are settling/compromising/exchanging things, in almost every part of their life.

Of course, if you have £1 trillion in your bank account, then you would probably not do anything for £100 billion. However, even these people will be settling/compromising/exchanging things, in almost every part of their life.

Anyhow, most people do not have £1 trillion in their bank account, and so this test is applicable to most people. The point is, that £100 billion, would allow you to:

1. Never have to work at a job, ever again.

2. Never need to be careful with money.

3. Know that, if you were conned out of £10 million every year, you wouldn’t care.

4. Instantly leave any relationships/friendships/family, (if you wanted to).

5. Give £10 million to every family member, and/or friend, (if you wanted to).

6. Help random people, and make changes in the world, (if you wanted to).

7. Never have to take orders/requests from anyone ever again, (whether friends/family/relationships/etc).

8. Create the perfect house, where you're totally alone, and in silence and peace. Or, some people might want a perfect house, to have fun with their friends. Or they might want both types of houses. Indeed, you could buy a house, and if it's a mistake, it's not a problem, since you can just buy another one, and not even care about selling the other one.

9. Etc.

Note: One of these points (to “never have to take orders/requests from anyone ever again”), is important, because in the past, when you took orders from people, you were probably doing something that you didn't want to, which (in effect), means that you were prostituting yourself.

The point is, that you're a prostitute already, and so it can be argued, that it makes sense, to just prostitute yourself once more (for the £100 billion), because then at least this would be the last prostituting that you do.

-- Ie, it’s arguable, that it is reasonable/logical/wise/common sense, to prostitute yourself for the £100 billion.
-- And, if you didn't, you're foolish, because you'll just end up prostituting yourself more in the future.

And therefore, since this amount of money could do all of these things for you (as listed above), you would probably be willing to prostitute yourself in all kinds of ways. Eg, for £100 billion, you would probably be ok with having sex with anyone (no matter how they looked), for one night.

Of course, the point of this test (and the other one (which proves that everyone in relationships/friendships, have settled)), is that people end up sliding down the scale, very quickly. Eg, you start at £100 billion, but then you think:

“Actually, I would even do it for £100 million.”
and then,
“Actually, I would even do it for £10 million.”
and then,
“Actually, I would even do it for £1 million.”
Etc.

The point is, that settling/compromising, is selling your soul, and there will be the tell-tale ugly/cringe feeling inside of you, even if it's only a small size cringe. And, even if it's not there in the beginning, it will appear (at some point), and it will grow with time.

Indeed, this is how people become corrupt. Ie, they might start out pure, but then they make a small compromise, and then another, and this keeps happening, until one day they wake up, and feel all the ugliness of what they've done.
-- Indeed, this is common in: companies, organisations, secret-organisations, relationships, friendships, families, and everywhere.

And what this all means, is that: The price of desire, is selling a piece of your soul.

(I'm not keen on the word “soul”, but I will use it here, in the hope that people understand what I'm getting at.)

Indeed, if you look at people who are interacting, (buying/selling/exchanging things between each other), you'll see it everywhere, almost all of the time.

It's especially easy to see, in parent-child relationships, (at any stage in their entire life).

Needless to say, most people would deny that this is true. And, of course, they have to deny it, because otherwise they have to admit to themselves, that they are a prostitute, in almost every part of their life.

Note:
Prostitution even exists, when two people are exchanging the same thing.
-- Indeed, exchanging sex for sex, might not sound like prostitution, but it is, because there's always a settling/compromising (doing something that you don't want to do, (even if it's only a very small thing)).

Indeed, when people have sex, there's always a time (even if it's momentary), when one of the partners, are not 100% keen to do what the other wants (in that exact moment), but they'll do it.
-- There are a whole variety of reasons why they'll do it, (eg, because they want other things in return (which the other partner might not be 100% keen to do)), however, the reason is irrelevant, because ideally, they would rather not do it.

The key point is, that everyone in relationships, (and friendships, families, etc), have settled/compromised, (and are prostitutes), and the only reason why all these ugly games are occurring, is because people are trying to make their desires a reality.

And therefore, during all these ugly games, there will always be an ugly/cringe/toxic feeling.

And, since relationships/friendships/families/jobs/etc, are what makes up most people's lives, this means that:

1. Most people have this ugly/cringe/negative/toxic feeling (deep) inside of them, for 99% of their life.
   -- This is true, but people are so deluded/blind, that they can't (won't) see/admit this.

And,

2. Life is prostitution.

And,

3. Life/existence is inherently toxic.

Note: A conclusion like "Life is prostitution", is to be expected, because earlier on in this conclusion, it was also realised, that: Life is rape.
-- Ie, the key thing that links these two realisations, is that: Prostitution is rape.

The reason why this is true, is because prostitution is always done, without you really/truly wanting to do it, (ie, it's not full/true consent).
-- Indeed, this is obvious, because no one wants to prostitute themselves, (in any aspect of their life).
-- Ie, a person might prostitute themselves, but it's done due to pressure/force/coercion/etc.

And, that pressure might be from life itself. Eg, if you live in a forest (by yourself), then there is a pressure to find food/water/shelter/etc, because you know, that if you do not do this, then you will feel physical pain/suffering, (if you get too: hot, cold, dehydrated, malnourished, etc).

Note: If a victim of rape, rapes someone, then they too are a rapist.
-- The point is, that by saying that “no one wants to prostitute themselves, (in any aspect of their life)”, there is the risk, that people will then believe, that they’re a victim, and therefore, that they can keep doing all the normal immoral things in everyday life, (eg, using/enslaving people, (as personal-slaves, and/or work-slaves).

Indeed, most people go through life, trying to justify their immoral behaviour/actions, (to themselves, and/or, to others).

However, this is stupid, because even if you are able to mentally convince yourself (and others) of this, there will still be an ugly/cringe/toxic feeling inside of you.
-- And therefore, this brings us back to the point, that: “Most people have this ugly/cringe/negative/toxic feeling (deep) inside of them, for 99% of their life”.

Note:
Although everyone is trying to do all that they can, to ignore that ugly/cringe feeling in them, no amount of deluding yourself, can ever cover it up, and this is especially true, as time passes, because it's only a matter of time, before that tiny crack appears, and then starts to grow, at a very fast rate, (until the illusion is totally shattered).

And therefore, when you calculate it over the long-term, you'll realise that there is an ugly/cringe feeling inside you, (even if only slight), for at least 99% (of your entire life).
-- Ie, the everyday activities/hobbies (of relationships/friendships/family/jobs/chores/etc), are the things that give you an ugly/cringe feeling, for at least 99% of your entire life.

Note: What this all means, is that if you search for your perfect partner, you’re absolutely stupid/foolish, because this doesn't change the figure of 99%. Because, you might find that perfect partner, and there might be a few moments where you both see each other as a perfect 10 (in all ways), however, there will only ever be a few of those moments. Ie, over the whole of your life, these moments will be less than 1%.

Therefore, the key thing to realise, is that the whole hobby/activity/game/tactic/weapon/war, of relationships (and: friendships, family, jobs, chores, etc), is fundamentally flawed.

Note:
In that last sentence, I said “hobby/activity/game/tactic/weapon/war”, because it’s important to emphasise, that these things are:

- A hobby/activity/game.
  -- Because you don't need to do these things.
  -- This is especially true, for relationships (and friendships, and family), however, it'a also true for jobs (and chores), because you only need to do them, if you're choosing to stay in life/existence.

- A tactic/weapon/war.
  -- Because people are choosing to do/use these things, to:

  a) Reduce suffering.

  And/or,

  b) Get something (whether directly, or indirectly), eg: pleasure, affection, love, peace, stability, money, respect, image, food, water, clothing, a shelter, etc.

Note: It's important to join all these words together, (ie, join "tactic/weapon/war", with "hobby/activity/game"), because this then emphasises, that none of this is necessary/needed, because you only need to do them, if you're choosing to stay in life/existence.

Ie, ultimately, you're only choosing to stay in life/existence, because of your desire to do so.

Note:
Most people could never truly desire, to actually/practically/physically leave life, because they've been so heavily (and deeply) brainwashed/programmed (with thousands of desires/beliefs/fears), which are all based on two key beliefs, which are:

1. "Life is good/precious/special/moral/selfless/acceptable/necessary/etc."

And,

2. "Death is bad/immoral/selfish/unacceptable/etc."

This is all obvious, and all it takes to recognise/admit this, is some ever-deeper honesty.

However, instead of being honest, and seeing it all clearly, people always try to go in the opposite direction.
-- Eg, they'll be suffering in relationships/friendships/family/parenting/jobs/chores/etc, and instead of trying to find the cause of their suffering, they'll choose to try to brainwash/program/delude themselves (and everyone around them), so that they can then believe that:

1. The relationship/friendships/family/parenting/jobs/chores/etc, (which they have in their life), is working well for them.

And/or,

2. The whole activity (hobby/game) of relationships/friendships/family/parenting/jobs/chores/etc, are things which are good/precious/special/moral/selfless/acceptable/necessary/etc.

And/or,

3. Anyone who is not involved in relationships/friendships/family/parenting/jobs/chores/etc, are people that are bad/immoral/selfish/unacceptable/etc.

And it's important to see, that all of this happens in many different ways, in many different aspects of life, and on many different levels.

Eg, men are always brainwashing/programming each other, when they rate how a girl looks (on a scale from 1 to 10), and then saying that you're doing well, if you get with a girl, who is an 8, (or a 9, or a 10).

Of course, this is stupidity, because unless the girl is a breath-taking mind-stopping naturally beautiful 10, (and she is this 24/7), then that girl is not going to naturally spark the man. And if this does not happen, then the moments (for both partners), will have ugly/cringe moments in (under) them, which is suffering.

And, even if the girl is a breath-taking mind-stopping naturally beautiful 10, (and she is this 24/7), if that girl is not a perfect 10 in all other ways, (eg: fun, alive, chemistry, joyous, hysterically funny, playful, fiery, compassionate, warm, affectionate, selfless, moral, deep wavelength, amazing at deep slow intimate lovemaking in ever-deeper ways, etc), then there will still be an ugly/cringe feeling in the man, and this ugly/cringe feeling, is suffering.

The point is, that everyone is causing this suffering, to each other, every time that they reinforce the delusions, (of their friends/partner/family/children/co-workers), that they are truly happy with their partner/friend/family/child, and/or, that the whole activity (hobby/game) of relationships/friendships/family/children/jobs/etc, is good for them, (or are things which they can succeed at, or whatever else).

And, of course, it must be emphasised, that anyone who creates (or perpetuates) beliefs/activities/hobbies/things, which causes others to suffer, is inherently selfish/immoral/cruel.

And therefore, since the men that push these types of beliefs, are causing suffering, they are inherently immoral/cruel.

And, anyone that pushes any beliefs/advice, about how to get (or keep) a relationship (or friendships/family/children/jobs/etc), is therefore inherently immoral/cruel.

And this is also true, for the people who push other beliefs like:

- Looks is not important.
- Beautiful people/pictures, are not important.
- Conversation is more important than looks.
- Art/books/poems/phrases/movies/music/etc, is more important than looks.
- Etc.

Indeed, it's important to see, that all of this is just said by people, in a desperate attempt to cover over (and/or make up) for a lack of beauty/peace/silence/love/bliss (in their life).

Indeed, if they had beauty/peace/silence/love/bliss (in their life), then they would see how pathetic all of this is, (especially the art/books/poems/phrases/movies/music/etc).

However, people are desperate/ugly things, and therefore many people try to brainwash/program other people to believe, that this pretentious nonsense (eg, art/books/poems/phrases/movies/music/etc), are things that are able to express/convey these deeper things (eg, beauty/peace/silence/love/bliss).

This is all ridiculous, because no pretentious art/books/poems/phrases/movies/music, will ever get you close to any true beauty/peace/silence/love/bliss. It's impossible, because it's just more words. More nonsense. More stuff that is done in the hope of getting something, (eg, getting a lover/partner/friend/respect/attention/energy/money/job/career/etc).

And it's obvious that this is all true, because all of this pretentious nonsense, is just adding extra layers (in the manifestation).
-- Ie, the thing that they are seeking (eg, beauty/peace/silence/love/bliss), is always there, when you remove the layers of nonsense/lies/etc.

Therefore, if you want to see something that is so beautiful, that it stuns your mind into beauty/peace/silence/love/bliss, then go and look at a person/picture that does this to you.
-- Ie, stop talking about it, and go and do it.

Or, better still, if you can let that desire go, then your mind will be unmoving/still, and then there will then be beauty/peace/silence/love/bliss.

Meanwhile, if you fill it with all this pretentious stuff, then there can only be noise in your head. And therefore, it just covers over the beauty/peace/silence/love/bliss.

Therefore, no matter how much the art/books/poems/phrases/movies/music/etc, are supposed to be about beauty/peace/silence/love/bliss, just remember, that this is just more layers of nonsense.

And, if it's written/said in some old-English language (or whatever else), then this does not change anything. Ie, it's still nothing but more layers of nonsense.

Of course, most people do not want to admit any of this, because if people accept that a beautiful person has more value than all of this pretentious art/books/poems/phrases/movies/music/etc, and that, a truly-naturally-stunningly-beautiful looking person can make your mind go into beauty/peace/silence/love/bliss, then this emphasises the importance of beauty, and this is what people want to avoid, because most people:

1. Are not a truly-naturally-stunningly-beautiful looking person, that makes people's mind go into beauty/peace/silence/love/bliss.
   -- Indeed, many people do not want to be reminded of this fact, nor the fact that even mediocre beauty is important, (especially when they know that they live in a society, which values beauty/looks).

2. Do not have a lover/partner/friend, that is a truly-naturally-stunningly-beautiful looking person, that makes their mind go into beauty/peace/silence/love/bliss.
   -- Ie, accepting that all of the above is true, makes them have to accept the fact, that they've settled (in their choice of lover/partner/friend).

And it's important to remember, that the people who push/brainwash/program other people with all of this nonsense (eg, that art/books/poems/phrases/movies/music/etc is more important than looks), are being selfish/immoral, because if people continue to add these layers of nonsense, then the truth will remain hidden, and this causes suffering.

And indeed, it does actually cause suffering, because many people have settled in their choice of partner, and this is causing them to live with an ugly/cringe feeling inside of them.
-- And therefore, it is actually immoral/cruel.

Indeed, it's as immoral/cruel, as the people that push the beliefs/advice, about how to get (or keep) a relationship (or friendships/family/children/jobs/etc), since all of these things, also cause people to live with an ugly/cringe feeling inside of them.

This might all sound harsh, but it's fair, because the fact is, that anything that puts an ugly/cringe feeling inside of you, is toxic, and not good for you. This is obvious.

And all these activities/hobbies/games (of having: relationships, friendships, family, children, jobs, etc), puts that ugly/cringe/toxic feeling inside of you, on a regular basis.

Actually, that last sentence is totally incorrect, because the word "regular", is just sugar-coating the issue.
-- To remove some of the sugar-coating, change "on a regular basis", to, "an almost constant basis".

Of course, once you understand/realise this, you'll then have to admit, that it's true, that people are only truly happy, for 1% of the time.
-- And therefore, it's true, that people are suffering (to varying degrees), for the 99% of the

time.

It's all so obvious, but it all comes down to the same issue, which is that people don't want to see/recognise/admit the truth, (because they'll then be exposed, as being someone that is using/enslaving other people, as their personal-slaves, (and/or work-slaves), and therefore, that they are selfish/immoral/cruel/evil.

Note:
The reason why this type of analysis, (of calculating the percentages, for various aspects of your life), is important, is because sometimes, the only way to get a clear/honest picture (of what's happening in your life), is to get some cold/hard facts.

Therefore, any type of analysis that does this is a good thing.
-- I say that it's a "good" thing, because it's inherently good, because anything that reveals what is causing you to suffer, (so that you can then eliminate that suffering in your life), is inherently good, because it will not only reduce the suffering in your life, but also in the world.

So, now let's look at another type of cold/hard facts analysis.

In addition to calculating the percentage of truly happy moments (in all your activities/hobbies), it's also very important, to calculate the amount of money spent (in all your activities/hobbies).

At the end of these calculations, (for each activity/hobby), there will be a final/total cost, which can be called: cost-per-relationship, cost-per-friendship, cost-per-sex, cost-per-child, etc.

The cost-per-sex, (the amount of money that it costs, to have sex), is obviously easier to calculate, if you're having sex with a sex-worker, (sex-prostitute). However, if the sex is with a person that is not a sex-worker, then people usually deliberately miscalculate the costs, (because if they calculate the real costs, the implications will become very ugly).

Indeed, since people are always trying to keep themselves deluded, most people who do these calculations, will totally miscalculate these final/total costs, due to:

1. Calculating it against the activity, (eg, sex), whereas, they should be calculating it against the truly pleasurable times, within the activity, (eg, the minutes of pure/true pleasure, that was experienced during the activity of sex).

   And similarly, to calculate it for relationships, you would need to calculate the cost-per-loving (affectionate) moment, (because relationships are full of moments/minutes/hours/days/weeks, that are not loving).

2. Not calculating it across all of time, (ie, include all the negative things, which

occur: before, during, and after the activity, (of sex, or relationships, or friendships, etc)).
-- Ie, The cost-per-relationship, cost-per-friendship, cost-per-sex, is the total costs included, to:

a) Find your partner, lover, (or friend).

b) Maintain/keep your relationship, interaction, (or friendship).

c) The future costs, after the relationship/interaction ends.

3. Not including the many hidden (indirect) costs, (eg, the financial costs, which are incurred, due to dealing with other things, (eg, your: emotions, energy, health, time, job, chores, etc)).

I'll give some more details, about how people are miscalculating the cost-per-sex, cost-per-relationship, cost-per-friendship, below.

With the cost-per-sex, and cost-per-relationship, many people might just calculate the cost of the date/dinner/drinks/entertainment/etc, but they only include the costs of the partner's meal/drink/etc. Ie, they do not include the cost of their own meal/drinks etc.

Moreover, they do not include the costs, of the time and money put into date/dinner/drinks/entertainment/travel/parking/etc, which did not result in sex (or a relationship) with that person, (whether on that date, or ever).

However, even if they do include these total costs, most people are still not adding up all the other hidden costs, some of which I'll list, (in the following two lists).

List 1:
People have to include the costs, of all the things that they do, to attract a certain type of person (that they want to have sex (and/or a relationship, or friendship) with). Eg, the costs of:

1. Buying the correct clothes, (whatever look you're going for, (eg: fashionable, designer, expensive, trendy, sexy, cool, gangster, hard, hipster, goth, punk, emo, alternative, classy, retro, futuristic, preppy, artsy, intelligent, wise, fun, goofy, sporty, extreme, etc).

2. Doing the correct hobbies/activities, to impress the other person.

3. Maintaining the correct group of friends, (which will attract/impress the person you want).

4. A mobile phone. But, a “good” mobile phone, which shows them what type of person you are.

5. A car. But, a “good” car, which shows them what type of person (image) you are.

6. A house/apartment. But, a “good” house/apartment, which shows them what type of person you are, (you're trying to sell yourself as).

7. Furnish your house/apartment, in a certain way.

8. Going to the gym (to make your body look good).

9. Going to a shop/service, to get yourself beautified, (eg: haircut, nails, etc).

10. Needing to buy make-up, etc.

11. Needing to buy attractive underwear, (eg, lingerie, etc).

12. All the other hidden things, that you do, to make yourself appear a certain way, (eg, you want to appear: powerful, wealthy, popular, respected, sexy, famous, someone that other boys/girls want (and/or want to be), etc).

13. Etc.

List 2:
To do the various things in list 1, you will need a job. And, this job has it's own costs, eg, needing to buy:

1. Work clothes, (eg: a suit, a uniform, work shoes, etc).

2. Transport, (eg: a car, tickets for public transport, a bike, etc).

3. Tools, and/or specific technical equipment.

4. Things to make yourself feel better, to make up for all the annoying time/effort/energy spent:

    a) At your job.
    b) Travelling to (and from) your job.
    c) Etc.

5. Etc.

Of course, all of the things on these two lists, are not just about money and time, but also about the energy/effort that went into it all, (whether: emotional, mental, physical, etc).
-- Indeed, the amount of thinking time that goes into this, is huge.
-- Of course, this will only be seen, if you’re able to be honest with yourself.

Note: Some people say, that they don't need to spend money/time/effort on attracting partners/relationships/friends/sex/etc, because people come to them, and even buy them drinks, etc.
-- This might be totally true, however, these people are missing the point, that they've spent a lot of time/money/effort/etc, to appear: powerful, popular, respected, sexy, famous, someone that other boys/girls want (and/or want to be), etc.

And, they're also missing another key point, which is that they might have done all of these things, to attract (and get) a person, (eg, because they want to have sex/lovemaking with them), however, even if this helps them to get a person (for that purpose), this is foolish, because if you were selling those other things, (eg, that you are: funny, popular, wealthy, etc), then this is what you were selling them, and therefore, it's inevitable that you'll end up with a person, that wants those things from you.
-- Ie, the person that you get, will be with you, for those things.

The point is, that if you want amazing sex/lovemaking, and they aren't totally attracted to you (physically), then trying to impress them with your witty banter, (or: popularity, wealth, etc), might help to get them, but it will certainly not help to get amazing sex/lovemaking.

Although this is obvious, there are many websites, which try to give advice, about how to attract a person for sex, (or how to get a partner/relationship, etc).
-- Ie, these websites are going to cause suffering.

However, having said this, these websites can be a good thing, because they are a clear demonstration, of how people are ugly creatures, because it shows that people can be so easily bought.

Eg, a website might teach a man, that they can get a girl, if they just appear wealthy, and say/do certain things (which most girls want to hear/see), and avoid saying/doing certain things (which most girls do not want to hear/see).
-- So, if the man then does this, and succeeds in getting a girl, then what this shows, is that girls are easy to buy.

Ie, in this example, the currency which is needed, to buy/use a girl, is to be (and/or appear) wealthy, say/do certain things, and not say/do certain things.
-- And, since this is the currency, then a currency exists, which means that the girl is a prostitute.
-- And what this means, is that the girl is fake, and therefore, any activity with her, will have an underlying ugliness about it.

Of course, this is all true, for all people, (regardless of: gender, age, sexual preference, activity, etc), because everyone that wants to interact with another person, wants (to buy) something, and, they can only buy something, from someone who is selling something/themselves.

Ie, the game is ugly, and the players of the game, are ugly.

Indeed, this is true for all games, and all players, regardless of which aspect of life it is in.

The key point is, that these websites can be a good thing, because they expose just how ugly all of this is.
-- Ie, by seeing/exposing how it all really is, it can deprogram a person. And, this will reduce/prevent/eliminate suffering, (for themselves, and everyone).

And, after it puts a crack into your programming (in one aspect of your life), it can then begin to make you question, all other aspects of your life.
-- Of course, this is why many people are against such websites.

And, of course, this is not the only reason, why people are against such websites.
-- Indeed, there are many reasons.
-- Eg, many people might be against such websites, because they still want to play these games, and therefore, they don't want the game to be exposed, nor do they want the ugliness of the game (and players) to be exposed, etc.

And, they don't want their subtle and sly games/tactics/weapons, to be revealed to everyone, especially if this information, also comes with advice, about how to defend (and counter-attack) these games/tactics/weapons.

However, the biggest reason, is that if a person begins to see that relationships are just about people using each other (as personal-slaves), then a person might start to recognise/realise, that this is also applicable, in all types of relationships.
-- Ie, they'll see that the same ugliness/games/tactics/weapons exists, in all types of relationship, (eg, families, parenting, friendships, jobs, schools, etc).

And, they'll then also see, that it's not just about people using/enslaving you as a personal-slave, but also as a direct work-slave, and indirect work-slave.

Note:
When people are confronted with the type of information, which says that people need to say/do certain things, to attract a partner, (whether for sex/lovemaking/relationships/etc), many of them will argue, that they like this part of the game, (of trying to attract someone).
-- However, although this might be true in part, it's never totally true, because during all activities/hobbies, there are many times when you're in a position/situation/conversation, which is making you cringe slightly, (or a lot).

Therefore, you need to be absolutely honest with yourself, when you are adding up the amount of minutes that make you cringe (even slightly), and compare this to the amount of minutes that are moments of true happiness/peace/love/pleasure.

However, it's not just about calculating the percentage/ratio, of true happiness/peace/love/pleasure that you're getting from an activity/hobby, because it's also important, to include in that calculation, the risks of possible long-term suffering.

The best example of this, is that if the activity that you are calculating, is sex/lovemaking, (or the activity will involve sex/lovemaking), then this has the potential risk, of a non-consensual child pregnancy, which means that you then have the risk of long-term prison/torture/slavery/rape, due to you being forced to pay child-maintenance, and various other issues.

Ie, if you've calculated the activity of sex/lovemaking, and you know that 1% of the time, there will be some moments of happiness/peace/love/pleasure, then this 1% will have to now be de-valued, because it has to now include (allow for), the risk of long-term prison/torture/slavery/rape.

Or, an alternative way to deal with this, is to just re-calculate it all (from the start), by comparing those few moments of happiness/peace/love/pleasure (during sex/lovemaking), against the 16 to 20 years of long-term prison/torture/slavery/rape, (from being forced to pay most of your salary (slave-wages), to child-support, despite the fact, that you didn't consent to having a child, and your partner agreed to this).

And on top of this, is the other (worse) types of torture, the main one of which, is that you have to see the child suffer on a regular basis, (because that is just what life does). And, what makes this especially cruel, is that this will continue for many decades, (until you or the child, is dead).

The key point is, that the 1%, is no longer 1%.

Ie, the percentage of moments of true happiness/peace/love/pleasure (during sex/lovemaking), then becomes 0.0001%.

And, when you round this to three decimal places, you realise that the moments of true happiness/peace/love/pleasure (during sex/lovemaking), is 0.000%.

Note:
Obviously, even if you're not looking for sex/relationships/friends/family/children/etc, everyone still needs a house/apartment/shelter/food/etc. However, if a person is truly honest with themselves, they know that they would do things slightly differently (or totally differently), if they naturally had absolutely zero interest in trying to have sex, friends, relationships, family, etc.

Ie, if they had absolutely zero interest in sex/relationships/friends/etc, then the things that they bought (eg, the type of: clothes, house, car, etc), would be totally different, and the things that they did, would be totally different.
-- Eg, if you really didn't care about sex/relationships/friends/etc, then you wouldn't care about how you looked, and what people thought about you, and therefore, you wouldn't do/say all the things that you currently do.

Note:
If you truly do not have any interest in relationships/friendships/family/having children/etc,

but you are working at a job, then that is insanity, because when people have jobs, they are basically working hard for money, however, most of that money, will need to be spent on many things, just to keep them alive, (and avoid pain/suffering), eg: housing, food, water, clothes, heating, etc.

Ie, since most of that money is needed, just to keep you alive, (and avoid pain/suffering), this means that:

> You're being a slave, to earn money,
> so that you can keep being a slave.

Ie, it really is insanity, and pure stupidity.

However, this is sugar-coating the issue, since life is not just slavery, but also prison/torture/rape.

Note: Even if a person admits, that the majority of their time is taken up with earning enough money, to stay alive, (and avoid pain/suffering), they'll probably be underestimating, just how much of their time is spent on the issue of work.

This is because, even if a person's job is for 40 hours per week, this is never the total time taken up by work issues/things, because whilst a person is outside of these 40 hours, there will be other work related things, which will need to be done, or thought about, or energy is spent on it.
-- Eg, there is always:

1. The amount of time/energy that they spend thinking/analysing/worrying/etc, about what happened at work, or what needs to happen at work (in the future), etc.

2. The amount of time that they spend travelling to (and from) work.

3. Etc.

The point is, that when you include all of this, and calculate it over a 24 hour period, then it's easy to see, how people are nothing but slaves.

Of course, when you combine all of the above information, and combine all of these cold hard facts, then it becomes even easier to see, that people really are suffering for 99% of their life, just to get 1% of true happiness/peace/love/pleasure.
-- Ie, they are slaves, who are suffering, and are only getting small crumbs in return.

Indeed, if someone approached you with this offer (business deal), where you work/suffer for 99% of the time, and get a reward for 1% of the time, you'd laugh at it, and run a mile.

Moreover, it's not just a bad business deal, it's something designed to fool/trick/scam/trap/enslave/imprison you.

And, it's important to see, that this is what everyone is doing to each other.
-- Ie, everyone is trying to fool/trick/scam/enslave/imprison everyone.

Indeed, most people are trying to convince/sell to other people, that they (as a partner, friend, lover, etc), are worth the 99% of suffering, (that you will have to go through, if you choose to be with them).

Note:
Many people argue, that it's wrong to put a price on lovemaking/sex/relationships/friendships/family/children/etc.

Ie, they're saying that you shouldn't try to work out the: cost-per-sex, cost-per-relationship, cost-per-friendship, cost-per-loving moment, cost-per-child, etc.

Of course, these people have to say this, because they know that any person that stops and takes a step back (to analyse it all), will immediately see how the whole thing is just about trying to brainwash/program people to a deep enough level, where they do not see that they're just being used/enslaved, (as personal-slaves, and/or work-slaves).

And, even if people are arguing this for other reasons, they're still missing the point, that when you do these calculations (eg, working out the cost-per-sex, cost-per-relationship, cost-per-friendship, cost-per-loving moment, cost-per-child, etc), it's not about the money, it's about all the physical/emotional/mental effort (and energy/time/hassle/stress/etc), that went into earning that money.

Ie, it's not about calculating:

> The cost/amount (of money),
> that was drained/sucked from you,
> just to get a few pure/true moments of happiness and pleasure, (during the hobby of lovemaking/sex/relationships/friendships/family/parenting/etc).

It's about calculating:

> The cost/amount (of physical/emotional/mental effort (and energy/time/hassle/stress/etc)),
> that was drained/sucked from you,
> to get the money, (eg, from doing a job, (and the chores to stay alive, to do the job)),
> which was all needed,
> just to get a few pure/true moments of happiness and pleasure, (during the hobby of lovemaking/sex/relationships/friendships/family/parenting/etc).

And, of course, it should be noted, that even if you do have lots of money in the bank, (and therefore you do not need to have a job, nor do many chores), then you still have to calculate:

> The cost/amount (of physical/emotional/mental effort (and energy/time/hassle/stress/etc)),
> that was drained/sucked from you,
> which happened for 99% of the time (during the hobby of lovemaking/sex/relationships/friendships/family/parenting/etc),
> which was all needed,
> just to get a few pure/true moments of happiness and pleasure.

Note:
When a person is saying, that they're trying to calculate all of these cold hard facts, (eg, the time/energy/money/effort spent on things (that are supposed to make them happy)), many people will be scared of that person doing this, and therefore they'll attack that person, by trying to brainwash/program them, with the usual arguments/conversations/discussions, eg:

1. "A good/decent person, doesn't try to add up the good/bad times."
2. "A real man/woman, doesn't complain, when they have to do some things that they don't want to do."
3. Etc.

Of course, these are the type of people, that want to make suffering, something that is acceptable/necessary/important/etc, and something that you should just keep doing to yourself, (because then they benefit from using you (and others), as their personal-slaves, and/or work-slaves).

Also, all these types of arguments are ignorant, because what these people do not realise, is that the deeper you go into life/everything, the more awake/aware you are, of every moment in life.
-- Ie, you're not trying to be aware of every moment, (and analyse if that moment is good or bad). What happens, is that you're just naturally aware of what's happening in every moment (without any effort). And therefore, you're naturally aware of all the ugly/cringe moments.

And, the deeper you go, the more you'll be aware of the more subtler ugly/cringe moments.
-- And, this will continue, ever-deeper, ever-subtler.

Of course, 99% of the population, are not able to do this, because they're constantly focused on:

- Thinking/planning how to use their personal-slaves, and then trying to make it happen.

- Thinking/planning how to keep their personal-slaves, and then trying to make it happen.

- Thinking/planning how to get new personal-slaves, and then trying to make it happen.

- Thinking/planning how to create a new personal-slave, and then trying to make it happen.

- Thinking/planning how to maintain their image, and then trying to make it happen.

- Thinking/planning how to maintain their delusion/bubble, and then trying to make it happen.

- Thinking/planning how to cover over the fact, that they're thinking/planning/scheming all of these selfish/immoral/cruel things, and then trying to make it happen.

- Etc.

Ie, when you realise that 99% of the population are like this, then it's to be expected, that they're not going to be able to be naturally aware, of all the ugly/cringe moments in their body, (let alone the more subtler ugly/cringe levels).

And, even if some of these people can do this, it's irrelevant, since they immediately try to hide from the truths/reality/immorality/horrors, that they are being shown.

And what this all means, is that 99% of the population, can't see what's right in front of them, (and/or happening to their own body).

Ie, there can be many occasions, when their direct experience (in life), can be of personal suffering, however, they want to maintain their delusion, and so they just pretend as though the suffering is not happening, (or that the suffering is: acceptable, necessary, good, important, etc).

And, of course, their delusion can only become more solid, if they're able to brainwash/program everyone else, to have the same delusions/beliefs/immorality.

However, no matter how strong their delusion (and denial of the suffering is), and no matter how many people they manage to brainwash/program, the truth is, that they're still suffering.

And, how can it be any other way, since you can try to cover over things, with as many layers as you want, however, that can't change the fact, that the thing underneath it all, is suffering.

And indeed, this is always very easy to see, because even whilst these people try to say that they're not suffering, (or that it's ok that they're suffering a bit), the truth is always obvious, (via looking at (and feeling) their: facial expressions, tone, body language, energy, choice of words, etc).

And, the more strong that their desires and fears are, (and the more desire and fears that they have), the more delusional they will be. And this means that:

1. They'll have to deal with (accept), even higher levels of suffering.

And,

2. They'll have to try to brainwash/program everyone else (to do the same hobbies as them (which are causing them suffering)), so that their selfish/immoral hobbies, are seen as normal (and acceptable), in all ways, (eg: legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

Note:
Point 1 (above), says that: "They'll have to deal with (accept), even higher levels of suffering".
-- This is important to understand, because,

> This is happening in everyone's lives, for 99% of the time.

And how can it be any other way, because,

> People are constantly doing this to each other, by constantly bombarding each other, with non-stop tests.

To understand this in more detail, let's reiterate the fact, that the main way to identify the moments when a person deals with (accepts) suffering, is to recognise when that person has an ugly/cringe/suffering feeling inside of them.

The key point is, that these ugly/suffering/cringe feelings, are a very common occurrence (in everyone), because when everyone is participating in the normal everyday hobbies/activities, (eg: of finding and maintaining relationships/friendships/families/children/education/jobs/etc), they are constantly being bombarded with non-stop tests, which cause these ugly/suffering/cringe feelings.

And, no matter what games/tactics you use (to try to win/succeed) at all of these games/tests/wars in everyday life, (in the hope of getting what you want), you'll always lose, (in the long-term).

This is obvious, because, all interactions/relationships/friendships/families/jobs/etc, are full of non-stop tests, where if you pass these never-ending tests, you just prove that you're willing to be a complaint/obedient slave, who is willing to do anything it takes, to pass the next test.

Indeed, this is very obvious to see, in “promotions” at work.
-- Ie, the people who get promoted, are the people that the employer has tested, and deemed as being a person who will (after getting a promotion), work even harder, work longer hours, and be even more complaint/obedient, (because they'll want the next promotion).

And similarly, if a person has passed many academic exams/tests/etc, then this is also useful information (to an employer), because it proves that that person was willing to work hard, to pass the exam.
-- Ie, the exam proves, that they are are wiling to work hard, and follow rules (and systems), and be a complaint/obedient slave.

However, all of this is also true, in all relationships/friendships/interactions/families/co-workers/etc.
-- Ie, if you're willing to do things, in the interaction/relationship (that you don’t really/honestly want to do), then you've passed the test.

And, in passing the test, this makes some things very clear, (which I'll explain next, in general terms, (so that it covers all aspects of life)).

So, to sum this all up (in general terms), it can be said that:

> In everyday life, there are never-ending tests/exams, (whether in: school, university, jobs, relationships, friendships, family, children, interactions, etc), and if you keep passing them, it makes some very clear statements, which include the fact that:
>
> 1. You are willing to keep passing all of these never-ending tests/exams.
>   -- Ie, this proves, that you're willing to be a complaint/obedient slave.
>
> 2. You are willing to accept the current system and rules, (of these never-ending tests/exams).
>   -- Ie, this proves that you are a complaint/obedient slave.
>
> 3. You are the type of person, who is willing to spend 99% of their time suffering, just for a scrap of happiness/peace/love/pleasure, at the end of it.
>   -- Ie, you are a cheap slave. And a fool/idiot/etc.
>
> 4. You are willing to compromise, (ie: prostitute yourself, sell a piece of your soul, etc), to get what you want.
>   -- Ie, this proves that you're corruptible.

5. You are a person, who believes that “suffering is acceptable”.
   -- Ie, if you believe this, then this proves that you are selfish/immoral/cruel.
   -- Indeed, this ties in with point 4. Ie, the people who are willing to compromise, only ever agree to compromise, because they selfishly want something.
   -- Ie, people only accept suffering, (ie, believe that “suffering is acceptable”), because they selfishly want something.

   Note: Knowing that a certain person believes that “suffering is acceptable”, is vital information to have about a person, because this means that they’re inherently selfish/immoral, and this means that they will be an excellent slave, (because the more selfish a person is, the easier it is to control/manipulate/use/enslave them).

   Indeed, the more selfish a person is, the more they will follow any orders/commands, (regardless of how much suffering it will cause them, or others).

So, the key point is, that if you’re constantly doing things in life, which shows that you’re willing to keep passing never-ending tests (whether in your work-life, or personal-life), then you are stating/proving (and providing evidence) to everyone, that you are someone, that will be an excellent (complaint/obedient) slave.

Of course, that last paragraph is sugar-coating the issue, because the truth is, that there are different degrees of compliance/obedience/slavery, and the more test/exams that you pass, the more you are stating/proving (and providing evidence) to everyone, that you are willing to keep being worked ever-harder, (ie, used/enslaved in ever-worse ways).

Ie, it’s important to be able to see the difference, between a slave that is used/enslaved in bad ways, as compared to, a slave that is used/enslaved in ever-worse ways.

Note:
These tests, are also a tactic that can be used, to brainwash/program/condition a person.
-- Ie, the tests not only show how brainwashed/programmed a person is, but it can also be the method of brainwashing/programming/conditioning.

Note:
People are playing these tests/“games”/wars all the time, because they arrogantly believe, that they're in control.
-- However, the opposite is true.

Or, they believe that they'll be able to get control.
-- However, even if they do succeed in getting control, they’ll still end up suffering, because there's always someone who is wanting the position/possession/person/slave/etc, that you

have.

And, of those people who want your position/possession/person/slave/etc, there will always be one person, who is willing to do more immoral/cruel/evil things and actions, (than you are willing to out-do).

Also, people sometimes think, that they'll make sure that they only prostitute themselves, on one issue, and that this will be to their advantage later.
-- However, another situation (test) will soon occur, and then they'll compromise/prostitute (accept suffering) again.

And this keeps happening, until one day, they suddenly realise that they've been controlled/manipulated/used/enslaved, (more than they were ever willing to accept).

At this point, it might just be one straw too many, and so instead of just continuing to delude themselves (about the situation), (ie, pretend that: everything is ok, everything is acceptable, they're happy, etc), they just suddenly snap, and:

1. Attack, (whether: physically, emotionally, mentally, financially, sexually).
   -- And this might be done, actively, or passively, to:

   a) The perpetrator.

   And/or,

   b) A different person, (or group of people), that they know.

   And/or,

   c) A random person, (or group of people), that they don't know.

2. Walk away, and cut all ties/communication, forever.

3. Kill themselves.

Of course, when you realise that this happens, you then also realise, that so many things that people believe in life, are totally upside-down.
-- Eg, this is true about the “loner”. Ie, many people have tried to brainwash/program everyone to believe, that those people who do not have any friends/relationships/etc, are to be feared, because they are dangerous.

Of course, it's actually the other way around, because the people that need to be feared, are the people who are involved in relationships/friendships/families/jobs/etc, because these people are constantly playing games/tests/tactics/wars, which they'll eventually lose, and then they suddenly snap, (as explained in point 1 (above)).

Also, it's important to realise, that the people who are involved in relationships/friendships/families/jobs/etc, need to be avoided, because they are toxic,

(because they are inherently selfish/immoral/cruel, because they're the type of people, that believe that “suffering is acceptable”).

Note: In one of the previous paragraphs, I said: “the people that need to be feared, are”. The point is, that many people will argue against this, by saying something like: It's bad to be “fear-based”.
-- This (and other things like it), are a very common weapons/tactics, to keep people enslaved. (I'll explain this in more detail, later in the conclusion.)

Note:
One key point to realise, is that the information above, (and a lot of other things), are to do with arrogance.
-- Indeed, in all aspects of life, (eg: relationships, interactions, friendships, family, jobs, having/raising children, etc), people keep arrogantly believing, that they will win/succeed at the never-ending games/wars/tests (that everyone is playing).
-- And so the stupidity (and suffering) continues.

It's so obvious, that the only way to win, is to not play.

However, even those people who do understand this, only understand it a bit, and this is evident in their actions, because you'll see them trying to use this knowledge, as a new tactic, in games/tests.

Indeed, similarly, many people are aware of all of these tests/games/wars, however, they're only interested in using this knowledge, to try to win at them.

Of course, this is stupidity, because even if they do manage to turn the test/game around (to their advantage), then they'll still lose (in the long-term), because they're still entangled with a person, that plays games.

Also, if that person is aware of the tests/games/wars, and they try to be unaffected by it, then they'll still lose, (because they're still playing, but just at a more subtle level).

Indeed, it’s obvious, that if they were really not interested in any of it, they would not be in the interaction, in the first place.
-- Ie, people only interact, when they want something. And, if they want something, then they're inherently immediately involved in the games/tests/wars, (even before it's begun).

Ie, if they're interacting with someone, (whether actively, passively, or however else), they're still playing.

Side note: It is worth observing the situation, where many people are fighting against the way that the media (and movies, tv programmes, etc) are using images of good looking skinny girls. Their argument is, that this is bad, because it makes girls want to do all that they can, to look good and skinny.

-- The point is, that if these people want to truly help these girls, then they should tell them, that:

> This whole thing, is just a game/test.

And therefore, that

> You do not need to play.

Moreover,

> No matter how good you get at this game, (or any game), you will always lose, (in the long-term).

And therefore,

> Trying to brainwash/program people to believe other ideas/things/beliefs/rules/etc, (eg, that “Beauty is on the inside”), is just selfish/immoral/cruel, because you're then setting up another game/test/rule/belief, which is going to inherently cause people to suffer.

Because,

> All games/tests/rules/beliefs/etc, (whether in finding or maintaining: relationships, friendships, families, children, jobs, religion, spirituality, etc), will always inherently cause suffering.

Note:
It should be apparent by now, that all of these words, are the same thing, eg:

> Tests/games/wars = rules/beliefs/systems (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), = relationships, friendships, families, children, jobs, religion, spirituality, etc, = life/existence.

The reason for adding the last bit (“= life/existence”), is because these are the things, that make up life/existence.

Note:
From all of the above information, one thing that needs to be realised, is that no matter which way you come at it, the result is the same, which is that:

> Any thing/person/experience, that you manage to “successfully” “win” and get (or posses) in life/existence, is not going to be a thing, that:

1) Gets you a long-term feeling of pure/true: happiness, pleasure, freedom, peace, love, bliss.

   Ie, you might get this feeling for a moment, or quite a few moments, but if you add up all these moments (across your entire lifetime), they'll be a total of 1% of the time.
   -- Ie, they'll be crumbs/scraps, of true happiness/peace/love/pleasure, (as compared to what you have to do to get it).

   This is especially true, if you add up all the moments, in that activity/relationship/interaction/friendship/family/etc, and also all the things you need to do, to be alive, (eg, jobs, chores, etc), and then add this up across your whole lifetime.

2) Permanently stops you from suffering, (because you'll always suffer, from trying to fulfil desires).
   -- And some desires, are not able to be stopped, without inflicting more suffering on yourself. Eg, if you ignore the desire for food, (and: water, shelter, etc), then you can do this, but you'll suffer a lot of physical pain.

   Ie, even if you genuinely/truly, throw away the common desires/activities/hobbies, (eg: relationships, friendships, family, having/raising children, jobs, etc), then you will be able to reduce your suffering a lot, but there will still be many ways, that life can inflict suffering on you.

Note:
Upon hearing all of this information (in this whole conclusion), and after seeing such appalling statistics/percentages (of how true happiness/peace/love/pleasure, is only for 1% of the time), many people will then argue, that if the situation is really this bad, then:

Why aren't more people killing themselves?

Or the question might be:

Why hasn't everyone killed themselves?

The answer to this, is simple.
-- It's mainly because:

1. There is no instant/painless/effortless/guaranteed/permanent way out of life.
   -- And indeed, it's important to realise, that: No method of suicide, is an instant/painless/effortless/guaranteed/permanent way out of life.

And,

2. People are being constantly brainwashed/programmed, with many different types of fears and desires, which makes them stay enslaved/imprisoned/tortured/raped, (in this thing called “life”).

Note: To keep people enslaved/imprisoned in life, is extremely easy.
-- All you need to do, is to control/manipulate people, via their desires and fears.

Eg, you could simply convince/persuade/brainwash/program people, to believe that:

1. You will get happiness (and other nice things), from: relationships, sex, friends, family, having children, etc.

Ie, this is making people desire things, which makes them need to stay in life.

2. You will suffer, if you do certain things.
   -- Of course, these “certain” things, are fears, which are invented to make you scared, if you try to escape from your slavery/imprisonment.
   -- And, these fears will be brainwashed/programmed into you, in many different aspects of life, (eg, religion, spirituality, etc). One example of this, is the belief that: “Anyone who kills themselves, will go to hell”.

Ie, this is making people fear things, which makes them need to stay in life.

Of course, there are so many other beliefs, that you can brainwash/program people with, to get the same result.
-- Eg, it's extremely effective, to brainwash/program people (directly and indirectly) with these two beliefs:

1. “Life (and existence), is good/precious/special/moral/selfless/acceptable/necessary/etc.”

2. “Death (and non-existence), is bad/immoral/selfish/unacceptable/etc.”

And, from these beliefs, you will instil in people, that:

A) You must fight, persevere, and do all that you can, to “win” and “succeed”, in creating (and preserving) life.

B) You must fight, persevere, and do all that you can, to “win” and “succeed”, in preventing death.

Note: Brainwashing/programming people with beliefs like these, is child's play.
-- Indeed, people do it to each other, on a constant basis, and it also comes from other sources, (eg: movies, tv programmes, documentaries, news stories, sit-coms, etc).

However, one of the key reasons, why it's so easy to brainwash/program (and keep reprogramming and reinforcing) beliefs like these, is because these beliefs are at a level, which is not even questioned, and also because, most of this is done indirectly.

And, on top of all of this, there is also the direct brainwashing/programming, (which is in many: movies, tv programmes, documentaries, news stories, sit-coms, etc), which is directly saying that, it's good/important to: save people’s lives, save the world from destruction, save the universe from destruction, stop existence from being ended, etc.

The key point is, that there are so many things in life, that people never question, because people don't even know to question them, because people don't even know that these things are questionable/challengeable, or that they even exist.

Ie, most people just blindly believe, that most things are “facts of life”, (instead of seeing and realising, that all things are just ideas, (that were brainwashed/programmed into them)).
-- And, the best example of this, are points 1 and 2 (above).

And, of course, this is all compounded by the fact, that not many people will want to admit, that:

1. They have been brainwashed/programmed, since birth.

2. The people that brainwashed/programmed them, (and still are brainwashing/programming them), are the people that they are closest to.

3. They (themselves), are brainwashing/programming other people, every time that they speak, (and/or do things, or don’t do things).

And, this is all compounded, by the fact that, it's hard to deprogram yourself, if you aren't able to temporarily stop, and take a step back from life.

And, when I say this, I don't mean that a person should be able to do this, as a one-off thing, or a regular thing. I mean that a person should be able to do this, at any moment in

time, whenever they feel that they need to do this.

Of course, when you look at life, you'll see that everything is setup in a cruel way, to not allow you to do this.
-- And, this cruel setup, is created (and perpetuated) by everyone, because everyone wants to keep everyone else brainwashed/programmed, so that they remain enslaved, (as their personal-slaves, and/or work-slaves).

There are many ways to make sure, that people are prevented, from deprogramming themselves. Eg:

1. Keep people in a state of constant sleep deprivation.
   -- This is very effective, even if it's only a mild sleep deprivation. And, this is very easy to do, because most people are in this state of constant sleep deprivation, and don't even know it. They just think that all the symptoms of sleep deprivation (that they're experiencing in everyday life), is how life is.

   Of course, unless people have had a chance, to live in a way, which allowed them to sleep naturally/fully, then they can't know the difference.

2. Keep people in an agitated environment.
   -- If you put a person in an agitating environment, they will get agitated.
   -- This is so obvious.

   Of course, when you look clearly/honestly at life, you'll see, that almost all environments/activities/people in life, are inherently going to agitate a person, (in the long-term).

Of course, sleep deprivation, and agitating environments, are very effective tactics/games/weapons/methods of torture, (eg, used during interrogations).

It's important to realise, that all of the above is true, regardless of how the brainwashing/programming, (and torture environment), is being done to someone.
-- Ie, it doesn't matter, if it's done directly, or indirectly.
-- Nor does it matter, if it's done consciously, subconsciously, or unconsciously, (because the end result, is the same).
-- Indeed, the end result, can only ever be one thing, suffering, (via prison/torture/slavery/rape).

Before moving onto the next part of the conclusion, I have to recap on something. (This will just be the next paragraph, and the five bullet points.)

A while back (in this long conclusion), I talked about how I had only told half of the story,

about indirect work-slaves.
-- Ie, one half of the story, was that people want lots of babies (future adults) to be constantly born/created, so that they can then be used as slaves, (to indirectly do jobs for them).
-- And, the other half of the story, was that people don't just want this, but they also (inherently) want:

1. Them to be brainwashed/programmed to get jobs.

2. Them to be brainwashed/programmed to not leave their jobs.

3. A fail-safe system, to make sure that they do not leave their job.

4. Them to be deeply brainwashed/programmed, to believe (as a matter of fact), that they should never kill themselves.

5. A fail-safe system, to make sure that they can't kill themselves easily.

The point is, that from all of the information in this conclusion, it can be now seen, that although everyone believes that it is acceptable to use/enslave other people, (as their indirect work-slaves), the truth is, that these people/slaves, are being forced to live a life, of prison/torture/slavery/rape.

And, if people want to argue, that these indirect work-slaves, are choosing to have this life of prison/torture/slavery/rape, (and therefore, that they're not being forced to have that life), then there can't be any argument (from these people), against providing everyone with the option, of an instant/painless/effortless/guaranteed way out of life, (whenever they want).

Ie:

> If people want to prove, that they're not using/enslaving people, (as their personal-slaves, and/or work-slaves), then all they have to do, is provide everyone, with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life.

Note:
In this conclusion, I have stated a lot of things, which many people will say are not true. Eg, many people will argue against the following statements:

1. Anyone that uses/enslaves people (as their personal-slave, and/or work-slaves), are selfish/cruel/immoral/evil.
2. Everyone is imprisoning/torturing/enslaving/raping each other.
3. Life is prison/torture/slavery/rape.
4. Etc.

And these people will argue against this, saying things like:

1. Life is not that bad.
2. Life is 80% good.
3. My partner/friends/family/children are free. I have not enslaved them. They are free to do whatever they want.
4. The people that work in awful jobs, I have not enslaved them. They are free to do whatever they want.
5. Etc.

The key point is, that any arguments/discussions like this, are just not necessary, (because there is one simple way to prove this). Indeed, (as mentioned earlier), if people want to prove, that they're not using/enslaving people, (as their personal-slaves, and/or work-slaves), then they only need to do one thing, which is to:

> Provide everyone, with the freedom/choice/option, to always have an instant/painless/effortless/guaranteed way out of life, (immediately, or whenever they want).

It's just so simple.

However, it's important to see, that some people might just say, that they're ok with this, because they slyly believe, that this is not easy to set up practically.
-- Ie, they're happy to agree that everyone should be provided with an instant/painless/effortless/guaranteed way out of life, because they don't believe that it can happen in reality.
-- So, lets make this theory more real, by explaining it in more detail. I'll do this, in the following example.

Note: In this following example, I will deliberately go into detail, not just for the reason stated above, but also because it will help people in many other ways. Eg it will provide people with information, which will explain to them, why suicide is not an instant/painless/effortless/guaranteed way out of life.

Indeed, many people ignorantly believe, that suicide is an instant/painless/effortless/guaranteed way out of life, and therefore, they believe that an instant/painless/effortless/guaranteed way out of life, already exists.

I say "ignorantly believe", because even a quick think about the subject of suicide, will show this to be not true, at all.
-- And indeed, the deeper that you examine the subject of suicide, the more you realise, that suicide is far from an instant/painless/effortless/guaranteed way out of life.

Note: The following example, is not about suicide. It's about assisted-suicide (consensual-murder), and pro-choice (freedom), and the most fundamental of rights/freedoms (the freedom to move away from suffering).

So, let's start the example.

It would be very easy, for a person to create a charity, that provides a service, where anyone is allowed to walk into a building, where they can choose any method of instant/painless/effortless/guaranteed death.
-- Side note: I said that this is a charity, but it could be a company, (whether non-profit, or for-profit).

Additionally, this service is also available in your home. Ie, you can call this service, and they will send a person to your house, and then you can request any method of instant/painless/effortless/guaranteed death.

Note: It's important to provide “any method” of death, because this also allows the person many options, including the option of:

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1. An instant death.
   -- Eg, if a terminally ill old person, wants to die, and they live in a country which allows them assisted-suicide, the methods that are used to do this, are usually limited to a few drugs. The problem with this, is that drugs/medicine, are never instant. And, the ones that are supposed to work quickly, sometimes take a while longer. And, even if they do work quickly, this still means that there might be some discomfort/pain/suffering, before you die.

   Yes, the person can take two drugs, (one which puts them into a comatose state, and the other which kills them), however, there are many things that can happen, which means that the person could suffer for quite a while, before they die.

   The key point is, that if a person can choose any method of death, then they can choose a method that involves an instant/painless death.

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2. An instant/painless death, whilst the person is in the deepest states of deep sleep.
   -- This option/type of death is important, for many reasons. Some of these reasons, are as follows:

   ---

   a) Just before death, people have many anxieties.
      -- There are too many anxieties/issues to list, but it's important to note, that these anxieties/issues, span all types of death. Eg:

      - If the death is a natural one, then they might be anxious about x, y, z.

      - If the death is an assisted-suicide one, then they can also have anxieties about x, y, z, and also about the amount of suffering that they might have to endure (from the drugs/medicine), before they die.

      - If the dearth is one of suicide, then they might be anxious about

how the method of suicide, might not be totally successful, (and that they could then be left permanently disabled (mentally or physically)).

The key point is, that if the person's death occurs, whilst they're in the deepest states of deep sleep, then they won't have any of these anxieties/issues.

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b) If you believe in reincarnation, and/or that your last thoughts/emotions/energies, will determine your fate (after death), then the ideal way to die, is whilst you're in/as “That”, (or as near to non-existence as possible).
-- And, the deepest states of deep sleep, are as close to non-existence as possible, (for most people).
-- I'll explain the subject of “That”, in more detail, later in the conclusion.

The key point is, that if a person believes in reincarnation, and/or that their last thoughts/emotions/energies, will determine their fate (after death), then they might demand that they be given the freedom/choice/option, of choosing whether to die naturally, or via this charity/service/building, (where they can have an instant/painless/effortless/guaranteed death, whilst they're in the deepest states of deep sleep).

Note: There are times in this book, where I add the words “whenever they want”, onto the end of phrase: “instant/painless/effortless/guaranteed way out of life”.
-- Ie, I sometimes deliberately say, that people need to have the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life (whenever they want), because there are some times, when it's important to distinguish between “instant”, and “whenever they want”.

Eg, a person might want to leave life, in an instant/painless/effortless/guaranteed way, however, they might want that to be, whilst they're in the deepest states of deep sleep.

Ie, whilst in the deepest states of deep sleep, they want to have an instant/painless/effortless/guaranteed way out of life.

And therefore, suicide is not an option.
-- And therefore, they would need to use this charity/service/building.

Side note: Just to make it clear, whenever I refer to the “charity/service/building”, it is this charity/service/building which has been set up, to provide everyone with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life, (whenever they want).

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c) It can be argued, that the only way to avoid reincarnation, (whether that reincarnation is to this same dimension, or to somewhere worse), is to not have a natural death.

To understand this, you have to understand, that a person who believes the above statement, (that the only way to avoid reincarnation, is to not have a natural death), will also believe that:

> The rules which apply to the never-ending tests/exams (in life), (whether in: school, university, jobs, relationships, friendships, family, children, interactions, religion, spirituality, etc), are the same rules, which apply to life (itself), and existence (itself).

Indeed, this is a fair/reasonable thing to believe, because what happens on one level of life, happens on all other levels of life.
-- Ie, the fundamental pattern is the same, on all levels of life, (and in life/existence itself).

Indeed, earlier in this conclusion, I explained this issue (of the never-ending tests in everyday life), and in that explanation, I said:

> “Tests/games/wars = rules/beliefs/systems (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), = relationships, friendships, families, children, jobs, religion, spirituality, etc, = life/existence.”

Ie, the key point here, is the last bit: “= life/existence”.
-- And, I included that part, because these are the things, that makes up “life”/“existence”.

Ie, the key point is, that some people believe, that life is also like this test/exam.
-- Ie, if you keep accepting (and passing) all the never-ending tests/exams (suffering) in life, then you'll just keep being given more of them.

And, if you keep doing this, until you naturally die, then that is the ultimate passing of a test/exam.
-- Ie, if you die a natural death, then this proves, that you were willing to accept, all the suffering that life threw at you. And therefore, life will promote you, to a place where you will be worked even harder, (and suffer even more).

Ie, the only way to avoid being reincarnated, to a such a place (where you are worked harder, and/or suffer more), is to not keep fighting/persevering to pass/win/succeed at all these never-ending tests, until you die a natural death.

Note: In that last sentence, I used the term reincarnation, but that word does not need to be used (or believed in). Indeed, any word can be used.
-- Ie, instead of using the word reincarnation, I could just say:

The only way to avoid being taken/shifted/ascended/descended, to a such a place (where you are worked harder, and/or suffer more), is to not keep fighting and persevering, to pass/win/succeed, at all these never-ending tests, until you die a natural death.

The key point is, that if a person has this belief, then they need to make sure, that they do not “keep fighting and persevering, to pass/win/succeed, at all these never-ending tests, until you die a natural death”, and moreover, they need to do something, which is:

- The exact opposite of, passing a test.
- The exact opposite of, believing that: “suffering is acceptable”, “suffering is necessary”, “suffering is important” etc.
- The exact opposite of: prostituting yourself, compromising, settling, selling your soul, etc.
- The exact opposite of, using/enslaving/imprisoning/torturing/raping other: people, animals, entities, things, energies, dimensions, etc.
- Etc.

And this all means, that what they need, is a method of leaving life/existence, which is truly instant/painless/effortless/guaranteed.

And, the only truly instant/painless/effortless/guaranteed way out of life/existence, is one which happens, in the deepest states of deep sleep.

And, the only way that this can happen, is via a charity/service/building, which provides these people (and everyone), with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life, whenever they want.

And, (in that last sentence), it was important to included the words “and everyone”, because this charity/service/building, is not just for the people who have this belief, but for everyone, because it is this charity/service/building, that is providing everyone, with their most fundamental of rights:

The freedom to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way.

Note:
Point 2 (above, which is about, “An instant/painless death, whilst the person is in the deepest states of deep sleep”), is easy to do, because an EEG machine can monitor the person, so that they're only killed, when they're in the deepest states of deep sleep.

Ie, they go to bed as normal, without taking any drug (or any thing), and whilst asleep, a machine will monitor the person's brain waves, and then when that person is in the deepest states of deep sleep, they're instantly killed, (by whatever instant/painless method, that the person has chosen).

There are many sophisticated ways, to kill someone instantly/painlessly, but a crude method could also be used, (eg, a few simultaneous bullets (in the head and heart), which might be done by a person, or by a machine).

The key point is, that although this charity/service/building, will provide any option/method of death, perhaps the most important option/method of death (which it must provide everyone), is the one which kills the person, whilst they’re in the deepest states of deep sleep, because what this means, is that:

1. It doesn't require you to take any pill/drug/gas/etc, where you will feel the drugs slowly affecting you, (whether that drug is sedating you, or slowly shutting down your vital organs).
   -- Ie, instant/painless.

2. You do not need to set up anything, or do anything, etc.
   -- Ie, it's effortless.

3. There is no chance of it going wrong, (being botched, etc), and that you will then be left semi-alive, and this will mean that you then have to deal with even more suffering (physical or mental), than before.
   -- Ie, it's a 100% guaranteed death.

4. The death happens whilst you're not conscious. Ie, zero anxiety/thoughts/emotions/etc.
   -- Ie, it's not only physically painless, but also mentally and emotionally painless.
   -- Ie, a death like this, (ie, whilst you're in the deepest states of deep sleep), is perhaps the only death, that is truly painless.
   -- Ie, the emphasis is on the word “truly”.

   And indeed, this type of death (whilst you're in the deepest states of deep sleep), is truly painless, because it’s painless in absolutely all ways.

5. Etc.

Of course, the reason why I have explained these points (1 to 4), is to clearly emphasise, that this charity/service building, can actually provide people, with an instant/painless/effortless/guaranteed death, in practice.

Ie, at many points in this conclusion, I've talked about the need for “an instant/painless/effortless/guaranteed way out of life”, but this was just theory.
-- However, now it has become something, that is obviously, very easy to create in practice.

Note: I said “very easy to create in practice”, because it is.
-- Ie, it's not something that needs technology/skills, which are not in existence yet, (and we need to wait for it to be invented, at some point in the future).
-- Ie, this charity/service/building, can exist now.

And what this means, is that:

There is absolutely no excuse, for it not to be in existence, right now.

Note:
Earlier on, I mentioned that: “There are many sophisticated ways, to kill someone instantly/painlessly, but a crude method could also be used, (eg, a few simultaneous bullets (in the head and heart), which might be done by a person, or by a machine)”.
-- The key words in this sentence (which I now want to talk about) are: “or by a machine”.

For the moment, let’s just stick with crude methods, because crude methods, demonstrate that this can all be done now, (and that we don’t need to wait until some time in the future).
-- So, let’s stick with the crude method, where the method of death is via, “a few simultaneous bullets (in the head and heart)”, however, let’s say that this is not done by a person, but by a machine.
-- The key points to realise now, are that:

1. If it’s done by a machine, then this is not assisted-suicide. It’s suicide.

   This is a very important point, because if it’s not assisted-suicide, then there are no laws that are being broken, (since suicide is legal).

   So, since it’s legal, this charity/service/building, can exist now.

2. I said that this machine, will deliver “a few simultaneous bullets (in the head and heart)”, however, the machine does not need a gun to do this, (since there are alternative delivery systems, (which can deliver bullets)).
   -- And, this can be taken further, when you realise, that there are alternatives,

to bullets.

The point is, that if the machine is not using a gun, nor firing bullets, then this charity/service/building, does not need to deal with gun laws, nor is it breaking any laws.

So, since it's not breaking any laws, then this charity/service/building, can exist now.

Note: There are many ways to instantly/painlessly kill a person (which do not require a gun, nor bullets). And there are so many variations, of such a device, that if a new law was introduced (to outlaw this machine), then a simple change to this machine, could be implemented, which makes it legal again.
-- And/or, the methods of instantly/painlessly killing a person, might comprise of various items, which are in daily use around the home, (and/or in companies), and therefore, it would become impossible to criminalise the use of such common/everyday items.

Note: Although I said that, "There are many ways to instantly/painlessly kill a person (which do not require a gun, nor bullets)", these methods will still require setting up. Ie, it's not effortless. Ie, the charity/service/building is still needed, because without it, these methods might be instant/painless, but not not effortless, nor guaranteed.

3. Since the method of death is via a machine, this means that, this method of death, can exist in the building, without any human being there (on-site) to run it.
   -- Ie, even if the government/police did want to raid this building, then there would be no one to arrest.

   And, since this charity/service/building can be setup anywhere, then what this means, is that even if it did get raided, it would be setup again, somewhere else.

   And, there is the option, to either have this building run remotely, or let it run by itself. Ie, there is the option, for it to be fully automated.

The reason for discussing this in detail, is because it just proves, that this charity/service/building, can actually/practically exist now, without breaking any laws.

Ie, yes, it would make life easier, if the law allowed this charity/service/building, to exist (within the law), however, it would be immoral to wait for the laws to change (before setting up this charity/service/building), because with every single day that passes, people are suffering intolerable pain, all because this charity/service/building, does not exist.

However, although I have explained, that it is possible for this charity/service/building to exist now, it must be noted, that spending lots of time/effort/money/energy, to make sure that this is all done without breaking any laws, is annoying and unpleasant, especially since the government/police/whoever, will then immediately invent a new law, (or redefine, or reinterpret, an existing law), which then makes this all illegal.

Ie, the cat-and-mouse game, is not only annoying and unpleasant, but it might just make the whole charity/service/building collapse, because one of the key things that was important in this charity/service/building, was to provide everyone with the freedom/choice/option, to leave life in an instant/painless/effortless/guaranteed way. Ie, the problem will be, that due to this cat-and-mouse game, it might start to make things not "effortless", and if there is a constant threat of a police raid, then this makes it hard to say that it is "guaranteed".

Ie, it might well be, that until this charity/service/building, is allowed to exist legally, it can't fulfil all it's requirements, of the death being instant, and painless, and effortless, and guaranteed.

So, although some people might still try to make this charity/service/building exist (on the fringes of the law, (since that is better than nothing)), this is not ideal. And, the point of this book, is to suggest ideal solutions, (ie, solutions which are instant/painless/effortless/guaranteed/permanent).

So, in this book, from this point onwards, whenever I talk about this charity/service/building, I'm going to talk about it, as though it can't exist, unless the government (and/or enough people), allows/wants it to exist.

Ie, at this point in time, the situation that we're in, is one where this charity/service/building:

1. Can exist - In the sense that we do have all the technology and resources, which are necessary, to have one of these buildings (and services), in every town/village.

2. Can't exist - In the sense that the government/society/public, do not want it, and therefore, they'll always keep inventing (and enforcing) new laws, to make (and keep) this illegal. And they'll also do all that they can, to make sure that it never exists, (even on the fringes of the law, or as an illegal thing).

And so the end conclusion (about this charity/service/building), is that it can't exist, due to the fact that 99% of people, are selfish/immoral/cruel/evil, and therefore, they either do not want it to exist, or they do not care enough, to make an effort, to make sure that it does exist.

And, the use of these term "selfish/immoral/cruel/evil", is justified, because by not letting this charity/service/building exist, this inherently means, that many people are being denied their most fundamental of rights/freedoms, (the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way).

And, if people are being denied this freedom, this inherently means, that they're being non-consensually trapped/forced/imprisoned, in this thing called life, (which is prison/torture/slavery/rape).

And indeed, (as mentioned earlier), it's indisputable, that it's selfish/immoral/cruel/evil, to:

1. Force people into prison/torture/slavey/rape (life/existence).

And/or,

2. Make sure that people who are in prison/torture/slavey/rape (life/existence), can't escape/leave, (in an instant/painless/effortless/guaranteed/permanent way), whenever they want.

Of course, this is only half of the story, because:

> It's not just about denying this right/freedom (for those that want to leave life, in an instant/painless/effortless/guaranteed way), it's about making sure, that everyone is brainwashed/programmed, with rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), which will (directly or indirectly) do points 1 and 2 (above).

Note: This is not about some conspiracy, of how some secret-organisation, is responsible for withholding this right/freedom from people.
-- This is about 99% of the population, doing points 1 and 2 (above).

Ie:

> 99% of the population, are the ones who are constantly brainwashing/programming each other, to make sure that points 1 and 2 (above), are seen as acceptable (morally, socially, interpersonally, personally, religiously, spiritually, etc), so that they can keep using/enslaving people, (as their personal-slaves, and/or work-slaves), to fulfil their selfish desires.

And it's obvious, that an instant/painless/effortless/guaranteed way out of life, does not exist, because people are selfish/immoral/cruel/evil, in wanting to force people to stay alive, so that they can be used/enslaves, (as their personal-slaves, and/or work-slaves).

Note:
The only reason why this charity/service/building, can't be set up right now (in an easy/basic manner, (eg, with the use of guns)), is because of some "laws".

The key point to realise, is that all laws can be changed immediately, if everyone wanted it to be changed.
-- But they don't.
-- 99% of people, want the opposite.
-- They want to make sure, that no one is that free.

Ie, people are happy to allow their personal-slaves (and/or work-slaves), to have "freedom", but only to the extent, that the slave stays woking at their daily job, (and therefore, never kills themselves).

However, this is only half of the story.
-- The other half of the story, is that:

> When these people do encourage "freedom",
> they're only encouraging the slave to do things,
> that increases their enslavement.

Indeed, parents/people/companies/organisation/governments, are always keen to make sure, that everyone does the usual activities/hobbies/things in life, because these usual activities/hobbies/things in life, will cause the slave to become more trapped/enslaved.

Classic examples of these usual activities/hobbies/things, are to encourage the slave to:

1. Spend money.
   -- This plan/tactic ensures that:

   a) They keep working at their daily job.

   b) They are easy to control/manipulate.

   c) Etc.

   Side note: It's important to see, that these points ("a" and "b"), are only true, if the person is also brainwashed/programmed to believe that: "Life is good, death is bad".
   -- Indeed, without this, the person could just spend all their money, knowing that when the money runs out, they're happy to die.
   -- And, if the charity/service/building did exist, they would be even more happy to die, since the method of leaving life is effortless, (and guaranteed, and instant/painless).

2. Get into debt.
   -- The plan/tactic to get people into debt, can be done in many ways. A huge one, is to do this via making them get a mortgage. But it's also effective, to make them use credit, to buy many small things.

Side note: Again, this plan/tactic would not work, unless the person is also brainwashed/programmed to believe that: “Life is good, death is bad”.
-- Indeed, without this, the person could deliberately run-up as much debt as possible, because they know that they’re just going to leave life, as soon as they can’t get anymore debt.

The key point is, that no plan/tactic can work, unless people are also brainwashed/programmed to believe that: “Life is good, death is bad”.

(Obviously, this same side note applies to all things in life, but I won’t repeat this side note in the next few points, because otherwise this will become too repetitive.)

3. Have babies/children.
   -- After having babies/children, they're forced to keep their job, and spend money on many things, which helps with points 1 and 2.

4. Get into a relationship.
   -- If they're in a relationship, they'll need to spend money, to keep their partner happy. This helps with points 1 and 2.

   And, if they’re in a relationship, they might also be convinced/persuaded/coerced/brainwashed/programmed, to have babies/children. Ie, this helps with points 1 and 2.
   -- Or, they might be forced to pay child-support, (if they're scammed/tricked into having to provide for a non-consensual baby). Ie, this helps with forcing them to have (and keep) a job, and also spend money on many things, which helps with points 1 and 2.

5. Have sex.
   -- To have sex with someone, the person will need to spend money on all types of things, including:

   a) Needing to rent/buy a place, (because most people will only agree to sex, if the sex takes place inside a building).

   b) Needing to play whatever games/tactics, to get sex.
      -- Note: Even if the person doesn't pursue someone for sex (or a relationship), they will still spend money, to have an appearance/appeal, which is alluring, so that they are pursued.

   c) Needing a job, to stay alive, to have sex.

6. Have friends.

-- If you have friends, you need to get together somewhere. This is often done at a cafe/bar/club/shop/etc, and wherever it is, it takes money to get to that place (and back home). And, they might also spend money whilst they're at that place.
-- And since that place will become repetitive, they'll then want to do new things, which costs money, etc.
-- Ie, this all helps with points 1 and 2.

Also, the more friends that a person has, the more chance there is, that some of these friends, will try to brainwash/program you, to believe that you will be happy (and appear successful), if you have: a relationship, friends, family, children, sex, marriage, hobbies, etc.
-- Ie, this all helps with points 1 to 6.

7. Get a job.
   -- People are brainwashed/programmed to believe, that points 3 to 6, are activities/hobbies that are worth doing, (and therefore it's worth having a job, so that you can do those activities/hobbies).

   And, on top of that, people are also brainwashed/programme to believe, that you will be more successful at points 4 to 6, if you have a job, which makes you appear: important, wealthy, powerful, dominant, or whatever else.

   However, although having a good job, (and money), will help make it easier to achieve points 4 to 6, they never tell you, that after you do succeed in getting points 4 to 6, you will only experience true happiness/peace/love/pleasure, for 1% percent of the time, and suffer for 99% of your entire lifetime.

Also, of course, the more people that surround you, the more that you'll be brainwashed/programmed, with all these normal basic beliefs/programs, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), and this will make sure, that you will be strongly against, allowing there to be a charity/service/building, which provides an instant/painless/effortless/guaranteed way out of life.

Note:
It's important to emphasise, that:

No one would be fearful of this charity/service/building, and no one would be against it being in every town/village, if they honestly believed, that life was good.

Ie, the selfish/immoral/cruel/evil people (that are against this charity/service/building), know that life is not good, because:

If they thought that life was so good, then no one would want to kill themselves).

And,

If they know that life is not good, then they also know, that life is full of suffering.

And,

If they know that life is full of suffering, then they also know, that life is torture.

And,

If they know that life is torture, then they also know, that there must also be some form of imprisonment, (because otherwise the person would just escape).

And,

If they know that life is imprisonment, then they also know, that this is against the person's consent, and is therefore rape, and slavery.

Ie, the people that are against the charity/service/building, are always just trying to find excuses, but they know that they're only against it, because they know that there's a chance, that many people will want to exercise their most fundamental of rights, and rationally choose to take this instant/painless/effortless/guaranteed way out of life/existence.
-- And, if many people take this option, then there's a chance, that they could lose their personal-slaves, and/or, that if enough work-slaves kill themselves, then society would collapse.

And, of course, it should be obvious, that:

A society/system that is based on prison/torture/slavery/rape, is one that should be collapsed.

However, it's important to realise, that regardless of whether you believe that society should be collapsed (or not), it's indisputable that it's beyond cruel/evil, to force people to stay in an existence that is inherently prison/torture/slavery/rape, if they want to leave.

Note:
To understand all of this more, you just need to see how things really are. And the deeper you look, the worse it gets.

-- Eg, most people in this world, are just constantly struggling/fighting, in order to get, get, get, (whether that is about getting/using things, or people, or whatever else).

However, if you look deeper, things get a lot more ugly. I'll explain this, as follows.

There are some people, who are saying:

> "You can have all my possessions, (and all my money, my apartment, absolutely everything), as soon as I leave life, which I want to do, as soon as possible, (ie, as soon as I can find a way to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way)".

The key point is, that although some people will happily take your possessions/money/etc, there are many other people, who will say that they don't want your possessions/money/etc, however, these are the worst kind of people, because although they don't want your money/possessions/etc, they'll do everything in their power, to make sure that you can't leave life/existence, in an instant/painless/effortless/guaranteed/permanent way.

And what this means, is that it's absolutely clear, that:

What they want from you, is more than your possessions/money/etc.

Note: In the last sentence, I said "more than".
-- The point is, that if it's "more than", it must "worse than". And indeed, this is true, because what is worse than these people wanting all your possessions/money/etc, is that they want to use/enslave you.

And, if we stop using these sugar-coated words ("use"/"enslave"), then we can see, that what they really want, is to imprison/torture/enslave/rape you, (as personal-slaves, and/or work-slaves).
-- And indeed, this is way worse than wanting your possessions/money/etc, because this prison/torture/slavery/rape, is for your entire lifetime.

Of course, people will come up with all kinds of reasons/discussions/arguments, to try to explain that this information (above) is wrong. However, to emphasise how ridiculous all these reasons are, I'll use the following analogy (about chocolates).

Each person has their own personal preferences, (eg, some people might like dark chocolate, and others might like white chocolate).
-- The point is, that on issues that do not concern other people, (eg, chocolates), people do not care, if a person prefers one chocolate over another.

Ie, it's just preferences, and it would be absolutely ridiculous, if a person wanted to interfere with another person's preferences of chocolates.

Indeed, it would be absolutely ridiculous, if they:

1. Insisted that everyone must only eat dark chocolate.

2. Make it illegal (or extremely difficult), for anyone to eat white chocolate.

Ie, it's important to see, that the only reason why people are not bothered, about what chocolate a person prefers, is because people know, that no matter what chocolate people prefer, it will not have a detrimental affect on them, in terms of:

A) Them trying to fulfil their selfish desires.

B) Them trying to avoid having to do certain jobs/chores.

C) Etc.

Ie, the key point is, that:

> You don't care what chocolates your neighbour prefers to eat, because that preference, doesn't stop you from being able to use/enslave/rape people, (as personal-slaves, and/or work-slaves).

Of course, the situation is totally different, with the preferences of: assisted-suicide, consensual-murder, pro-choice, the fundamental right/freedom to move away from suffering, the charity/service/building, etc.

Ie, assisted-suicide (consensual-murder), should just be a preference (like chocolates), and so people shouldn't interfere.

However, the opposite is true. Indeed, the interference is so high, that it's attacked on all fronts, with all types of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc).

And, it's important to see, that this attack (on all fronts, with all types of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc)), has actually worked, because not only is assisted-suicide illegal, but most people have been heavily brainwashed/programmed, to believe that assisted-suicide is not acceptable, in all ways, (morally, socially, interpersonally, personally, religiously, spiritually, etc)

Ie:

> All the arguments/discussions/reasons/excuses, to interfere with a person wanting to kill themselves, is all only to do with people wanting to selfishly/immorally force people to stay in life, so that they can be used/enslaved/raped, (as personal-slaves, and/or work-slaves).

Note:
Most organisations that are fighting to legalise assisted-suicide, (and/or euthanasia, etc), are only fighting to make assisted-suicide legal, for certain types of people, (eg, people who are old, and only have six months to live, and are in intolerable physical pain, which is due to a terminal illness/disease).

And, these organisations will be openly against any type of assisted-suicide, which involves any other type of people, (ie, anyone who is not: old, and only have six months to live, and are in intolerable physical pain, which is due to a terminal illness/disease).

These organisations deliberately do this, because they know, that one of the things that most people fear, about passing a new law (that legalises assisted-suicide (for any type of people)), is that this is “the thin end of the wedge”.

The key point is, that when these organisations do this, they're:

1. Reinforcing the brainwashing/programming/lies, that:

    a) “The most fundamental of rights/freedoms, (the freedom to be able to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way), is only applicable to one small group of people.”

    -- And therefore, by doing this, these groups/organisations are actually causing (and perpetuating) suffering.

    b) “Pro-choice is bad.”

    c) “Choosing to leave life/existence, is bad.”

    d) Etc.

2. Slowing down the whole process, of making assisted-suicide legal.

3. Giving the opposition a position to fight, when there isn't any.
   -- Ie, they're creating the opposition.

4. Etc.

The key point is, that there are hundreds of better/simpler arguments, that can be made, if these organisations just fought for everyone who wants to die, (instead of only fighting for one small category of people, (eg, the old terminally ill people)).

Ie, if you argue that old terminally ill people, should have the right-to-die, then you're creating (and allowing), people to have the opposing arguments, (eg, the thin-end-of-the-wedge argument).
-- Meanwhile, if you argue that all people have the right-to-die, then:

1. You're not giving the opposition the chance, to use any such arguments.

2. You're then able to suddenly use hundreds of moral/logical/rational arguments, (like the ones in this conclusion).

Note: When I talk about the thin-end-of-the-wedge argument, what I mean by this, is that: It starts with a new law that is passed, to allow old terminally ill people to get assisted-suicide, but then later on, another law comes, which allows younger terminally ill people to be allowed assisted-suicide, and then (later), assisted-suicide is also allowed for mental issues, and then (later), it's also allowed for anyone who is depressed, and it just keeps getting easier for more people to be allowed to kill themselves.

Note: When organisations try to only fight for one category of people (eg, old terminally ill people), it's yet another situation, where they're playing games/tactics. And, in playing games, they're going to inherently cause suffering.

Also, by only fighting for one category of people, they're not able to fully/honestly/clearly observe (and care for) everyone/everything. And, any person/group, that does not include (care for) everyone/everything, will only end up creating more suffering.

To get to the next key point, let's start from here.
(Bear with me, for the next three paragraphs.)

The point of explaining this charity/service/building in detail, is because the more detail used, the more it is realised, that this can actually become a real practical possibility.
-- And when this happens, people will be scared of it becoming a reality, (because they'll be scared of losing their personal-slaves, and this is unbearable for them to imagine).
-- And they'll also be scared, of losing their many indirect work-slaves, because then their comfortable world (as they know it), will end.

And, when people are this scared, they'll then try to make sure, that this charity/service/building is never allowed to exist, and this will then prove, that people are using/enslaving each other, (as personal-slaves, and/or work-slaves).

Ie, if people truly/honestly believed, that their personal-slaves (and/or work-slaves), were genuinely happy with their lives, then they would not be scared, of allowing this charity/service/building to exist.

However, although I've explained this charity/service/building in some detail, there are some very important details, that I still need to mention.
-- These extra details, are very important to mention, because as soon as they're mentioned, people's fear of this charity/service/building, will increase dramatically, and this will make them even more determined, to make sure that it never exists.

-- And, the fact that they will never want there to be an option/choice/right/freedom, for a person to leave life (in an instant/painless/effortless/guaranteed way), this then proves (even more), that they are selfish/immoral/cruel/evil.

So, let's now add the extra information.

The extra information about this charity/service/building, (which allows a person an instant/painless/effortless/guaranteed way out of life), is that it must be:

1. Available to anyone.
   -- And, “anyone” means anyone.
   -- Ie, no restrictions, in any way.
   -- Ie, anyone can simply walk into the building, and they will be immediately accepted, (regardless of: age, race, class, health, etc).

2. Available without question/reason.
   -- Ie, there is no questioning/screening of any kind.

3. Available immediately.
   -- Ie, there is no waiting period.

4. Available for free.
   -- Ie, absolutely no costs at all, whether monetary, or otherwise.

Note: I’m not saying all of these things, just to try to increase the fear level (to prove a point). I’m saying all of these things, because all of these points (1 to 4 (above)), are necessary/important, because without them, the solution is not inclusive of everyone.
-- And, whenever a solution excludes people, the solution will inherently/inevitably, cause more suffering.

Ie, this suffering might (initially) only be caused to a certain group of people, but suffering always spreads, inherently/inevitably, to everyone.

Note:
Earlier on, I said that some people might have the belief, that:

> “If you die a natural death, then this proves, that you were willing to accept, all the suffering that life threw at you. And therefore, life will promote you, to a place where you will be worked even harder, (and suffer even more).
> -- Ie, the only way to avoid being reincarnated, to a such a place (where you are

> worked harder, and/or suffer more), is to not keep fighting/persevering to pass/win/succeed at all these never-ending tests, until you die a natural death."

The key point is, that this ties in with point 1 (above), about this charity/service/building, being available to anyone, of any age.
-- I'll explain this as follows:

If a person has this belief, then it's important to recognise, that this is not just about, not wanting to have a natural death. Because, this belief is about, the never-ending tests in everyday life.

Ie, if they have this belief, then they also inherently believe, that with each of these never-ending tests, (that they pass in everyday life, (whether in: school, university, jobs, relationships, friendships, family, children, interactions, religion, spirituality, legal laws, etc)), they are continuing to be a fool/idiot, (because passing each test, just means that you're ready to accept the next level of suffering).

Ie, if they know that this is what life is, then they'll inherently want (or need), to leave this life/existence, as soon as possible.
-- Ie, as soon as a person is wise enough to realise this, then that is the time when they will want to leave life/existence.

So, the key point is, that: This realisation, could be at any age.

And therefore, this ties in with point 1 (above), which states that this charity/service/building, is to be made "available to anyone", which includes any age.

Note:
In one of the previous paragraphs, I said: "then they'll inherently want (or need), to leave this life/existence, as soon as possible."
-- In this sentence, the key words that need to be deeply understood, are: "or need".
-- Ie, it's important to recognise, that this is not a "want".

Indeed, the freedom to move away from suffering, is not a luxury, it is a necessity, and moreover, it's the most fundamental of rights.

This is true, because if this statement was not true, then torture/rape/etc, would be acceptable, and legal.

Ie, if you believe that the freedom to move away from suffering, is a luxury, (and not a necessity, nor a right of the individual), then the following applies to you:

> If (in the future), you are kidnapped, and kept as a prisoner in someone's basement (where you can't escape), and you are then raped and tortured on a daily basis, (and you want to escape from it), then other people can say, that your desire to escape, (ie, be free from this intolerable suffering), is just a desire, (a luxury), not a need, (and not a necessity), nor a right that you have.

Ie, the key point is, that if you do not have the freedom (right) to move away from suffering, then the perpetrator is legally allowed to keep raping and torturing you, for the rest of your entire life.

Ie, if society makes it illegal (and unacceptable), for there to be this charity/service/building, (which allows a person an instant/painless/effortless/guaranteed way out of life), then society is inherently saying, that it's perfectly legal (and acceptable), for a person to kidnap you, and imprison you in their basement, and rape and torture you on a daily basis, (because you (the victim), has no right to demand, that you have the freedom (right), to move away from this suffering).

Note:
There have been a few times in this conclusion, where I have used the example of a person that is kidnaped and taken to their basement, where they're imprisoned for the rest of their life, and whilst being imprisoned, they're raped/tortured/enslaved. There are many reasons why this is a good example to use, and one of these reasons, is as follows.

Many people would see this kidnapping (and imprisoning, torturing, raping) behaviour, as totally unacceptable, because it is forced, non-consensual, and it strips a person of their freedom and humanity. Ie, imposing prison/torture/slavery/rape on a person is cruel/evil.
-- However, what people fail to see, is that:

This is going on all the time (in everyone's normal everyday life).
-- The only difference, is that it's at more subtle levels.

And people also fail to see, that the subtle levels, are:

1. A lot more effective (in imposing prison/torture/slavery/rape on a person).

2. A lot more damaging/violent/scarring (in the short-term, and the long-term).

Note:
If a person believes, that they need to leave life, (for the many reasons stated earlier), then it's important to see this from many different angles.
-- One of these angles, is that this need to leave life, is a belief. The point is, that if people are allowed to legally follow (and practice), all sorts of religions (and spirituality/beliefs/etc) in life, then so too should these people, have the freedom to follow their belief.

Of course, the only religions/spirituality/beliefs/etc, that most of the population will accept, will always be the ones, which help hide their immoral behaviour, (or are beneficial to them, in other ways).

Eg, parents will always like (and encourage, and use), various beliefs/ideas/rules,

(whether: religious, spiritual, or whatever else), because they can use these beliefs/ideas/rules, to control/manipulate their child.

Eg, they can tell their child, that: “God says that you must not do x, y, z, and that you must do u, v, w”.

And, of course, they can then also add: “If you upset god, you will go to hell, and if you please god, you will go to heaven”.

Of course, this is all to be expected, because all rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), were invented (out of thin air), by selfish/immoral people, (eg, parents), as a method/weapon/tactic, to control/manipulate/use/enslave people, (as personal-slaves, and/or work-slaves).

The point is, that most people are using/enslaving people, (as their personal-slaves, and/or work-slaves), and therefore, most people are selfish/immoral, and what all of this means, is that they're not going to be accepting of any belief (regardless of how it's wrapped up), if that belief is designed to deprogram people, and set them truly free, and let them make their own choices, (in all aspects of life, and of life itself).

Indeed, most people will never allow everyone, the freedom to choose, whether they want to stay in life, or take the option of an instant/painless/effortless/guaranteed way out of life.

And this is especially true, if you add the fact, that this includes people of any age.

Note:
In this conclusion, I have used terms like “fundamental rights”, and on this issue, I have stated that: The most fundamental of rights, is that all people/entities, have the freedom/choice/option, to be able to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way, (whenever they want).

However, although I am willing to state this, I am a bit hesitant to use words/terms like: “rights”, “fundamental rights”, “inalienable/unalienable rights”, “natural rights”, “international human rights law”, etc.
-- The reason why I'm hesitant to use such words/terms, is because, they mean absolutely nothing.

Actually, this is just sugar-coating the issue, because really speaking, these words/terms are immoral/cruel/evil.

The reason for saying this, is because these words/terms, are all part of the lies/deception, which cause people so much suffering. And therefore, these words/terms are immoral/cruel/evil.

The point is, that there are all sorts of people/academics/lawyers/governments/organisations/institutions/groups/etc, who have discussed all of this, and even created laws about all of this, however, since the world is

still full of suffering (due to people not having the fundamental freedom/choice/option/right, to move away from suffering), this proves that all these rights/laws/organisations/institutions/people/groups/etc, are all part of the lies/deception.

Indeed, it can be argued, that the people who are the cruelest, are the ones who are deceiving people at the deepest levels.
-- And, one of the deepest levels of deception, is to make people believe, that they have the freedom/choice/option to move away from suffering, whilst making sure that they remain trapped, in a life of prison/torture/slavery/rape.

Note: On this issue, a couple of very important things to recognise/admit, are that:

1. All these people/academics/lawyers/governments/organisations/institutions/groups/etc, who say that they're dedicated to making sure, that all humans have the most fundamental of rights, have spent years on this issue, and still the most fundamental of rights, is being denied from everyone.

   Ie, the most fundamental of rights, is that a person has the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way.
   -- And therefore, there is absolutely no excuse, why these people/academics/lawyers/governments/organisations/institutions/groups/etc, have not created a charity/service/building, where any person has the freedom/choice/option, to have an instant/painless/effortless/guaranteed/permanent way out of life/existence, (whenever they want).

And,

2. Since this charity/service/building, is extremely easy to set up, what this proves, is that all these people/academics/lawyers/governments/organisations/institutions/groups/etc, are deceiving everyone.
   -- And, since this deception is causing immense suffering, this makes all these rights/laws/organisations/institutions/people/groups/etc, immoral/cruel/evil.

Note:
One thing that this shows, is that people are easily fooled/tricked/scammed/controlled/manipulated/enslaved.
-- Indeed, it seems that, as long as there are loads of laws/organisations/institutions/books/etc, which are all about fundamental rights, then people seem to believe, that they have got fundamental rights.

Of course, it doesn't matter if there are a billion people/books/laws/organisations/institutions/promises/etc, which say that they are dedicated to making sure that you have your fundamental rights, because all you need to

do, is to see whether you have the most fundamental of rights/freedoms, (ie, the freedom/choice/option, to be able to move away from suffering), and if you aren't able to move away from suffering (in an instant/painless/effortless/guaranteed/permanent way), then you are not free, (and you do not have any real/true: freedom, choice, option, rights, etc).

And, if you are not free, then you're inherently (by definition), trapped/imprisoned/enslaved.

Also, if you're not free to move away from the suffering (that is being done to you), then the thing that is being done to you, is non-consensual, (rape).
-- And, rape is also torture.

The point is, that although governments/companies/organisations/institutions/etc, are responsible for doing this, the focus has to be on each individual person.
-- Indeed, most people try to make themselves appear, as though they're good/moral/etc, and they base this, on the fact that they're giving one of their personal-slaves (or work-slaves), some freedom.
-- However, it's extremely cruel, to give a person/entity some superficial freedoms, but zero fundamental freedoms.

Indeed, this is why I previously said: “you are not free, (and you do not have any real/true: freedom, choice, option, rights, etc).
-- Ie, the key words here, are “real/true”.

Ie, a person/entity can be given lots (or an infinite amount) of superficial freedoms, but no real/true/fundamental freedom.
-- And, if this is the case, then they’re being enslaved/imprisoned/tortured/raped.

And therefore, the key point is, that these words/concepts/beliefs, (eg: “freedom”, “choice”, “options”, etc), are just more weapons/tactics, to keep you enslaved/imprisoned/tortured/raped, (whether as personal-slaves, and/or work-slaves).

And, it can be argued, that these weapons/tactics, are some of the worst weapons/tactics, that exist.

And the important thing to realise, is that almost everyone does this to each other, on a daily basis.
-- Ie, most people like to use this weapon/tactic, where they give their personal-slave (eg, their: partner, friend, child, co-worker, family member, etc), some illusion of freedom/choice, whilst making sure that they don't have enough freedom/choice, to escape from being used/enslaved/raped by them, (as a personal-slave, and/or work-slave).

Indeed, all people who use/enslave/rape people, (as personal-slaves, and/or work-slaves), have put in too much time/effort/money/energy, into conditioning/grooming/brainwashing/programming their personal-slaves, to let that personal-slave, then just have the freedom/choice/option, to have an

instant/painless/effortless/guaranteed/permanent way out of life, (whenever they want).

Note:
Earlier on, I said that these types of people/books/laws/organisations/institutions/promises/etc, are immoral/cruel/evil, however, what needs to be emphasised, is that this can't ever convey, how bad they really are.

This is true, because it's impossible to covey the depth of it, because it involves causing suffering to so many people, whilst deliberately making them believe, that they have their best interests at heart.

Of course, this is not just true for these people/books/laws/organisations/institutions/promises/etc, but also to most of the population, because most of the population, are also against this charity/service/building, and as such, they're preventing people from their most fundamental of rights, (ie, the freedom/choice/option, to be able to move away from suffering).

Also, some people understand, that if a person is sexually raped, then that rape is infinitely worse, if it's done by a perpetrator, that is known and trusted, (as opposed to a perpetrator, that is unknown).
-- Ie, it's infinitely worse, because of the deep feeling of betrayal/deceit/etc.

The key point is, that:

> If that type of rape is something that is bad, then imagine how bad/deep the feeling of betrayal/deception is, when you realise, that you haven't just been used/raped in one aspect of your life (eg, sexually), but in all aspects of your life, and that your entire existence was created (by your parents), purely so that you could be used as a personal-slave, (for your entire lifetime).
>
> Ie, when you realise, that your parents created you, purely so that they could use/enslave/rape you (as a personal-slave, and/or work-slave), this betrayal is devastatingly deep.

And it’s important to see, that in this situation, when the word “rape” is used, it just sugar-coats the issue, because that word is associated with sexual-rape, which is short in duration. Moreover, what we’re talking about here, is not just about a rape that is decades long, but that you were created for that specific purpose.

And, this rape is done by a perpetrator, that is supposed to be the closest person to you, and the one that's supposed to love you the most.

Note:
All of this is a perfect example, of how people are always

misdirecting/brainwashing/programming/lying to everyone, to make them believe in some illusion/delusion, where the cause of your suffering, is someone/something, which is not them.

Ie, the people who are trying to brainwash/program you, are the cause of your suffering.

Eg, if a child is suffering, parents will always brainwash/program the child to believe, that the child's suffering, is caused by x, y, z, (where x, y, z, is anyone/anything, other than the parents).

And/or, the parents will also say all kinds of other things, which makes the parents appear to be good people, and that other people/things are the problem.
-- A good example of this, is that everyone is very keen, to actively show/tell/display (to everyone else), that they're outraged about, (and disgusted by):

- Paedophiles.
- Child porn.
- Etc.

Yes these things are bad, however, the key point is that:

> If all the child porn (in the whole world) was stopped, and all the paedophiles were sent to jail (for the rest of their lives), then the end result, would be a world that is still full of suffering.
>
> However, if everyone was able to recognise/admit, that having a baby is the most cruel/evil act on earth, and everyone stopped doing this despicable act, then the suffering in the world, would be reduced dramatically, (and in the long-term, suffering would be totally eliminated).

Of course, there are many similar things, which everyone is very keen to actively show/tell/display (to everyone else), that they're outraged about, (and disgusted by). And although these things are bad, people always deliberately overlook some huge issues, which exist in all of them.

Eg, people are always outraged by statutory rape.
-- Yes, this is bad. However, the act of having a baby, is not just worse than statutory rape, but infinitely worse than it, because:

> Statutory rape, is where it's wrong to take sexual advantage of an underage person, because they're not able to consent, because they don't really know, what the act is.
> -- Ie, the adult is imposing their will/desire, on the underage person, regardless of whether the underage person, is able to consent or not.
>
> Ie, surely this is the same (or worse), in the case of deciding to have a baby.
> -- Ie, the baby is “not able to consent”, and “worse”, is that it's not just imposing your will/desire on another human being, but (by deciding to have a baby), you are creating a human being, (despite knowing that it will suffer regularly, throughout it’s

entire life), and then on top of that, you're imposing your will/desires on it.

Ie, paedophiles (and predators, child porn, child molesters, etc), are all things that are immoral/cruel, because people are imposing their will/desires onto a child.
-- However, since parents create a child, and then impose their will/desires onto it, this makes parents infinitely worse than paedophiles (and: predators, child porn, child molesters, etc).

Moreover, paedophiles (and predators, child porn, child molesters, etc), all deal with children, however, parents are targeting babies.

Ie, most of the population, are always outraged about paedophiles (and predators, child porn, child molesters, etc), because these people are targeting (using/enslaving) people/victims, who are vulnerable/innocent/young.
-- Ie, the more vulnerable/innocent/young, that the victim is, the higher the outrage, (and subsequent punishment).

So, according to this, the most outrage, has to be directed at those people, who use/enslave babies, (ie, parents), since there is no other age (of the victim), that is more vulnerable/innocent/young.

And therefore, if most of the population say that paedophiles (and predators, child porn, child molesters, etc), are all evil, then parents must inherently be (by definition), way past evil, and in a whole new category, where the word “evil”, is not enough.

The point is, that there is a long list of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), which are designed to protect children against certain threats/people, however, this seems to all be a very clever tactic of misdirection (on a grand scale), because all of these things, are misdirecting everyone, away from seeing/recognising/realising, the fact that:

1. The main threat, is the parent.

And,

2. The main threat, (the parent), has already succeeded in their despicable crime, (of creating a human slave, (ie, a child-slave, and a baby-slave)), and it has happened years ago, (the day that the baby was allowed to be born).

And,

3. The main threat, (the parent), is being allowed to continue with their crime, (of using/enslaving/imprisoning/torturing/raping the human child-slave / baby-slave), on a daily basis.

So, as can be seen, the parents actions are beyond selfish/immoral/cruel/evil, however, they are not in jail.

Of course, this is to be expected, because the best psychopaths/predators/etc, are the ones who are not only great at playing the game/system, but they're the ones who:

A) Created the game/system.
   -- Ie, created the rules/beliefs/systems, (legal, moral, social, interpersonal, personal, religious, spiritual, etc).

And,

B) Are constantly brainwashing/programming everyone, to make sure that everyone obeys/complies/follows (and enforces), those rules/beliefs/systems, (legal, moral, social, interpersonal, personal, religious, spiritual, etc).

Ie, all the rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), are designed to protect their selfish/immoral/cruel/evil activities/hobbies, (eg, of using/enslaving people, (as their personal-slaves, and/or work-slaves)).

And therefore, it's no surprise, that they aren't in jail, and that those activities/hobbies, are:

a) Legal.

b) Allowed to be done in plain-sight.

c) Encouraged, (in all ways).

d) Rewarded, (eg, by: praise, special privileges, government money, etc).

e) Etc.

And it's important to realise, this can't be any other way, because in any society, the rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), are always set up by the people, who are the most selfish/immoral/cruel/evil.

This is always inevitable, because in any games/tactics/wars, the people who will always win, are the ones who are willing to use tactics/weapons, which are always one step more immoral/cruel/evil, than the opponents.

Ie, the people who are the most selfish/immoral/cruel/evil, will always win.

Note:
As mentioned before, the label of selfish/immoral/cruel/evil, is not just for those people

who have children, but also for those people who encourage others to have babies.
-- Indeed, we can see the severity of the situation, when it is viewed in the following three levels:

Level 1:
It's selfish/immoral/cruel, to encourage/coerce someone to do an activity, when you know that that activity, will undoubtedly cause suffering to that person.

Level 2:
The level of selfishness/immorality/cruelty in level 1, is multiplied by thousands, when that activity, (that is being encouraged/coerced), is not only going to cause suffering to that person, but also to other people (who have not consented to it).

Level 3:
The level of selfishness/immorality/cruelty in level 2, is multiplied by millions, when that activity, (that is being encouraged/coerced), is also going to create a person, (because they're unable to consent to it, and after they're in life, they have no instant/painless/effortless/guaranteed/permanent way out of it).

It's also important to note, that these people who are constantly trying to misdirect/brainwash/program/lie to everyone, are not only directly causing everyone to suffer, but they're also causing everyone indirect (long-term) suffering, due to making them all believe in some illusion/delusion.

Ie, these people are beyond cruel/evil, because they're:

1. Directly causing suffering.

And also,

2. Indirectly causing (long-term) suffering.
   -- Because when they misdirect/brainwash/program/lie to people, what they're doing, is hiding the cause of suffering, which means that, even if the perpetrator dies, the victim will still believe the illusion/delusion, and therefore, they'll keep suffering.

An example of point 2, is when a person brainwashes/programs you to believe that having relationships/friends/family/children/jobs/etc, will bring you lots of happiness/peace/love/pleasure/etc, because even if the person (who did this brainwashing/programming to you) dies, then you will still have this brainwashing/programming inside of you, and it will make you desire relationships/friends/family/children/jobs/etc, in the hope of getting happiness/peace/love/pleasure/etc.
-- And the only result of this, will be scraps of happiness/peace/love/pleasure, with 99% of suffering.

A slightly different example of this, is with the people/books/laws/organisations/institutions/promises/etc, which say that they are dedicated to making sure, that you have your fundamental rights.
-- Ie, this also falls under this category/issue, because they're making you believe in an illusion/delusion, where you have fundamental rights/freedoms, despite the fact, that in practice, you are in a life of prison/torture/slavery/rape.

Note:
If a person is trying to make you deluded, then they're trying to gaslight you.
-- Ie, in most cases, the words that can be grouped together, are: brainwashing/programming/gaslighting/deluding/etc.
-- However, to keep the sentences short, I'll just use brainwashing/programming.

Of course, the worst type of gaslighting, is when a person is suffering, (ie, they're literally feeling/suffering, from something that is black/toxic, but they're being brainwashed/programmed/conditioned to believe, that the thing that they're feeling, is something that is white/acceptable/good/important/etc.

The reason why I say that this is “the worst type of gaslighting”, is because:

1. If this one aspect of life (suffering), is brainwashed/programmed/conditioned into someone, to be seen upside-down, then that victim will suffer for the rest of their life, (because they've been brainwashed/programmed to believe, that suffering is something that is acceptable/good/important/etc).

And,

2. The victim will then do this same brainwashing/programming/conditioning to other people.
   -- And then those new victims, will do the same to other people. And so it will keep spreading, exponentially.
   -- And the result is, a world full of people, who are suffering.

To get to the next key point, let's start from here.
(Bear with me, for the next few paragraphs.)

Not providing someone with the freedom/choice/option, to be able to move away from suffering, (in an instant/painless/effortless/guaranteed/permanent way), is despicable beyond words.
-- However, it must be recognised/admitted, that everyone is doing this to everyone, because everyone is using/enslaving everyone, (as their personal-slaves, and/or work-slaves).

Indeed, all relationships/friendships/family/children/jobs/etc, only ever exist, due to people using/enslaving each other.

Indeed, that is the definition of personal-slave.
-- Ie, a person forms a relationship with someone, because they want something from that person.
-- And, to get that “something” (whatever it is), requires some game/tactic/etc, of power/control/enslavement, to be played out, (whether actively or passively).

The point is, that everyone has the choice, to either:

1. Use/enslave a person.

Or,

2. Help them be truly free, (in all ways, and from everyone, including themselves).

So, this choice exists, however, a clear/honest examination of life, will show that everyone is always choosing to use/enslave people, (whether as their: partner, child, family, friend, direct work-slave, indirect work-slave, etc).
-- And, hardly any people in the world, are trying to help people to be truly free, (truly/totally deprogrammed).

The key point is, that it's bad enough, that people are not giving people, the most fundamental of rights, (the freedom/choice/option, to be able to move away from suffering), however, what makes this infinitely worse, is that people are actually doing the exact opposite.

The best way to further explain this statement, is to create a scale:

+10 = Good/positive/moral/kind/benevolent:
People are given the freedom/choice/option/right, to be able to move away from suffering, in all ways, (including, an instant/painless/effortless/guaranteed/permanent way out of life, if that is what they want).
-- And, people are helped, to be truly free, (in all ways, and from everyone, including themselves).

0 = Neither good nor bad:
People are not enslaving each other.
-- Note: Bystanders are not in this category, they are in the “-5” (or “-10”) category.

-10 = Bad/negative/immoral/cruel/evil/malevolent:
People are using/enslaving each other, (as personal-slaves, and/or work-slaves).
-- What people need to recognise/admit, is that relationships/friendships/children/family/jobs/etc, can't exist, without a

person being enslaved, (via some form of power/desire being exerted over them).

Indeed, it's obvious, that to exert a desire over someone, you need to exert power over them, (regardless of whether that is done actively or passively, and/or, directly or indirectly, or whatever else).

And, of course, whenever a desire/power is exerted over a victim, that victim is then also inherently under some form of prison/torture/slavery/rape, (whether: actively, passively, physically, emotionally, mentally, energetically, spiritually, etc).

And, of course, wherever there is prison/torture/slavery/rape, there inherently can't be freedom/peace/love/bliss.
-- Ie, it's absolutely ridiculous to say, that relationships/friendships/family/parenting/having babies/etc, is anything to do with love, (or freedom, or peace, or bliss).
-- And, if anyone tries to brainwash/program you to believe this, then they're cruel/evil, (because it will make you suffer).

Of course, almost all of the population, is not doing the “+10”, nor the “0”. They're all choosing to the “-10”.
-- Ie, they're all choosing, the opposite of ever-deeper freedom/peace/love/bliss.

The above statement is true, as can be proved by the amount of suffering in the world.
-- Also, it's obvious that most of the population is not even in the “0” category, because if they were all in the “0” category, there would be infinitely less suffering in the world.
-- Ie, almost all the people in the world, are somewhere between “-10”, and “-5”.

Note:
It's important that people understand/recognise, that if you can brainwash/program people, then you can get the victim, to believe in anything, and therefore, you can make the victim ask (or demand), for something, which is to your benefit, (even if that thing (which they're asking for), will cause them suffering).

Indeed, this is one reason, why a lot of the information in this conclusion, will be hard for people to believe. Ie, it's hard for them to believe, because they don't realise that they've been deeply brainwashed/programmed/deluded, and are now the victim, that is wanting/demanding, to be a work-slave, and a personal-slave.

(I'll explain this issue in more detail, later in the conclusion, along with the process of creation).

To move onto the next part of the conclusion, I'll start from the following point.

When explaining the charity/service/building, I deliberately added some extra information, and to recap, these were that, this charity/service/building must be:

1. Available to anyone.
   -- Ie, everyone is immediately accepted, regardless of: age, race, class, health, etc.

2. Available without question/reason.
   -- Ie, there is no questioning/screening of any kind.

3. Available immediately.
   -- Ie, there is no waiting period.

4. Available for free.
   -- Ie, absolutely no costs at all, whether monetary, or otherwise.

I deliberately added these 4 points, for a few different reasons. I'll explain one of these reasons, next.
-- To get to the key point, I'll have to use the next paragraph, as a quick recap, and because it's the best way to lead into it.

If it's proposed, that this charity/service/building, is allowed to be available to anyone/everyone, with all these requirements (as explained in points 1 to 4 (above)), then the fear level of all the selfish/immoral people (who are using/enslaving people, (as their personal-slaves, and/or work-slaves)), will increase dramatically, and this will make them want to introduce all sorts of rules/systems/beliefs, (across all areas of life, eg: legal, moral, social, interpersonal, personal, religious, spiritual, etc), just so that they can prevent this from happening.

The key point is, that these rules/systems/beliefs, (legal/moral/social/interpersonal/personal/religious/spiritual/etc), already exist.

And, they already exist, at all levels.

And, they're all compounding each other.

Indeed, everyone has been (and is constantly), being brainwashed/programmed (directly and indirectly), to believe that:

---

1. “Life is good, death is bad”.

   This belief is constantly being brainwashed/programmed into everyone on a daily basis, because this belief is underneath 99.9% of all: conversations, movies, tv programmes, news, etc.

   And this is true, even in your own thoughts.
   -- Eg, a simple thought/comment like “I want a glass of water”, wouldn't be possible,

unless there was an underlying belief, that “Life is good, death is bad”.

Indeed, if you believed that “Death is good, life is bad”, then you would want death, and would probably be dead, (and therefore, you would not be able to want a glass of water (because you’re dead)).

Indeed, no one would ever consider doing any of the usual things/activities in life, (eg: relationships, friendships, family, jobs, having children, etc), unless there was an underlying belief/programming in them, which was that: “Life is good, death is bad”.

Of course, as soon as you realise that “Life is prison/torture/slavery/rape”, then you're forced to deal with all the deeper brainwashing/programming that is in you, and one of the deepest ones, is: “Life is good, death is bad”.

The reason why most people never examine/question/challenge the deeper brainwashing/programming (which is in themselves, and in all people), is because they're too busy thinking at more superficial levels, (eg, how they plan to get/use their personal-slaves).

Note:
When I’m talking about this belief (“Life is good, death is bad”), I’m just using this as a short version. Ie, there are many other similar beliefs, and they all vary by replacing the word “good” (and “bad”) with some alternate word. Or, the long way to say this, would, be:

> “Life is good/precious/special/moral/selfless/acceptable/necessary/etc,
> and,
> death is bad/immoral/selfish/unacceptable/etc.”

However, to keep it shorter (so that it doesn’t lose the flow of the sentence), I’ll just use the simple form (“Life is good, death is bad”).

> (The next two pages, are a repeat from the short conclusion, but I have included it here, because it’s important to understand it, because it will be useful whilst reading some of the next few points.)

It’s important to realise, that this belief (“Life is good, death is bad”), can be easily brainwashed/programmed into people indirectly.
-- Indirect brainwashing/programming, can be infinitely more effective than direct brainwashing/programming, because the person has never heard the fundamental program go into them, yet it’s running their life.
-- Ie, it’s a phantom program.

I’ll explain the difference, as follows:

- Direct brainwashing/programming, is where you brainwash/program a

person with that exact belief.

-- Ie, in this case, a person is brainwashed/programmed to believe that “Life is good, death is bad”, and this is done by . brainwashing/programming them with the belief that “Life is good, death is bad”.

- Indirect brainwashing/programming, is where you brainwash/program a person with many other beliefs (which require a specific fundamental belief to also exist).

  -- Ie, in this case, a person is brainwashed/programmed to believe that “Life is good, death is bad”, and this is done by . brainwashing/programming them not with the belief that “Life is good, death is bad”, but with many other beliefs, (which require them to fundamentally believe that “Life is good, death is bad”).

And it’s important to see, that almost all beliefs, need this fundamental belief (“Life is good, death is bad”) to exist.

Ie, everyone has been indirectly programmed with this belief.

And most people are totally oblivious to this fact, and the fact that this very fundamental brainwashing/programming, is running their every decision.

Side note: Many people talk about how sweatshops are bad. And they also talk about how everyone is bad for buying their clothes from manufacturers who use sweatshops.
-- What everyone is missing, is that blaming sweatshops is misdirection.

The real people to blame, are the parents who brainwashed/programmed their children (the employees of these sweatshops) with the belief “Life is good, death is bad”.
-- Indeed, if this belief had not been brainwashed/programmed into them, then they would not be working in sweatshops.

And, if no one in the world had been brainwashed/programmed with this belief, then no one would be working in sweatshops. And therefore, no sweatshops would exist.

The key thing to see, is that:

> If this belief (“Life is good, death is bad”) is not in you, then if you ever come across anything in life that is unacceptable (eg, suffering that is caused by an unacceptable environment/activity), then you would simply move away from that environment/activity.
>
> Note: The reason why I said “simply”, is because you have no fear of moving away from it. Ie, most people don’t move away from suffering,

because they have some fear/desire/etc. However, you have no fear, because you know, that if all environments/activities/people are seen to be unacceptable (because they all cause suffering), then you will simply choose to move away from all of them.

Moreover, you also know, that if life/existence is seen to be unacceptable (because it causes suffering), then you will simply choose to move away from life/existence.

Ie, this applies to everything, (all aspects of life, and all levels of life).

Ie, the only reason why people put themselves through any suffering (in their job/relationships/etc), is because they have the fundamental brainwashing/programming in them, that “Life is good, death is bad”.

Ie, this is why everyone is suffering.

So, this leads to an obvious question.

Question: Who is responsible for causing this suffering to everyone?
Answer: Everyone. Because everyone is constantly brainwashing/programming everyone with all types of things, and all these things are indirectly brainwashing/programming everyone to believe that “Life is good, death is bad”.

So, the situation is, that:

Everyone is causing everyone to suffer, and this will continue, until everyone recognises/admits all of this, and stops trying to brainwash/program/use/enslave each other (as personal-slaves, and/or work-slaves).

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2. “Existence is good, non-existence is bad.”

   This belief is brainwashed/programmed into people, especially during movies and some tv programmes. Eg, there are lots of movies and tv programmes, about: saving the world, saving the universe, saving existence, how time and space are good things, etc.

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3. “Life is survival of the fittest.”

   This belief is brainwashed/programmed into people a lot. And it's combined with many other similar brainwashing/programming, that is done on a daily basis, which makes people believe that: “Winning is good”.

Of course, the belief that “Winning is good”, is brainwashed/programmed into people, since birth, and is done in all schools (in all subjects, especially sports), and this never ends until death.
-- Ie, everyone (in all aspects of life), are surrounded by competition, (and/or, by competitive people).

Note: It’s important to see, how all sports, get air-time, in the mainstream news.
-- And, it’s also important to see, how sport (and competitiveness), is pushed into people’s lives, in so many ways, (from: parents, schools, friends, tv, media, etc).

Ie, most people are either directly involved in competition (themselves), or they are directly (and indirectly) affected by other people (who are being competitive, and want to “win”, and make others be losers).

And, even if people are not directly involved, or indirectly involved, they’ll then want to be involved in some other way, (eg, by supporting their favourite sports team, or their country’s sports teams, etc). And, many people will even use this, to make themselves appear as winners, and others appear as losers).

And, it’s easy to see just how brainwashed/programmed everyone is, because most people try to be competitive, even in things that are not a sport. Eg, some people try to appear as a winner (stronger/better person), because they can drink more alcohol, or whatever else.

Of course, the truth is, that: Winning is stupidity.
-- This is obvious, (for the many reasons explained earlier, (in the summary and conclusion)). However, to make this clear, I'll briefly explain this via a different example.

To “win”, you have to create a them-and-us. And, as soon as you do this, you exclude people, (and/or create unfair rules/beliefs/systems (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc)).
-- And the only result of this, is suffering for everyone, (in the long-term).
-- Ie, everyone loses, (suffers).
-- And, if everyone loses/suffers, then this inherently (by definition) means, that no one wins.
-- Ie, if no one wins, and everyone loses, then it obvious, that: Winning is stupidity.

Or, it can be said that: Since winning causes suffering for everyone, this means that “trying to win”, is something that is utter stupidity.

Indeed, no matter which way you come at it, it's always the same result.
Eg:

> Since life is prison/torture/slavery/rape, this therefore means, that: Life is survival of the stupidest.

Note: Although I used the word “therefore”, that word doesn't seem enough. Ie, it

perhaps needs to be emphasised, that: “it must inherently follow”.

Note: This obviously also ties into the issue of “winning”. This can be explained, as follows:

> If you believe that “Life is slavery”, (or that “Life is prison”), then it inherently follows, that you also believe, that “Life is prison/torture/slavery/rape”. (This was explained at the very beginning of this long conclusion.)

And,

> If you believe that “Life is prison/torture/slavery/rape”, then it must inherently follow, that “Life is survival of the stupidest”.

And,

> If “Life is survival of the stupidest”, then it must inherently follow, that it's absolute stupidity, to try to be “strong” and “win” at it, or “persevere” at it, or “succeed” at it, (or whatever other term).

Indeed, you'll then see, that all these words are upside-down.
-- Eg, when someone calls a person:

- A quitter.
- A loser.
- A cop-out.
- Etc.

However, since most people believe the opposite of this, they then also believe that:

a) “Suicide is for weak people.”
b) “Suicide is for people who are quitters.”
c) Etc.

Of course, when a person has to deal with a serious real life situation, (eg, where a family member is very old, and they're in serious intolerable pain, and their body (and mind) are getting constantly worse), then they suddenly have to realise, that “persevering”, and being “strong” and “successful”, in your “fight” to “win”, to stay alive, is just stupidity, (since you're just inflicting more pain/suffering on yourself).

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4. “If you kill yourself, you will cause your parents immense suffering, therefore, suicide is selfish/immoral.”

   To explain this issue, I'll use the following example.

If a person was kidnapped, and permanently locked in a basement (for daily rape and torture), and after a while of trying to escape, they realised that there is no way out, then they might kill themselves.
-- If the victim kills themselves, then the perpetrator would be sad, and feel loss, and anger, and many other emotions, (because they had put a lot of time/effort/money/energy, into finding/getting this victim, and then conditioning/teaching/brainwashing/programming/breaking them).
-- And, not just that, but the perpetrator now has to go through the whole process again.

So, the point is, that you now need to answer this question: Do you think that the victim was selfish/immoral, for killing themselves?

Ie, as soon as the victim killed themselves, the victim caused the perpetrator to suffer. So, is this selfish/immoral?
-- Of course not.

And, if there are many of these perpetrators, (eg, 10% of the population, have this lifestyle/activity/hobby (of imprisoning/enslaving/torturing/raping people)), then does that change the answer to this question.
-- Ie, do you then think that the victim was selfish/immoral, for killing themselves?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 30% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 60% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 90% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 99% of the population, then does that change the answer to this question?

And, if 99% of the population, had this lifestyle/activity/hobby, (of imprisoning/enslaving/torturing/raping people), then does that make this hobby become a moral one?
-- Of course not, because when you start from the neutral/natural/true start-point (for everything), (as explained in the summary of this book), then it's obvious, what is moral/immoral, and this doesn't change, even if 100% of the population are doing it, and even if they've been doing it for centuries.

Ie, they can all collectively say that they are good people, in all ways (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc), since they are the "norm", however, that doesn't change the fact, that they are all immoral and cruel.

Note: I'm not saying that the parents are as bad (as this perpetrator).
-- I'm saying that parents are infinitely worse (than this perpetrator), because:

a) The perpetrator uses/enslaves victims, whereas parents creates the victim, and then uses/enslaves them.

b) A world without these types of perpetrators, would only reduce suffering a bit, whereas, a world without parents, would (in time) eliminate all suffering (in the whole world).

The key point is, that this means, that no one should ever feel bad, for wanting to kill themselves.

Indeed, one of the reasons to leave life, is because life is full of selfish/immoral people, who do things like controlling/manipulating/using/enslaving people, via weapons/tactics like emotional blackmail.
-- Ie, if people (especially parents), try to use emotional blackmail on a suicidal person, (to stop them from killing themselves), then they should expect, that this will have the exact opposite effect, (because it just emphasises (to the suicidal person), that people are selfish).

Note: It can only have “the exact opposite effect”, if you've broken your brainwashing/programming, (ie, if you've deprogrammed yourself).

Ie, when you were a baby/child, you will have been brainwashed/programmed with certain commandments/orders/commands/programs.

This is done via a combination of tactics/methods, (eg, verbally, emotionally, physically (eg, using pain), etc).
-- And, it is just as effective, if it's actually done, or if it's threatened to be done.

Actually, that last sentence is incorrect, because it can be more effective, to threaten to do something.
-- Indeed, this is why some of the worst violence, (and the deepest scarring), are things that are legal.
-- And this is why, parents can hide behind the law, and say that they are not bad people.

Of course, with enough punishment-and-reward, (and enough time), the baby/child will be conditioned/brainwashed/programmed, with hundreds of commandments/orders/commands/programs.

And, of course, the first commandment, is:

"You must not cause me [your parent] any harm."

And, the parent will make it very clear (to the baby), that the word "harm", means: "Suffering, (whether: physical, emotional, or mental)".

And, the way that the parent will "make it clear", is that whenever the child causes the parent any suffering, (whether: physical, emotional, or mental), then the child will be punished.

Of course, it's easy to see, how this can all be done, without the use of words.
-- Ie, whenever the baby does something that the parent doesn't like, the baby gets punished. And, with time, the baby gets conditioned/programmed, to know to not do something, because they'll otherwise end up suffering.

Of course, when it's said like this, it becomes very obvious, that the bond that is formed (between parent and child), is based on suffering, (ie, it's a trauma-bond).

Note:
This commandment ("You must not cause me [your parent] any harm"), is the first commandment, because all subsequent commandments, are built on top of this one.

Eg, one of the next (subsequent) commandments, will be:

"You must do what I tell you to do."

-- Ie, you must obey your master/creator/programmer/handler/owner/etc.

However, this commandment doesn't really need to be said/done, because it's naturally going to happen, due to the first commandment.
-- Ie, the baby/child/victim/slave/robot, will have to obey all commands, because otherwise the parents will get upset (suffer), and this violates the first commandment.

Indeed, many people will not want to violate the fist commandment, despite the fact, that they don't quite know why.
-- Ie, many people (even as adults) will obey their parents, but they don't quite know why they're being so obedient/enslaved to them.

Quite simply, this is happening, because there is a commandment/program in them, which is such a deep program, that they don't even know, that it exists in them.
-- Ie, when they were young, they will have disobeyed the first commandment, and then been punished, and after that punishment, they tried to never disobey it again.

Similarly, people will often do things to please their parents, and yet they don't quite know why.
-- The reason is, because one of the subsequent commandments, was:

> "You must only do things, that makes me happy".

And, of course, another subsequent program, is:

> "You must never harm yourself".

Indeed, because the parents have invested so much money/time/effort/energy into this new baby/child/victim/slave/robot, (personal-slave), they therefore want to make sure, that it never harms/damages itself, or kills itself.

Indeed, as mentioned earlier:

> "People will do everything in their power, to make sure that their personal-slaves are healthy (and kept alive), because they want to use them.
>
> Indeed, this is to be expected, because a dead personal-slave, is of no use to them, and an unhealthy personal-slave, is unpleasant to use, (or is unusable)."

Note:
To be able to program the first commandment, the parents had to brainwash/program the baby, to believe that it is a separate entity/person, (with it's own form, and name).
-- This usually takes a while, but with enough punishment-and-reward, (and enough time), it will usually happen.

Of course, after making the baby believe, that it is a separate entity/person, the baby/child/victim/slave/robot, is much easier to control/manipulate/use/enslave.

However, what the parents fail to see, is that in doing this, the baby/child/victim/slave/robot, is now susceptible, to being brainwashed/programmed, by other people/organisations/institutions/companies/governments/etc.

And indeed, the baby/child/victim/slave/robot, will from then on, be constantly

brainwashed/programmed/reprogrammed, throughout it's entire life.
-- Indeed, at the beginning of the child's life, it will be brainwashed/programmed/reprogrammed, via the child's: extended family, schools, tv, media, etc.
-- And later in life, this is done via the person's: friends, partners, co-workers, etc.

Of course, all parents/people/organisations/institutions/companies/governments/etc, that are trying to brainwash/program/reprogram the person, (the baby/child/adult), will know that other people/organisations, are also trying to do this brainwashing/programming/reprogramming, (so that they can be the main controller/ruler/master/handler, of that baby/child/adult).

And therefore, in order to deal with this issue, all parents/people/organisations/institutions/companies/governments/etc, will try to put another commandment/program, (into that baby/child/adult), which says that:

> "You must only listen to (and obey),
> the commands and commandments,
> that I give to you."

And in addition to this, they might also add:

> "Everyone else is just trying to deceive you. I am the only one, that is not your enemy. Therefore, you must ignore all commands and commandments that other people have given to you, (unless I say that you must also listen to them)".

Of course, all of this programming, will start to breakdown (during the teenage years, and/or later in life), and this is when the children/victims/slaves will all realise, what has been done to them,

Of course, it's inevitable, that the creation (the child), will then natural be repulsed by their creator/programmer/master/handler (the parent), and they will naturally move away from them.

This movement (away from the parents), will be recognised by the parents, and therefore they will try to do something about it.
-- Of course, the parents will just try to use the same tactics/games/weapons/brainwashing/programming/control/manipulation/etc, that they've always used on their personal-slave (the baby/child/teenager).
-- However, the parents will soon realise, that this is not working so well any more, and so they'll try to use a stronger form of it.

However, since the child has woken-up (a bit) to what is going on, (ie, they've deprogrammed themselves (a bit)), this allows them to see what is happening, and this is an ugly thing to see, (which makes them even more repulsed by their parent's

selfish/immoral/cruel/evil actions).

Indeed, this is why some children might even want to attack (and perhaps harm/kill), their creator (the parents).
-- Of course, this possibility is not uncommon. And indeed, it's not uncommon for:

- The creation, to want to attack/harm/kill, it's creator.
- The slave, to want to attack/harm/kill, it's master.
- The abused, to want to attack/harm/kill, it's abuser.
- The used/enslaved, to want to attack/harm/kill, it's user/enslaver.
- The brainwashed/programmed, to want to attack/harm/kill, it's brainwasher/programmer.
- The handled, to want to attack/harm/kill, it's handler.

Of course, this brings us back to beginning of this point, (point 4), but with a different outcome.
-- Ie, if a person was kidnapped, and permanently locked in a basement (for daily rape and torture), and after a while of trying to escape, they realised that there was no way out, (and they also realise, that the perpetrator has made sure, that there is no equipment that is accessible, which will allow the victim to kill themselves), then as a result of this situation, the victim might try to kill their captor, (because that is the only way to relieve the victim of some suffering).

The key point is, that if the victim succeeds in killing their captor, (which therefore relieves them of some suffering), then most people would be happy for the victim, and they would see this murder, as something that was acceptable, (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

Of course, some people will be reading this, and see where it is going, and then get defensive. So, for these people, let’s start the process of questioning, from the beginning.

> (Note: This is a repeat of the earlier process of questioning, but there is a reason for it, which I’ll explain after it.)

So, to start with: Do you think that the victim was immoral, for killing the perpetrator?
-- Of course not.

And, if there are many of these perpetrators, (eg, 10% of the population, have this

lifestyle/activity/hobby (of imprisoning/enslaving/torturing/raping people)), then does that change the answer to this question.
-- Ie, do you then think that the victim was immoral, for killing the perpetrator?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 30% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 60% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 90% of the population, then does that change the answer to this question?

And, if the number of these perpetrators, (with this lifestyle/activity/hobby), is 99% of the population, then does that change the answer to this question?

And, if 99% of the population, had this lifestyle/activity/hobby, (of imprisoning/enslaving/torturing/raping people), then does that make this hobby become a moral one?
-- Of course not, because when you start from the neutral/natural/true start-point (for everything), (as explained in the summary of this book), then it's obvious, what is moral/immoral, and this doesn't change, even if 100% of the population are doing it, and even if they've been doing it for centuries.

Ie, they can all collectively say that they are good people, in all ways (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc), since they are the "norm", however, that doesn't change the fact, that they are all immoral and cruel.

Note: I deliberately repeated this process of questioning, because it's important to see, that this process of questioning, is the same, in both examples (of the victim committing suicide, and committing murder).
-- However, it would have to be added, that the murder must be instant/painless, (or as instant/painless as possible).

Note:
Whether this killing is deemed acceptable (or not), is perhaps totally irrelevant, because (as explained earlier), perhaps it's inevitable, that the creation might kill its creator.
-- Ie, perhaps it's like asking:

Is it acceptable/moral, that a ball rolls down a hill?

Ie, if the creator, creates a ball, and then rolls that ball down a hill, then they should expect it to roll down the hill.
-- And, expecting anything else, is just foolish, and extremely delusional.

Ie, yes, the creator can live in whatever delusion they want, even a totally upside-down one, (where they believe, that the ball will not roll down the hill), however, this does not mean, that the ball will not roll down the hill.

Moreover, even if 100% of the population, believes that the ball will not roll down the hill, it is totally irrelevant (if they want to believe that), because the result is inevitable.

Note: I'm not saying, that the inevitable result, is that all children (at some point in time), will go and kill their parents.
-- What I am saying, is that when the victim's programming is cracked enough, then some big reaction (whatever that is), is inevitable.
-- And, this big reaction, might not directly involve the child's parents, but it will involve a lot of suffering, and that suffering, will definitely spread to those parents, and to all parents, and to everyone.

The point is, that the parents can either break their delusion (by admitting what they've done), and this will ease the inevitable suffering, or, the parents can try to increase their delusion. However, when their delusion is inevitably broken, it will be an infinitely bigger shattering.

Of course, for a person to be a parent, they have to be inherently selfish/immoral, and therefore, it is to be expected, that almost all parents will try to increase their delusion. And therefore, it is to be expected, that there will inevitably be a big shattering.

Note:
Many parents speak about things like "compromise", (and being "respectful", and "grateful", etc), so I'll discuss this now.

It's important to realise, that all these things, might be relevant in partner relationships, but not in a child-parent relationships, (because the child never consented to being the child, and therefore never consented to enter into this child-parent relationship).

Ie, the relationship is forced by the parent. And therefore, the child has no responsibility to the parent, in any way, shape, or form.

However, the parent does have the responsibility, to provide the child with everything that it needs, for it's entire lifetime, and not just in terms of the bare minimum (for survival), because "just surviving" through life, is a worse form of prison/torture/slavery/rape, than if they're provided with more things, which will give

them the freedom/choices/options, to try to reduce/prevent/eliminate suffering, and get ever-deeper freedom/peace/love/bliss.

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5. “Parasitic/predatory/psychopathic people, are a small percentage of the population.”

   Everyone has been brainwashed/programmed to believe that people who are parasitic/predatory/psychopathic, are a minority.
   -- Of course, it doesn't take much brainwashing/programming to do this, since people love this idea, because this means that:

      A) They are not part of this category, which means that they can call themselves moral/good/etc.

      B) They can blame this minority category of people/companies/governments/institutions/secret-organisations/etc, for all the problems in the world, which:

         a) Helps them deal with (and gives meaning to) all the cruel/evil things that happen in life.

         b) Makes them feel free from blame/responsibility/guilt/etc.

   Of course, what this means, is that it’s not that people are being brainwash/program to believe things like this (that “Parasitic/predatory/psychopathic people, are a small percentage of the population”), but that everyone is brainwashing/programming each other with these types of things, because it’s the perfect tactic to create (and maintain) their own delusional reality, and gain the things mentioned in points A and B (above).

   Ie, many people often accuse governments/organisations/secret-organisations/etc, of brainwashing/programming everyone (so that they can make the general population be their slaves). However, it can be argued, that people are making up these “secret-organisations”, (and whatever stories), because everyone wants to misdirect everyone else, from seeing that it is they (individually, and as a general population) who are the cruel/evil ones, since they are the ones who are doing the brainwashing/programming, (to themselves, and others), to make themselves feel happy/contented, and gain the things mentioned in points A and B (above).

   Of course, by doing this, each individual person is giving permission to everyone else, to continue to be cruel/evil to each other, which means that the suffering in the world continues to get worse.

   Therefore, it really is each individual person, that is responsible for causing all the suffering in the world.

   Yes, secret-organisations might exist, and yes, they might be creating a lot of

suffering, however, they wouldn't be able to brainwash/program/control/manipulate people, unless the people have selfish desires.
-- Ie, each individual person is still to blame, for all the suffering in the world.

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6. “Rules are good.”
   “Rules are necessary.”
   Etc.

   Most people have been brainwashed/programmed, to believe these types of things.
   -- Of course, rules are just a tactic/weapon/game, that people use/play (force upon others), so that they can get/control/manipulate/use/enslave people, (as their personal-slaves, and/or work-slaves).

   Ie, all people/families/relationships/friends/groups/governments/societies/countries/etc, are all playing the same game, where they're all trying to brainwash/program other people, to not only believe that believe that “Rules are good”, but that you should follow some specific rules/beliefs/systems.
   -- Of course, these specific rules/beliefs/system, are the ones which will benefit them.

   And, of course, this is done across all aspects of life, (eg: legal, moral, social, interpersonal, personal, religious, spiritual, etc).

   Of course, no one wants to expose/admit all of this, because everyone wants to keep using this tactic/weapon.

   Note:
   The key point is, that conditioning/brainwashing/programming, is impossible, without rules.
   -- And, this is true, regardless of whether the rules are verbal, or non-verbal.

   Eg, if you non-verbally administer pain (or suffering), to an animal/baby, then you are conditioning that animal/baby.

   Note:
   What this also means, is that:

   > 99% of the population, actually want and need pain/suffering to exist, because they need to use pain/suffering, to condition their personal-slaves, (verbally, and/or non-verbally).

   Ie,

   > 99% of the population, might say that they want a world where pain/suffering does not exist, but they do actually want it, (and need it to exist), so that they can keep controlling/manipulating their personal-

slaves, (and/or work-slaves).

And similarly:

> 99% of the population, might say that they want a world where everyone is free, however, in truth, they don't want this, because they need restrictions/rules/etc, to exist, so that they can keep inventing/creating (and enforcing) rules, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), so that they can control/manipulate/use/enslave their personal-slaves, (and/or work-slaves).

Of course, all people will always spin this, to make it appear as though all these things are only done for your benefit. However, the truth is, that none of it is ever for your benefit.
-- Indeed, no teaching/brainwashing/programming is ever for your benefit.

This is obvious, because no program is ever good for anyone.
-- Ie, all programs are bad.
-- Ie, all brainwashing/programming is bad.

And indeed, this is all obvious, because:

> It's impossible to brainwash/program someone to be free.

Ie, you can't help people (become free), by teaching/brainwashing/programming them, because all teaching/brainwashing/programming only increases the prison/torture/slavery/rape.
-- Ie, freedom comes, when you deprogram people.

And, the more deprogrammed a person is, the more free they will be.

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7. “You must focus on the important subject in the world, (eg: politics, religion, money, spirituality, environmental issues, government cover-ups, conspiracy theories, etc)”.

   Of course, this is all misdirection, because the subjects/aspects of everyday life, (eg: relationships, friendships, family, love, sex, jobs, having children, etc), are infinitely more important to examine, because if all of these are observed (with ever-deeper honesty), they will then be seen as being things which are much more negative (than positive), and as soon as this is realised, people will naturally not want to do them, and then the whole world changes, into a place of less suffering, (because people will then not being trying to use/enslave each other).

Or, another way to see this, is that the first step in becoming free (from the prison/torture/slavery/rape/programming/brainwashing that you're in), is to admit that you're in a life of prison/torture/slavery/rape, where you're just being used/enslaved (as a personal-slave, and/or a work-slave).

Ie, the only way to do this, is to examine the issue of personal-slaves, and work-slaves.
-- And, this can't be done, without examining the subjects/aspects of everyday life, (eg: relationships, friendships, family, love, sex, jobs, having children, etc).

And, in terms of helping other people (to help reduce their suffering), it's obvious that:

> The only way to help free people from their prison/torture/slavery/rape, is to point out the issues, that are causing prison/torture/slavery/rape in their life.

Therefore, examining all the everyday aspects of life, (eg: relationships, friendships, family, love, sex, jobs, having children, etc), is the key to reducing/preventing/eliminating suffering, in the whole world.

And, people who try to misdirect you away from examining this, are immoral/cruel, (because it directly causes you, to continue to suffer).

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8. "You need to find what your speciality is, because everyone is good at something."

   This type of thing is important to brainwash/program into people, because it's important to make people believe that they should specialise in one subject/aspect of life, because that keeps them enslaved/ignorant.

   Indeed, this is just the standard tactic of compartmentalisation.
   -- Ie, you make sure that no one ever sees the big picture. Because, if they can't see the big picture, they can't ever be in control.

   Indeed, anyone who can't see the big picture, will only ever be a small (useable/expendable) pawn/puppet, (being used/enslaved by the people/entities, who can see the big picture).

   Indeed, this is also applicable in all aspects of life, because it's all about focus.
   -- Ie, if you focus on one thing, then this will make you blind to all other things, and then you will end up suffering, (because one of those other things, will blind-side you).

Indeed, just because you don't see the piano falling on your head, doesn't mean that it won't fall on your head.

Ie, ignorance is not bliss, because you'll still end up getting hit by things, (because those things exist, even if you are ignorant of them).

Note:
Compartmentalisation is used a lot in corporations, however, many people who work in such corporations, are aware that they're being used in this way, and these people actually like it.
-- The reason why they like it, is because they might know that their job is immoral, but since the corporation is so compartmentalised, they can then just say, that they didn't know that their job was part of a bigger immoral scheme.

And, if that excuse/lie/delusion isn't working (on themselves, (or on others)), then they'll just use their usual other excuses, (eg: "I'm just an honest hard working citizen, who is doing their job, and paying their taxes, so that I can feed my family").

Of course, this is the type of excuse, which many immoral people hide behind.

And, of course, it's these types of sentences, which cause so much suffering in the world, because these sentences (eg: "I'm just an honest hard working citizen, who is doing their job, and paying their taxes, so that I can feed my family"), are trying to brainwash/program you to believe that:

- Using people as personal-slaves, is good/moral/acceptable/necessary/etc.
- Using people as work-slaves, is good/moral/acceptable/necessary/etc.
- The systems of money and taxes are good/moral/acceptable/necessary/etc.
- The system of life/existence, is good/moral/necessary/etc.
- Life might be tough, but it's better than death.
- Existence might be tough, but it's better than non-existence.
- Etc.

The only result of all of this immoral behaviour, is suffering for everyone.

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9. "You must be positive, because being positive, will lead to a more successful life."

This is ridiculous/stupid, because when a person is going through suffering, if they try to remain “positive”, all they're doing, is trying to avoid seeing what caused their suffering.
-- And, in not seeing what caused their suffering, they are (obviously), going to repeat the same action, and therefore end up suffering again.
-- And so the cycle-of-suffering will continue.

An analogy, would be to burn your hand on a hot stove, and then say: “Life is great”, “Life is perfect”, etc.
-- Needless to say, that person will burn themselves again and again, until they examine the cause of the suffering (the hot stove), and realise that all they need to do (to avoid that suffering), is to not touch the hot stove again.

Note: If you examine everyone's behaviour in life, you'll see how most people, will be constantly trying to encourage/push/persuade/convince/brainwash/program you, to keep touching the hot stove.
-- And, they'll do this in many ways, (directly and indirectly), using things like: guilt, shame, ridicule, emotional blackmail, money, desires, fears, etc.

Some people will even try to sound spiritual/religious/scientific/moral/etc, and use a whole host of reasoning/excuses, to explain why/how the suffering is occurring.
-- Eg, if you choose not to touch the hot stove anymore, (because you know that it is something which causes you suffering), they'll say something like:

- “You're a negative fearful person.”
- “Your actions are fear-based.”
- Etc.

The key point is, that:

> Most things in life, are just obvious, (as long as you're willing to be honest, and take that honesty ever-deeper).

Indeed, in the case of the hot stove, it doesn’t matter how many people tell you that “You're a negative fearful person”, or that “Your actions are fear-based”, (or whatever else), because all that matters, is that you have examined the situation honestly, and come to the conclusion, that: If the stove is extremely hot, you're right to fear touching it, (since you know that it will burn you).

And, as you go ever-deeper, you realise that the hot-stove analogy, is applicable to ever-deeper issues/subjects/aspects of life.
-- Eg, many people will be able to understand (at least in theory), how this analogy applies to relationships. Ie, it doesn’t matter what tactic (game plan), you use in touching the hot stove, (or if you’re not using a game plan), because the end result will obviously always be the same, (suffering).

However, not so many people will be able to understand (even in theory), that the hot-stove analogy, is also applicable to life/existence itself.
-- Ie, it doesn't matter what type of life/existence is created, because the end result will obviously always be the same, (suffering).

And, another key point, is that people need to stop looking to "experts", for the answers, (regardless of whether they are: academics, scientists, people in positions of authority, spiritual or religious teachers/teachings, aliens/entities from the past/future, entities from other dimensions, etc).
-- Instead, you just need to clearly/honestly observe life, (for yourself), and just see what is causing so much suffering in your life, (and everyone else's lives), and examine what is right/wrong, moral/immoral, necessary/unnecessary, acceptable/unacceptable, etc.

Ie, ever-deeper honesty, is all you need.

Ie, it's not about: intelligence, science, etc. Nor is it about learning wisdom. All it's about, is clear/honest observation, which you naturally keep doing ever-deeper, without excluding anyone/anything (in the whole of existence).

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10. "Being negative about things in life, is bad."

This is similar to previous point (about "You must be positive"), however, let's take it in a slightly different direction.
(Note: This point is important, because it will link to the next few points.)

This belief ("Being negative about things in life, is bad"), is a very important belief, to brainwash/program into people (slaves), because when this is inside a person, then, whenever they think that they're being treated like a slave, they start to examine the situation, and then they start to get angry (at what they're beginning to realise, (eg, that they're being used/enslaved)), however, if they believe that it's bad to think such negative things, then they'll stop analysing the situation, and they'll pretend that they never had these realisations, (because they'll want to pretend, that they never had those negative feelings/thoughts/energies/etc).

Of course, they might also stop analysing the situation, because they (themselves), don't like the implications of what they're seeing/realising.

Ie, they'll want to brainwash/program themselves, with these types of statements, (eg, "Being negative about things in life, is bad"), so that they have an excuse/reason/justification, to deny all those deeper (horrific) realisations, (that they had just seen).

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11. “Being angry, is a bad thing”.

    Of course, this is a fail-safe, for the previous point, (point 10).

    Ie, in case a person keeps going in that direction (of analysing things at an ever-deeper level), they'll then inevitably start to get angry, (due to realising that they're being used as a slave), however, if they’ve been brainwashed/programmed with something like this (eg, “Being angry, is a bad thing”), this will act as fail-safe, (because it will stop them from going in any direction, which makes them angry).

    And therefore, this will make them return to a more superficial level, (of being a compliant/obedient slave).

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12. “Hating things in life, makes you a bad/negative/hateful person.”

    Of course, this is a fail-safe, for the previous point, (point 11).

    Ie, if a person does manage to break the brainwashing/programming in point 11, and therefore they keep going deeper, then they’re inevitably going to keep getting angrier (because the deeper you go, the more you’ll see selfishness/immorality/cruelty everywhere), and therefore, it won’t be long before this turns into something stronger, (and then eventually into hatred).

    However, as soon as hatred arises in them, if they’ve been brainwashed/programmed to believe something like “Hating things in life, makes you a bad/negative/hateful person”, then this will make them return to a more superficial level, (of being a compliant/obedient slave).

    Ie, if the brainwashing/programming in the previous two points fail, then this is the fail-safe.

    Note:
    All these fail-safes are vital (for the slave-owners, and slave-handlers), because:

> There is no escaping the fact, that all brainwashing/programming in all slaves, will (at some point) break down, (because no system is 100%), and then the deeper that the slave analyses things, the worse the realisations will be, and therefore, it's inevitable, that the slave will experience: anger, fury, resentment, hatred, betrayal, etc.
>
> And, since everything goes ever-deeper, the anger (and fury, resentment, hatred, betrayal, etc), will be ever-deeper.

    Therefore, all people will be brainwashed/programmed with these types of beliefs (eg, “Hating things in life, makes you a bad/negative/hateful person”).

-- Indeed, it's one of the most effective ways to:

- Force people to stop going down this path, of analysing/exposing how everyone is selfish/immoral/cruel/evil.
- Force people to stop deprogramming themselves (and others).
- Force people to stay at a more superficial level, (of being a compliant/obedient slave).
- Etc.

Note:
Hatred is actually very important, in many different ways.
-- I'll explain this a bit more, as follows.

> If you dislike a situation, then you might just stay in that situation, (for whatever reason).
> -- Ie, "dislike", is not enough, to naturally propel you, to make a change.
>
> Whereas, if you hate a situation, you'll be naturally propelled, to get out of that situation, and avoid it in the future.

Note:
Points 10, 11, and 12, (which are about negativity/anger/hatred/etc), are all very good examples, of how important it is, to control what is acceptable (in terms of: socially, interpersonally, personally, spiritually, religiously, etc).

And what this means, is that:

> To control people, (and to stop them from being angry about being a slave (whether a personal-slave, and/or a work-slave)), all that had to be done, is to make anger/fury/resentment/hatred/etc, seen as being unacceptable (socially, interpersonally, personally, spiritually, religiously, etc).

Indeed, all of spirituality/religion/etc, is purely about this.

And the same is true, with how parents raise babies/children.
And the same is true, in: relationships, friendships, etc.
And the same is true, for: schools, companies, etc.

The key point is, that:

When this is done across all aspects of life, (socially, interpersonally, personally, spiritually, religiously, etc), it's extremely effective, because it will then be believed by most of the population, and this then gives it more strength/solidity, (which then makes it seem like “fact”).

And this then makes it easer, for everyone to keep using/enslaving each other, (as personal-slaves, and/or work-slaves), whether directly, or indirectly.

And, this is true at all levels, especially in relationships/families/friendships/etc.
-- Ie, one person (in the relationship), might begin to realise, that they've been used/enslaved, and then the other partner, will use a whole assortment of weapons/tactics, (words/phrases), to make sure that the other person keeps their place, (as their complaint/obedient personal-slave).

Of course, the shocking part of this, is not that this happens, but that it works.
-- Ie, people are kept in slavery, (as personal-slaves, and/or work-slaves), just by the use of a few words/phrases.

Note: It should be obvious by now, that: Hate, truth, hurt, and freedom, are all interlinked.

This is obvious, because whenever a truth is found, there will be some hate present (to some degree), at some point. This is inevitable, because, if you realised a truth, this means that you saw through a lie. And, wherever you see that you were being lied to, that hurts.

Many people try to avoid hate, but this is foolish, because you can only get to the full truth, by going through the hate.
-- Indeed, this is obvious, because if it is to be a “full” truth, then you can’t exclude anything, (including hate).

---

13. “If it doesn't resonate with you, then its wrong/bad, and you should ignore it.”

This type of phrase, has been brainwashed/programmed into many people, because it's yet one more tactic/weapon, to make sure that people do not realise that they're just slaves, and are being used/raped.

Of course, the way that this works, is that you hear information that you don’t want to hear, (eg, information that is accusing you of being selfish/immoral/cruel/evil, because you're using/enslaving people (as personal-slaves, and/or work-salves)), so, all you now have to simply say, is that that information, doesn’t resonate with you, (and therefore, that information must be wrong/bad, and therefore:

- You can ignore that information.

- You should ignore that information.
- You must ignore that information.

Note: What makes this weapon/tactic so effective, is the fact that the deeper the accusation, (eg, that it is you who is directly responsible, for all the suffering that your child will experience during it's entire lifetime, and therefore, that you are inherently a selfish/immoral/cruel/evil person), the deeper that your body will have a bad reaction (to that information), which will make you feel that the information is definitely wrong/bad.

Indeed, this is why this type of phrase (eg, "If it doesn't resonate with you, then its wrong/bad, and you should ignore it"), is something that people actually try to brainwash/program themselves with.

And, they then also have to try to brainwash/program this, into as many people as possible, because the more people that use these same immoral beliefs, the more normal/acceptable it becomes, which makes it possible for them to hide their immoral lifestyles/activities/hobbies (in plain-sight), and it also makes them feel better, (eg: guilt-free, responsibility-free, etc).

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14. "Spiritually evolved people/entities/beings, do not think rationally/logically, they use their intuition / higher-self / knowing / etc."

    This is similar to the previous point.
    -- Many people have been brainwashed/programmed to believe, that it's a good idea to listen to (and trust) their body/feelings/intuition/higher-self/knowing/etc.

    However, this is never wise, for many reasons.
    -- I'll give two reasons, below.

    Reason 1:
    It's a bad idea, because your body/feelings/intuition/higher-self/everything, are all based on the programs that are inside you (or outside you, or are you, etc), and the point is, that all programs are bad.
    -- Indeed, there are no good programs.

    Ie, all that you are, is a bunch of programs, and therefore, no matter which ones you access, (or how you access them), it's bad.

    Some programs are so deep, (buried under thousands of layers of superficial lies and nonsense), that you don't even know that there are deeper depths, and deeper programs, (and that all of these unknown/unconscious programs, are controlling your every decision/action in life).

    Ie, it's irrelevant if you're trusting a superficial program (that is inside you), or a

deeper program (that is inside you), because all programs will cause you (and others) suffering.

Actually this is not true, because the deeper programs, are always infinitely more dangerous, (in terms of causing suffering to you, and to many other people).
-- And therefore, basing decisions on these deeper programs, (eg, using your body/feelings/intuition/higher-self/etc), is infinitely more dangerous, (in terms of causing suffering).

Indeed, the deeper programs are a nightmare, in all ways.
-- Eg, it's always harder to:

a) Recognise them.
   -- Ie, recognise that they're not a fact/“fact of life”, but just an idea/concept/belief/story/fairy-story/etc.

b) Not cling to them.
   -- Ie, even if you do recognise that they're just beliefs, you might still want to believe that those beliefs are fact.

c) Not be addicted to them.
   -- Ie, the deeper they are, the more subtle (and powerful) they will be, (in all ways).
   -- Ie, even if you do recognise them, and are willing to let them go, you might find it very hard to totally/fully/truly/permanently dissolve (and eliminate) them.

And, of course, these deeper programs, are what all your decisions in life have been based upon, and therefore, if you admit that these deeper programs were bad, then you also have to admit, that all your decision/actions in life, were bad (selfish/immoral/cruel/evil).

And, the deeper you go, the worse it will keep getting, because you just keep seeing ever-deeper lies, (which have been brainwashed/programmed into you, and everyone).

However, most people will only ever understand/realise, that all these lies are “ever-deeper”, after they (themselves), have been going ever-deeper (for a long enough period of time). Indeed, it only then becomes obvious, that the lies (that is constantly being exposed to them), will always keep going ever-deeper, because you were previously blind to them.
-- Ie, previously, you were not conscious to these lies (that existed). And, obviously, you can't be conscious of what you are unconscious of, and therefore, it is to be expected, that there might be a lot more lies, that you are still unconscious of.

And it also becomes clear, that the lies that have realised, will always (somehow), keep getting worse.
-- Ie, somehow, no matter how ugly a realisation is, there will be a time when you

see, that that realisation, is (somehow) getting even more ugly (than you originally thought it was).

Indeed, this is why I use words like “evil”, but only as a pointer, to something that is beyond what a word can express.
-- And, it's always going to be beyond any one single word, because it's something that keeps going ever-deeper.

Reason 2:
It's a bad idea to use things like your “higher-self” (to try to guide you in the right direction), because it's based on a massive assumption.

The massive assumption, is that these things, (eg: your higher-self, intuition, inner-most core, etc), are good/pure/benevolent/etc.

Ie, even if these “higher” parts of you (on other dimensions/realms), are part of you, (or are you), that doesn’t mean that they are good/pure/benevolent/etc.

Actually, it's obvious, that if these higher parts of you, were that good/benevolent, then they would not have let you (or anyone else) suffer, (not even for one split-second).

Therefore, it's to be expected, that every part of you (and everyone), will cause you (and others) to suffer.

Note: What this also means, is that even if you say, that you know that you are oneness/everything, (or nothingness/non-existence), this does not mean that you are benevolent.
-- Indeed, no matter what identity you use (to label yourself), it will still be classified as malevolent, because any person/entity/being, that lets even one tiny thing (in existence) suffer, is not benevolent.

Ie, since there are things suffering in existence, this means that all things are malevolent.
-- Ie, all things will have to accept, that they’re selfish/immoral/cruel/evil.

Note: Acceptance of this fact, is the only way forward.
-- And, if you deny this fact, it's just another trap/delusion.

Ie, the trap/delusion, is that: People say that they want to know the truth, but they'll discard all truths, that have answers/information, which they don’t want to hear.

Indeed, almost all people, only want to hear information, which lets them feel free from guilt, about about all the selfish/immoral things that they do, in their everyday lives.

And on top of this, they then also only want to hear information, which tells them

things like:

> “What you truly are, is the unmanifest and manifest, which is pure and benevolent and love and light (and blah blah blah).”

It’s so obvious, that these types of traps/delusions/beliefs/desires, will prevent you from going into ever-deeper.

This is obvious, because you can’t move onwards, whilst clinging to something.

And, you can’t go in a positive direction, if you’re after a specific result/conclusion/identity/etc.

And, the only way to keep going ever-deeper, is to keep letting everything collapse/dissolve/shatter/end.
-- Ie, trying to create (and/or maintain) a belief/identity, is the exact opposite. And therefore, the only result is suffering (for yourself, and everyone).

Note:
Earlier on, I said that “all things are malevolent”. I now want to talk about this a bit more. And this will also tie into the issue of making sure that you do not cling to things.

One way to ensure that you do not cling to anything, is to hate everything. This might sound strange, but it is not a new concept, because “hating-everything” is one of the deepest/truest paths to enlightenment.

What I mean by “deepest/truest”, is that the resulting understandings after enlightenment, are much deeper/truer.

Many people will argue, that there are no different types of enlightenment, however, it’s obvious that (in general terms) there can be understandings that are deeper (and therefore truer), and therefore, the resultant understandings after enlightenment, can be deeper/truer.

Of course, the deepest/truest understandings, will obviously be when you have gone through all the different paths of enlightenment. Ie, you will have also been through the path of love-everything.

Side note: The resulting enlightenment, if you only go via love-everything, is not as deep/true (as the resulting enlightenment via hate-everything).
-- This is obvious, because you can’t do the path of love-everything, after hate-everything. Ie, the path of love-everything, is a more superficial level. Ie, you can do the path of love-everything, and then the path of hate-everything, (but not vice-versa).

And, of course, the deepest/truest enlightenment, will be after all paths are gone

through. Ie, you will have been through all of them (including love-everything), and then you're going through hate-everything, and you just keep going ever-deeper (without caring about enlightenment, and paths to enlightenment, and any other such things).
-- Indeed, this is inevitable, because all such things will have been naturally exposed/revealed/seen, as not being benevolent, but malevolent.

Indeed, this is obvious, because the path is "hate-everything". Note: It's not that you try to hate everything, (nor that you try to see everything as malevolent). All it is, is that you see everything clearly/honestly (as it truly is).
-- And, when you see everything clearly/honestly (as it truly is), you see that it is all malevolent.

And, it's just so obvious, that:

> It is all malevolent,
> because if it was benevolent,
> there would be zero suffering.

It's just that simple.

(The next few paragraphs, are a repeat from the short conclusion.)

And therefore, it really is true, that all types of enlightenment, (and all types of paths to enlightenment), are malevolent. And this is so obvious, because it's obvious that the only thing worth having/being, is the thing which is zero suffering for all (and ultimate freedom/peace/love/bliss for all), which is "That", (non-existence).

Ie, all statements about enlightenment being malevolent, are true, (and this is regardless of whatever definitions are used, (and regardless of whether it's called: enlightenment, awakening, self-realisation, ascension, descension, or whatever else)).
-- Of course, the only exception to this, is if it's accepted that,

> There is only one true definition of enlightenment,
> which is that:
>
> > True enlightenment occurs, when the whole of existence
> > permanently becomes "That", (non-existence).

And therefore, it's obvious that:

> There is only one ideal path to true enlightenment,
> which is to end the whole of existence, in an
> instant/painless/effortless/guaranteed/permanent way.

And, of course, since “True enlightenment occurs, when the whole of existence permanently becomes “That”, (non-existence)”, then what this means, is that there can’t be any things like “enlightened people” (or enlightened: beings, entities, societies, worlds, times, eras, dimensions, realms, etc).

Anyhow, for the moment, let’s totally forget about enlightenment (and paths to enlightenment), and focus on the issue of not clinging to anything.
-- Note: We can talk about hate-everything, without it being in relation to enlightenment, or paths to enlightenment.
-- Ie, we can talk about hate-everything, just in relation to the issue of not clinging to anything.

So, let’s continue.

One thing that is important to know (about hating-everything), is that this must include absolutely everything.
-- And, everything means everything, including: enlightenment, paths to enlightenment, enlightened beings, oneness, bliss, love, “That”, non-existence, etc.
-- Indeed, this is why there are times in this book, where I talk badly about “That” (and non-existence, and the unmanifest), and although this might seem strange (since the solution is “That”), it is important to do this.

Indeed, if I did not do this, then people would want to cling to “That” (and/or non-existence), and this would cause suffering.

The point is, that everything is included, and nothing is excluded.

Ie, everything gets the same treatment.

Ie, just as the whole of existence needs to be ended in an instant/painless/effortless/guaranteed/permanent way, so too does everything else, (including “That”, non-existence, the unmanifest, and anything else that you can imagine).

Note:
Hating-everything, is much more important than loving-everything, because when a person loves everything, they inevitably get stuck, because love is something that people naturally like, and want to keep hold of.

Meanwhile, hate is something that people naturally do not like, and therefore they naturally do not want to keep hold of it. And therefore, they will naturally keep moving ever-deeper.

Of course, there is also the issue, that if you love-everything, you will not be naturally propelled to change anything.

-- And therefore, a person who is loving-everything, is malevolent.

Meanwhile, if you hate-everything, you will be naturally propelled to change everything. And, since you hate everything, you'll not want to change situation "x" to situation"y", (because situation "y", is just going to be another thing that you hate (because you know that it will also be malevolent)). And therefore, you will naturally be propelled, to change all things into "That".

-- And therefore, a person who is hating-everything, is benevolent.

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15. "Higher realisations/truths, are gentle/safe/kind/loving/etc."

It's obvious, that most people only ever want to find/hear "truths" (information), which is gentle/safe/kind/loving/etc, because all information that is gentle/safe/kind/loving/etc, is obviously not the type of information that is collapsing/dissolving/shattering/ending all their lies/illusions/delusions, (nor is it exposing them as being a selfish/immoral/cruel/evil person).

And, of course, real change can't happen, until a person's lies/illusion/delusions are being collapsed/dissolved/shattered/ended.
-- And, if real change doesn't happen, suffering will continue.

And therefore, what this all means, is that if you want to keep going ever-deeper, then absolutely all of your lies/illusion/delusions need to be shattered/exposed, leaving you with absolutely nothing to cling to.

Ie, when people use these terms, (eg, "kind"), they mean that they want the information to be "kind to them".

Ie, it's still all about them, selfishly trying to reinforce their delusions, or swap their old delusions, for new ones (which allows them to have even less guilt, whilst they use/enslave people, as personal-slaves, and/or work-slaves).

Ie, it's just more word games, and brainwashing/programming, and it's all done for selfish motives.

The opposite of this, is that a person wants information that will help end all suffering (for all), and they then implement that information.

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16. "The worst people, are those who just take, and never give."

Many people like to brainwash/program people to believe these types of statements, because they are great for misdirecting people, because what is infinitely worse than the “takers”, are those people who “create”.
-- This is true, because creating is always non-consensual, and leads to infinitely more suffering, (as compared to just taking).

Indeed, creating is so bad, that no amount of giving, can ever make up for it.

The perfect example of this, is in life, because after a baby is created, there is absolutely nothing that can be given to it, to ensure that it never suffers (during it's entire lifetime).

Note: This issue about “givers”, is similar to the issue of those people who say that they're “service-to-others”. Ie, they can do as much service-to-others as they like, however, if they create babies, (or allow other people to create babies, or don't allow people to have an instant/painless/effortless/guaranteed/permanent way out of life), then they (themselves) are responsible, for causing the worst suffering in the world.

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17. “Life can be harmonious.”

The truth is, that people/societies/governments/countries/etc, will always be in a conflicted state, because they (the perpetrator) want to:

1. Brainwash/program everyone else, to believe that it's ok for them (the perpetrator) to be able to do whatever selfish/immoral things that they want to do.

However, they (the perpetrator), also want to,

2. Brainwash/program everyone else, to not do any harm to them (the perpetrator), or to their family/group/community/etc.

Ie, this is the constant state-of-war (state-of-conflict), is not just within themselves, but between them and others.
-- Ie, they're constantly playing games/tactics/war, to try to do points 1 and 2 (above).

And, this state-of-war (state-of-conflict), can’t ever end, because they will:

A) Keep doing point 1, so that they can do absolutely anything that they want to do.
   -- Ie, they want to have no limits, (so that they can do absolutely anything).

B) Keep doing point 2, so that no one can harm them, in even the

smallest way.

Ie, to do this, they have to inherently create unfair rules/games/laws/promises/etc, (which benefit them, and limit others).

Of course, the simplest way to do this, is to get everyone to agree on a set of laws, which you know you will break.
-- Indeed, this is learnt at a very early age, where people lie about things, (whether this is something that they: have done, are doing, or will do).

This just shows, how people in positions of power, will always keep increasing the amount of suffering in the world, because they'll keep increasing this imbalance, (where they're trying to constantly increase being allowed to do whatever they want, whilst simultaneously, trying to constantly decrease all things that everyone else is allowed to do).
-- And, this is in all ways.
-- Ie, this is done across all rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc).

And, this is at all levels.
-- Ie, the constant struggle can be between:

- Two countries.
- The government and the public.
- Two people in a relationship/friendship/family/community/etc.
- Etc.

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18. “It’s bad to have a position/belief.”

Many immoral people try to brainwash/program others to believe, that it’s bad to have a position/belief, and they try to justify this, by saying things like: “It’s bad, because this creates an identity/‘i’/you/etc”.
-- Of course, they only say this to people, who are beginning to see how immoral everyone (and life/existence) is.
-- Ie, it’s only ever said as a weapon/tactic, (for defence, and/or offence), so that people can keep doing their immoral hobbies, of using/enslaving people, (as personal-slaves, and/or work-slaves).

Indeed, this is obvious, because any people who have a position/belief, but that position/belief is beneficial to the immoral people, then the immoral people will let them keep that position/belief, and not say things like, “It’s bad to have a position/belief”.

And, of course, there’s one more important bit to this whole issue, which is that:

Anyone who is alive, has a position/belief,

because they're choosing to stay in life.

Ie, all people (even if they're saying/doing nothing), are clearly stating, that their position/belief, is that: "Life is preferable to death".

Indeed, it's always important to remember, that any action (or inaction), is a clear demonstration, about what position/belief a person has on life.

Eg, if a person has a job, then they're clearly demonstrating, that they have the position/belief, that this immoral system (of prison/torture/slavery/rape), should be perpetuated/continued.

Moreover, this is not just a theoretical position/belief, because by having a job, they're actually a person that is actively perpetuating this immoral system.
-- This is true, because a system of slavey cannot exist, if the slaves simply do not comply/obey/work.

So, what this means, is that: The slaves are responsible, for the existence of the system of slavery, and the suffering that this causes to everyone.

Another example, is that if a person has a baby, then they're saying/demonstrating, that they have the position/belief, that:

- Suffering is acceptable.
- Life/suffering should be perpetuated.
- It's acceptable to use/enslave people, (as personal-slaves, and/or work-slaves).
- Etc.

And similarly (to the previous example), this is not just a theoretical position/belief, because by having a baby, they're actively perpetuating this immoral system of life/existence (prison/torture/slavery/rape).

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19. "Facts/proof/science/academics/credibility/experts/etc, are important, and information that does not have any of this, is worthless."

    These types of things, are being brainwashed/programmed into everyone, not just from mainstream sources, but also from alternative media sources, and from everyone.

    As a result, everyone is causing a lot of suffering in the world, due to them only accepting beliefs/theories/ideas/stories, if it has facts/proof/etc, and is being said by someone who is either in science/academia/etc, or is classified as being an expert/credible/etc.
    -- And this is true, wether the belief/theory/idea/story is being heard from an official source, or from an alternative media source.

And, if it fails to meet this criteria, then the belief/theory/idea/story, will be labelled as being a: conspiracy theory, lies, not worth hearing, etc.

The reason why this is a massive trap, is because facts/proof/etc, are always something that only a few people can provide.
-- Therefore, all it takes, is for those few people to be blackmailed, (or: threatened, bought-off, bribed, mind-controlled, brainwashed, programmed, hacked, replaced, attacked, cloned, etc), and then they will falsify the facts.

Ie, if you want to control/manipulate a whole country, then one very effective tactic, is to brainwash/program everyone to believe, that the only information worthy of listening to, is the information that has facts/proof/etc.

Indeed, no matter which way you come at it, facts/proof/etc, are the problem.
-- Eg, since all things (internal or external to the body/mind/dimension) can't be trusted (because all of this can be faked), this means that the people collecting the “proof”/“facts”/etc, might be collecting/seeing fake data.

All of this is important, because if alternative media sources convince people, that the mainstream media are lying about a story, and they use proof/facts to do this, then in the future, those same people will continue to look to the alternative media sources (or truthers, or whoever else) for the truth, and then we're back to the same problem (of blindly believing what someone says).

Therefore, to reduce suffering in the world, everybody has to understand, that any story (whether told by: the mainstream media, alternative media, the truth movement, conspiracy theorists, etc), is just one version of events.
-- Ie, if people can listen to the mainstream media (or any of these other sources of information), and think, “ok, that's one version of events”, then that is good enough, (because they're not believing that that is the truth, (and that everything else is a lie)).

Also, it then forces those people to not only think for themselves, but also to take responsibility.

Ie, it changes how things are at the moment, where people like to believe the information that comes from a source (whether mainstream or alternative), because then if they do what that information is suggesting, and in the future it is revealed that they caused problems/suffering, then they can blame the source of the information, (and therefore feel free from guilt/blame).

Note: This behaviour creates (and perpetuates) many other issues, which all compound together, to make it all even worse.
-- Eg, this all allows the tactic of discrediting, to be effective.
-- Ie, if someone doesn't like some information, then all they have to do, is to discredit the author/source.

And to do this, all they need to do, is spread some lies/accusations, which they know people will want to avoid being a part of.
-- Ie, any accusation will do, as long as the accusation is something that 99% of the population will hate, (eg, accuse the author of being a: pedophile, rapist, terrorist, having child porn, etc).
-- And, of course, since people believe in proof/facts/etc, then all you need to do, is to fabricate the proof/facts/etc.

It's all so simple, and so effective, and it always will be, because everyone is so immoral.
-- Ie, people know about all of these tactics (eg, the tactic of discrediting), however, people will happily reinforce the belief, that an author/person has been correctly discredited, as long as that end result benefits them.

The key point is, that:

> If a person is immoral in one part of their life, then they're going to need to be immoral in many other ways/tactics, just to hide the original immoral action.
> -- And, they then need to also do even more immoral actions, to hide those subsequent immoral tactics.
>
> And, since 99% of the population are immoral, (since they use/enslave people (as personal-slaves, and/or work-slaves)), this means that all these tactics/weapons, will always be created, used, and perpetuated.

The key point is, that it has to be recognised/admitted, that facts/proof/etc, are rarely used for anything good.
-- Ie, the only people wanting to use such things, are people with an agenda.

And, all problems in the world, are created by people pushing an agenda (onto other people).

And, this can be taken further, to say that:

> It has to be recognised/admitted, that words/communication/etc, are rarely used for anything good.

And what this means, is that:

> Everything that you've been told/taught, was deliberately upside-down, to make you see black (eg, suffering), as white.

However, although I used the word "everything" (in that last sentence), you will never truly understand what that means, because most things have been so deeply

ingrained into you, that you don't even know to question/examine them.

Indeed, that it why is can be said, that:

> The most cruel/evil things in life,
> are the things that are so ingrained in you,
> that you don't even know to question/examine them.
>
> And it must be remembered, that these things will be things that are in plain-sight.
> -- Ie, these things will be the “normal” things/activities in everyday life.

Therefore, what this means, is that:

> If you do (truly) want to deprogram yourself, you need to question/examine/challenge, all the “normal” things/activities in everyday life, which most people believe to be: normal, acceptable, important, necessary, good, moral, right, holy, benevolent, etc.
>
> And therefore, you need to question/examine/challenge, all the “normal” things/activities in everyday life, (eg, having: children, family, friendships, relationships, jobs, religion, spirituality, education, laws, life, existence, etc).

Side note:
Most people are immoral, (and therefore blind), and therefore they’re unable to distinguish the difference between this action (of “question/examine/challenge”), as compared to complaining.
-- Ie, they can’t see the difference, between when information is being said, to expose how truly wrong/bad everything in life is, as compared to when things are being selfishly said by a person, for some selfish motives.

However, although I said that “people are immoral, (and therefore blind)”, some people are aware of this difference, however, they’ll accuse the good information (which is trying to expose how truly wrong/bad everything in life is), as being information which is being said for some selfish motives.
-- Of course, these immoral games are to be expected, since most people are immoral.

---

20. “You must not trust any information that comes from people who remain anonymous.”

    Of course, this is just a continuation of the issues discussed in the previous point.
    -- Ie, many people like to brainwash/program everyone to believe things like this,

(eg, “You must not trust any information that comes from people who remain anonymous”), because they want/need all information to be clearly labelled as having come from a certain person/organisation, so that if they do not like the information that is being said, then they can use the standard tactics of:

a) Discrediting the author/source/organisation.

b) Attacking the author/source/organisation.

c) Blackmailing/threatening/turning/etc, the author/source/organisation.

d) Etc

Indeed, this is all obvious, because there is absolutely no other reason for demanding that all information must be clearly labelled as having come from a certain person/organisation.

Of course, there are also many other ways, to achieve this same goal.
-- One of these other methods, is to brainwash/program people to believe other lies, eg, that: “Anyone who is remaining anonymous, is not to be trusted, because they are trying to not be accountable for their actions”.

Of course, this is all upside-down, because if these people truly understood about accountability, then they would know that everyone is instantly accountable for every word/action/inaction/etc, that they do.
-- Ie, there is absolutely no way to hide, from what you say/do, (or do not say/do).
-- Indeed, you could go to the other end of the universe, and you would still not be able to escape the consequences of everything that you said/did, (or did not say/do).

Ie, when people say that you must not remain anonymous, (because otherwise you are not accountable for your words/actions), the fact that these people are saying this, shows/demonstrates, that they are fundamentally selfish/immoral, because it shows that:

a) They are playing selfish and immoral games/wars/tactics.

And/or,

b) They do not understand how they are causing suffering in the world, because they do not understand how everything works at a deeper level. And therefore, they are causing suffering in the world.

And/or,

c) They do not understand what self-responsibility truly is.
-- Indeed, if they did understand what self-responsibility truly is, they would not be saying these things.

And/or,

d) Etc.

Note:
There are also many other reasons, why people want to know who the author/source is. One of these reasons, is because they want to be able to misdirect everyone (away from what the information is trying to say).

Eg, if those people do not like what the information is saying, and they know the gender of the author, then they can use this to misdirect everyone into focussing on an inter-gender argument/battle/war.

Note:
It's important to see, that almost everyone is perpetuating all of this, because almost everyone likes to use these tactics, even if it's just to use these tactics on themselves.
-- Indeed, if a person does not like some information, then they will quickly try to use any tactic, that will allow them to believe that the information is not to be believed/trusted.

Note: If you want to help reduce people's suffering, then you're always going to be telling them information, that they do not want to hear. Therefore, the best way to help people, is to not give them the chance to use these tactics on themselves.

And indeed, this is why this book is anonymous. And, any book that wants to seriously help people (in permanently reducing people's suffering), should take the same course of action. The reason why I say this, is because: If that course of action (of remaining anonymous) was not necessary, then that would mean that the people/society were not immoral, and if they are not immoral, then the book would not be necessary.

Of course, when you stop and look at the whole situation, it's all so obvious.
-- And, what also makes it all so obvious, is the fact that:

If an argument is logically correct, then it's logically correct.

Ie, that argument does not then suddenly become incorrect, because the author is:

- Too young.
- Female, or male, or whatever else.
- Not human.
- Not a professor/academic/"expert"/scientist/etc.
- A person that has done things in the past, that is good (or bad).
- Etc.

Indeed, when it's seen like this, it's obvious that the best way to help people, is to always make sure that all information is released anonymously.

Note:
All of the things that I've just discussed (about why it's important to remain anonymous (for the sake of helping the reader)), becomes even more important, when the information is not giving the reader any chance to argue their way out of it.
-- And indeed, since the information in this book is based on the neutral/natural/true start-point (for everything), there is no way for the reader to argue their way out of it.

And, this is even more true, if the information is not about logical argument, but observation.
-- Indeed, in the short conclusion, it was stated that: "There is no middle ground (between the type A, and type B people/society), because all people either have this most fundamental of rights/freedoms, or they don't".
-- Ie, this is not about logical arguments, it's purely about observing, whether all people (in a society) have been given a practical way to escape from suffering, or not.

Ie, this will either be something that has been provided, or not.
-- And, a simple observation, will determine this.
-- And therefore, a person can be totally uneducated, and still do this simple observation. And, they can then do the reporting of what they found/observed.

And, if it's found/observed, that the society has not provided everyone with a practical way to move away from suffering, then that means that that people/society are immoral.

Ie, in this case, there really is no way for the reader to argue their way out of it.
-- And, of course, this is what people want to avoid.
-- Ie, they always want to have a way to argue, that they are moral, (even when it's blatantly obvious, that they are being immoral).

And, if that fails, they then go to the next step, where they say that everyone can have their own opinions, and no one is immoral.
-- And, of course, there are all sorts of similar things that they'll say, (eg: There is no: right/wrong, good/bad, moral/immoral, cruel, evil, etc).

And, if all that fails, they then go to the next step, where they realise that they can't escape this via logical reasoning, and therefore, they just attack you, in whatever other way they can.

And this is why, it is to be expected, that everyone is always going to keep trying to brainwash/program everyone with all kinds of things, to make them believe that all information must be labelled with the name of the author/organisation.

Ie, the only reason why they're doing this, is so that they can then use immoral tactics, to make sure that they keep being allowed to do their immoral

activities/hobbies, of using/enslaving people, (as personal-slaves, and/or work-slaves).

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21. “Having a baby/child, will give a parent many truly amazing experiences.”

    Yes, this is true.
    -- However, if you add up all these amazing experiences, and compare it against all the suffering that the parent will go through (in their whole lifetime), then the ratio is going to be extremely poor.

    Ie, even if you're ok with being selfish, (and so you disregard the suffering of the child, and only care about your happiness), then this activity/hobby (of having a baby/child), is still not a wise choice, since you will have a few amazing moments, but the amount of suffering (mental/physical/emotional) that comes with that, makes this activity/hobby not worth doing.

    Ie, this activity/hobby, will only provide you with scraps of happiness/peace/love/pleasure, whilst forcing you into a life of prison/torture/slavery/rape.

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22. “It is reasonable that everyone should work at a job.”
    “You have been given a fair wage/salary.”

    People are brainwashed/programmed to believe, that “fair” is a good thing, but it's just a concept that is invented, to blind people from the truth.

    Eg, people talk about what a “fair” wage/salary should be.
    -- This is ridiculous, because there is no such thing as a “fair wage” (nor a: “good salary”, “good job”, etc), because no one should be working.

    Indeed, the idea of working, is absolutely ludicrous.

    Indeed, it's just an idea/belief, that is so ingrained, that people are not able to see that work is unacceptable.

    There are so many reasons why work is unacceptable, and two of these are blatantly obvious.
    -- These reasons are:

        A) Work causes suffering. And suffering is unacceptable and unnecessary.

        B) Work is not something that is truly consensual. And anything that is not truly consensual, is unacceptable.

Note:
This situation (about “fair”), is the exact same situation, with all other aspects of life.
-- Eg, people talk about what is a “fair price” for a house, however, land/housing should be free.

However, “free” is not the correct term, because “free” can only exist, if “money” exits, and money is ridiculous. And the same applies to: bartering, alternative currency, exchanges, energy exchange, etc.

Indeed, it's all ridiculous, because you were non-consensually born (forced into life), which means that you now have a body, which has needs, (and some of these needs, is that you need shelter, food, water, etc), but you're forced into slavery (jobs/bartering/exchange/etc), just so that you avoid physical pain (from being too hot/cold/malnutrition/etc).

The key point is, that this all makes it obvious, that “unfair” is a ridiculous word, because it's way beyond that. Selfish/immoral/cruel/evil, are better words to describe it.

However, it's not good enough, to say that it's selfish/immoral/cruel/evil, and then you continue with your usual everyday life, (eg, of: working at your a job, using people as personal-slaves and work-slaves, etc), because if you do this, then you become one more person, who is perpetrating this cruel/evil system (of prison/torture/slavery/rape).
-- Ie, everyone who has a job, is part of the problem.

This conclusion is to be expected, because all systems collapse (instantly), as soon as people stop taking part in them.

Ie, all the cruel/evil systems that exist today, all exist, because people are literally creating them (anew) everyday, (eg, by everyone going to work every day).

Therefore, everyone is responsible, for all the suffering in the world.

However, it's obvious to see, that most people are keen to keep the system/suffering going, as can be seen when they proudly say various things, eg:

- “I do an honest day's hard work.”
- “I pay my taxes.”
- Etc.

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23. “You have been given plenty of free-time.”

When you look at a person’s average day, it can be split into three main categories:

1) Work-time.

2) Chores-time.

3) Free-time.

What is glaringly obvious, is that,

A person’s free-time, should be 100% of the time.

Indeed, it’s obvious that,

If life is not 100% free-time, then life is not freedom.

And also, that

If life is not freedom, then life is prison/torture/slavery/rape.

Note:
The situation is so bad, that people are constantly deluding themselves, about how much of their time, is actually spent in each of these three categories.
-- And what this means, is that the categories of work-time and chores-time, include a lot more things, than they realise. And this means that they're underestimating/miscalculating, how much of their life is spent doing work and chores.

I'll give an example of this, as follows.

Work-time, should include the time spent:

- At work.
- Thinking/planning/rehearsing/stressing/etc, about work, (whether at home, or elsewhere, and including if it's thought about at night, (in bed, when you're half asleep)).
- In the commute to/from work.
- Organising/sorting/maintaining/etc, the commute, (and/or method of transport).
- Etc.

Chores-time, should include the time spent:

- Doing all things like: maintaining your home, maintaining your body's health, cleaning your body (eg, brushing your teeth), etc.

- Doing anything, which you do not want to do.

- Doing anything, which is not making you happy.

Free-time, should include the time spent:

- Doing things that you truly (honestly) want to do. Ie, the things that make you feel truly: happy, free, peaceful, blissful, etc.

Note:
An important thing to realise with all of this, is that:

All plans to avoid suffering, will fail.

Eg, treating life as a playground (if you don't have lots of money), doesn't help avoid suffering. And “just surviving”, doesn't help avoid suffering.

And, if you then think to yourself, that the only way to avoid this pain, is to have something that you enjoy doing, then you're back to the point, where you need to treat life as a playground.

And, to play with even simplest things (eg: making yourself look good, having friends, relationships, having other hobbies, going for walks in nature, watching tv, etc), you need a reasonable amount of money, not just for the activity, but for the basics (eg, needing a house, clothes, food, etc, so that you don't suffer pain, (from being too hot/cold/malnourished/etc)).

Ie, even if you know to not play in the game of friends/relationships/lovers/family/parenting/etc, you know that you still need some stimulation (to avoid mental suffering), and so you could have other hobbies, (eg, watching tv, etc), however, this also costs money, and these hobbies are never enough to make the pros-cons ratio of a job worthwhile.

Ie, no matter what plan you try, there is always suffering.
-- And yet, parents/people expect you to be grateful (and happy) for being alive.

And, if you think that you can transcend all plans, (eg, by just stopping all moving/eating/drinking/etc), then you will suffer physical pain, and mental pain. Yes, you might die (eventually, (after a week)), but that death will not happen quickly, and you might not even die, because that week would be so slow and painful, that (at some point), you would probably start to move again (and start to drink water and eat food), because the pain will become unbearable. And then you have the new problem, which is that you might have caused your body/health some permanent damage, and so you’re now in a worse situation (with more suffering), than before.

The key point is, that if you don't want to do anything in life, you still need to have a job/money, (and do daily chores), just to avoid physical and mental pain.

Ie, it's absolutely ludicrous, to need a job/money, just to avoid pain.

And, it's absolutely ludicrous, to need to do daily chores, just to avoid pain.

And this is the world that parents bring babies into, and think that they should be thanked for it.

Note:
Many spiritual people try to brainwash/program others to believe, that winning the lottery, will not make a difference to their life.
-- However, it’s obvious, that if you have a lot of money in savings, (eg, £100 million), then your life can be improved a lot, (in terms of increasing the good things, and reducing the amount of suffering in your life).

Yes, you know that money isn’t going to make you permanently happy/healthy/etc, and you know that there are still many ways for life to make you suffer, however, £100 million will definitely be able to increase the probability, of giving you a lifestyle which makes you: happier, more comfortable, have more free time, more stress-free, more care-free, more free in general, able to treat life as a playground, able to help others, etc.

---

24. “It's bad to focus on the bad/negative things (and aspects) of life”.

    This is brainwashed/programmed into people, for selfish/immoral reasons.

    It’s obvious, that if you don't examine why the bad/negative things in life occur, then you will be blind to those things, and therefore, they can easily happen to you.

    Indeed, this is similar to the issue of being conned, because if you understand how all cons/scams/tricks/games work, then you'll be able recognise them, and therefore avoid them.

    And the same is true, for all other similar things. Indeed, this is why it's important to not only examine the subjects of how to trick/con/scam people, but also the following subjects:

    a) How to condition/brainwash/program people.

    b) How to control and manipulate people/countries/worlds.

    c) The tactics that spy agencies use.

    d) The tactics that are used in war.

e) The tactics that governments use.

f) How all of these things (in points “a” to “e”), are used be everyone, in normal everyday life, (eg, in: relationships, parenting, families, friendships, jobs, etc).

g) Etc.

Yes, it can be unpleasant to examine these things (and aspects) of life, however, it’s more unpleasant to be tricked/conned/used/enslaved/etc, especially if you end up being trapped in it, in the long-term.

The key point is, that what most people fail to realise, is that they've been brainwashed/programmed to view these subjects as negative/bad/etc, (and believe that “It's bad to focus on the bad/negative things (and aspects) of life”), by the people who want to control/manipulate/use/enslave them, via these tricks/cons/scams/tactics.

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25. “God sends suicidal people, straight to hell.”

There might be a person/entity/being/dimension, that you want to call god, however, there is no benevolent god.
-- Quite simply, there is no benevolent person/entity/being/dimension.

Indeed, this is obvious, because no benevolent person/god/creator/programmer/being/dimension, would ever allow:

a) Any punishment to exist.
b) Any suffering to exist.
c) This world to exist.
d) This dimension to exist.
e) This existence to exist.

Note:
Most people are always fooled into believing that some person/entity/alien/group/organisation/etc, are benevolent.
-- However, it's always the same basic scam/trick/con/tactic/etc.

Eg, it's obvious, that if an entity secretly/covertly creates a plague on earth, and then comes later as the saviour (and eliminates the plague), then they are not benevolent.

And, although there are some people, that realise that these entities are not benevolent, they can still be fooled, into believing that these entities are just zero,

(ie, not positive, but not negative). Ie, these people are still missing the point, because it has to be realised, that this behaviour is malevolent, and evil, (because they cause long-term suffering, to many people).

The key point is, that god/religion/etc, are all just things that are invented (out of thin air), to control/manipulate/use/enslave people.

And, if the show/trick involves more than just words, then that does not mean that god is real.
-- Ie, if there is some “proof” offered, then that is just part of the scam/trick/con/tactic/etc.

Indeed, all con-artists do provide some proof/evidence/demonstrations/certificates/facts/credibility/things/etc, to convince the mark/target/victim, to buy into the scam/lie.

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26. “Suicide will make you reincarnate to a worse place.”

I don't know what happens after permanent death. No one does.
-- Note: people who have had a near-death experience, and report what they experienced, do not know either, (since they only had a near-death experience, and not an experience of permanent non-returnable death).
-- Ie, the difference between the two, could be huge.

Also, all experiences/conversations/contact, that people have had with dead people (and/or with other entities/dimension/gods/etc), can’t be relied on, because all those types of things can be a long-con.

The point is, that although it's unknown what happens after death, what is known, is that if life gets intolerable for a person, then it's easy to see, why they have nothing to lose, by killing themselves, and seeing what's on the other side.

And, if they want to help end all suffering (for all), then they might have a better chance, from some other dimension.

Ie, leaving life can be a risk, (since you don't know what's on the other side), however, if life gets unacceptable, then there might not be much choice left.

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27. “Life will get better.”

The pattern of life, is that you suffer, then you get a scrap of happiness/peace, and then you suffer again. And the period of suffering, is always much more, than the scrap of happiness.
-- Therefore, yes, life might get better, but only temporarily, before becoming bad

again.

Also, it's obvious that:

> If you put a person in an agitating environment,
> then that person will get agitated, (suffer).

The point is, that life (itself), is an (inherently) agitating environment.
-- Ie, if you believe that you can be in life, and not get agitated, (not suffer), you're foolish/stupid.

Therefore, the only true/honest thing that you can say about life, is: You will suffer regularly, throughout your entire lifetime.

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28. “There is no good/bad, right/wrong, etc.”

    The opposite is true. Ie, there is good/bad, (and: right/wrong, moral/immoral, cruel, evil, etc). I covered all of this in the summary, along with the neutral/natural/true start-point (for everything).

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29. “There are some big changes in this world/dimension, that are happening at the moment, (eg, spiritually, morally, socially, etc), and this world/dimension will soon be a better place.”

    Of course, it doesn't matter what reason/promise/hope/encouragement/motivation/etc, is used, because it's all just excuses/misdirection/lies, designed to keep you enslaved for longer.

    Because, whilst you wait/practice/learn/train/persevere/survive/etc, for just a bit longer, you remain a slave.

    Indeed, there are a million reasons/ways to convince you, to just keep persevering/fighting/staying alive/etc, for just another 6 months. And each time you do this, this means that you’ve just been a slave (personal-slave, and/or work-slave), for another 6 months.

    And, this includes the tactic, of saying that the world will end in 6 months.
    -- Ie, if a suicidal person hears that the world will end in 6 months, then this can be enough, to make them think that they shouldn't kill themselves now, because killing themselves in a way that is guaranteed (to be an instant/painless/effortless/guaranteed way out of life), requires a lot of effort/time/energy/etc. Ie, they might be thinking, that it makes more sense, to just wait for the world to end.

    And, although each reason/excuse (to keep someone alive), can work by itself, it's

more effective to make all these excuses/reasons, not only work by themselves, but to also compound each other.
-- Eg, a person might be brainwashed/programmed to believe, that in 6 months time, some aliens/beings/god/etc, will come to earth, and save them, (or help them ascend, or whatever else). Ie, this can tie in, with the type of brainwashing/programming, which says that very good things are going to start to happen on earth, (and/or, that the world will end in 6 months).

The point is, that the focus is always on some information/event/problem/person/group/teachings/ancient texts/etc, (whether in the past/present/future), and it's all just misdirection, because it's never about how to end the suffering (for yourself and others), right this second.

Ie, the solution is never about providing you (and everyone), with an instant/painless/effortless/guaranteed/permanent way out of suffering/life, which anyone can do, whenever they want.

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30. “Suicide is only thought about, by depressed people, or people who are ill, (whether: physically, mentally, emotionally).”

    Most people have an upside-down view, about suicide.
    -- Suicide is seen by most people, as something that is done due to: depression, illness, not being a “strong” person (physically/mentally/emotionally/spiritually), etc.
    -- However, the suicide that is discussed in this book, is one that is a result, from a neutral/natural/true clear (and honest) seeing, of life.

    Ie, you can be totally healthy, (physically/mentally/emotionally), and after examining life, in a clear/honest ever-deeper way, you're even more healthy (because you're deprogramming/freeing yourself, in ever-deeper ways), and one conclusion/realisation that you'll have, is that: It's absolutely impossible to say, that suicide is bad.

    Moreover, it's impossible to argue against the fact, that suicide might be a good idea, from a perspective of pure: logic, reason, common sense, rational thinking, etc.

    I'm not saying that suicide is the answer. It can be risky, and bad.
    -- However, there is the possibility, that suicide is a good option, (or the best option).

    Note:
    Suicide is risky, because it's so easy to get something slightly wrong, and then the suicide is botched, and you can end up with worse suffering, (whether: physically, mentally, emotionally).
    -- However, assisted-suicide is a totally different story, especially if there is this charity/service/building, (which provides everyone with an instant/painless/effortless/guaranteed way out of life), because with this

charity/service/building, the risk of your death being botched, is zero, (because this charity/service/building, is guaranteeing your death).

Note: Of course, there will be various safeguards/systems in place, which prove that after you go into the building, the only outcome is death. Ie, there is no way, that the people running the building, can do anything other than kill you. (Ie, it's impossible for them to just take you to some other location, and keep you alive, for some ulterior motives).

Ie, because it's easy to put such safeguards/systems in place, people that want to use the building, will know that after they enter the building, the only possible outcome, is death.

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31. “No one is forcing you to do anything.”

And people will also say that: “No one is forcing you to participate in the normal activities/hobbies (eg: relationships, friendships, family, friends, etc), and there are many other activities/hobbies that you can do, or, you can just do nothing, (if that's what you want).”

The key point here, is that even if you do nothing, this requires time, and time is not free.

To prove this, just calculate how much it costs, to keep yourself alive (per month).
-- However, to do this properly, calculate how much you spend over a period of one year, (and also include all other large expenditures (that might not happen in that year, but will happen in other years, eg: unforeseen bills (eg, a sudden dental problem), buying computers, televisions, etc)).

The point is, that doing these calculations, can change how you see everything.
-- Eg, let's say, that your calculation shows you, that it costs you £1,000 per month, to keep you alive. Now, if you only have £6,000 in the bank, (and you have no other income, and you know that getting a job is an absolutely ridiculous/laughable idea), then you know, that your money will be at zero, in six months time.

Now, if you come across a way to save £750, but it requires effort/hassle/energy, then what you might realise, is:

> “What's the point of caring about saving an extra £750, because if I do save that money, it only gives me an extra 3 weeks to live”.

Moreover:

> “Why do I want to go through the effort/hassle/energy, of doing that thing (to save the £750), since that will mean, that I stay alive an extra 3 weeks, which means that I have to endure another 3 weeks of prison/torture/slavery/rape”.

Indeed, what this also emphasises, is that saying that “Time is not free”, is true, not only in terms of monetary expenditure, but also in terms of physical/mental/emotional expenditure, (eg, energy, hassles, effort, etc).

Of course, what this means, is that even if you have £100 million the bank, life will still be prison/torture/slavery/rape, (although to a lesser degree).

Note:
When you realise, that earning (or saving) an extra £1000, will only give you one more month of life, (of prison/torture/slavery/rape), this can make you change your view, about having large amounts of money, (eg: having £100 million, winning the lottery, etc).

This will happen, because with such realisations, there will be the thought: “Is it better to not win the lottery, because then I'll just run out of money, and then I'll just kill myself, and then I'll be out of this prison/torture/slavery/rape. Whereas, if I win the lottery, I might end up choosing to stay in life (due to the fact that suicide could end up in more suffering), and, as a result of staying in life, I'm guaranteed to go through more prison/torture/slavery/rape”.

Ie, the thought might be: “Totally running out of money, might be a huge gift/blessing, because that is what is needed, to give me that last push, to escape this never-ending prison/torture/slavery/rape. And, this might also be important, because I might then be able to help end all suffering (for all), much more effectively, after I leave this physical dimension”.

---

32. “Enlightenment is worth attaining.”

Of course, if you believe this, then you'll believe that it's worth doing whatever is necessary, to get enlightenment. And, whilst you do whatever you need to do (to get enlightened), you will remain on earth, and remain a slave.

Note: Earlier on, I stated that “True enlightenment occurs, when the whole of existence permanently becomes “That”, (non-existence)”, and therefore, this means that there can’t be any things like “enlightened people” (or enlightened: beings, entities, societies, worlds, times, eras, dimensions, realms, etc).

However, for me to be able to discuss how other people misuse the term “enlightenment”, (and how enlightenment causes suffering to so many people), I will have to state the type of false-enlightenment that I’m talking about. There are many different types (and definitions) of these false-enlightenments, however, in this book, I’m only going to talk about the highest type (of those false-enlightenments).

Obviously, if I’m talking badly about the highest type of false-enlightenments, then

what this means, is that all other types (and definitions) of enlightenment, are even worse than this one. Ie, they'll cause even more suffering.

> Side note: To be able to explain this in a sentence which flows (and is easy to understand), I will not be able to use the term "false-enlightenment". Therefore, from this point onwards, I will just use the term "enlightenment".
>
> It will be obvious enough when I'm talking about that type of enlightenment, because if I'm ever talking about the true definition of enlightenment, there is only "That" for the whole of existence.
> -- Ie, when I'm talking about the true type of enlightenment, there is not much to say about it, (because nothing can happen in "That", (non-existence)).
>
> And, there's no need to discuss this true type of enlightenment, because there is absolutely no ambiguity, (nor issues about interpretation, nor anything to dispute, nor any other stupidity), because this enlightenment is about the whole of existence as "That" (non-existence), and in non-existence, there are:
>
> - No teachings.
> - No teachers, (and no enlightened people/beings/etc).
> - No students/disciples/followers/etc.
> - No special places, (eg, ashrams, monasteries, etc).
> - No rules, dogma, etc.
> - No person that can get enlightenment.
> - No special powers.
> - No such thing as enlightenment, (or awakening, etc).
> - No special/higher dimensions (or realms, etc).
> - No god.
> - No existence.
> - Etc.
>
> Indeed, it's even ridiculous to use the term enlightenment.
>
> So, what this all means, is that in this book, when I use the term "enlightenment", and say all types of things about it, then it should be obvious, that I'm referring to the false-enlightenment things.

So, from this point onwards, when I talk about these types of enlightenment (and enlightened beings, and truly enlightened beings), then I'm talking about the following type of enlightenment: After enlightenment, there is the realisation (by nobody), that they do not exist, and nobody exists, neither as a person/entity/being, nor as any other identity (eg: awareness, consciousness, oneness, existence, non-existence, "That", "That which is beyond all names and forms", etc). And indeed, it is also realised, that enlightenment itself, does not exist.

Ie, before enlightenment, a person believes that they are a person, due to there being the thought "i", and a contraction of energy (which makes it feel as though

there is a “me” inside this body. And, after enlightenment, this sense of a separate person/identity, disappears (permanently), and no other identity replaces it.

And, a key point about of this type of enlightenment, is that it cannot be attained by anyone (by their personal efforts), and it cannot be given to someone (eg, by a person/guru/teacher/saint/etc).
-- Ie, this enlightenment just 'happens' to a person, whenever it happens.
-- And, it can happen to any person, (even if that person hasn’t even heard of: enlightenment, spirituality, saints, gurus, non-duality, self-realisation, etc).

Note: With many other types/definitions of enlightenment, people might choose to stay in life, because they are told that they can attain it, or be given it, and therefore this traps/enslaves them on earth.
-- The point is, that even if you believe in the type of enlightenment that I've defined (above), you can still be trapped in life, because you might believe that this type of enlightenment, is worth waiting for. Ie, you might think that: “If I stay on earth, then there is a chance of getting 'enlightened', because it could 'happen' to this illusory me”.
-- And, of course, if you've decide to wait for enlightenment, then you remain a slave on earth.

The key point is, that if you examine this type of enlightenment (which I have describe above), the key thing that needs to be realised, is that this enlightenment is not worth having, for a variety of reasons, eg:

a) Even after you get enlightened, it's not ultimate freedom, because you do not have the freedom, to leave this dimension, (and all dimensions/realms), in an instant/painless/effortless/guaranteed/permanent way.
   -- Yes, it will help free you from a lot of trappings, but not from all of them, (eg, awareness, and existence itself), in a permanent way.

   And the key point is, that although you might know that you are existence itself, this does not mean that you have the freedom, to permanently dissolve yourself (the whole of existence), in an instant/painless/effortless/guaranteed/permanent way.

b) After enlightenment, you will still feel physical pain. Ie, you might be free from mental suffering, but not physical suffering. And therefore, enlightenment is not an ideal/ultimate state-of-being, (or state-of-non-being, or whatever else people want to call it).

c) Even if you get enlightened, other people are not enlightened.
   -- Ie, you might reduce/eliminate the suffering in your life, but other people are still suffering.
   -- Ie, enlightenment doesn't help at all, in terms of trying to end all suffering (for all).

Yes, after enlightenment, there will be the realisation (by no one), that no one exists, and therefore, that anyone who does think that they exist, are just delusional. However, this realisation does not help reduce/prevent/eliminate the suffering, of those delusional people.

And, if you can't give those delusional people, an instant/painless/effortless/guaranteed/permanent enlightenment, then you can't eliminate their mental suffering, (let alone their physical suffering).

d) There have (apparently) always been some enlightened beings on earth, and yet there is still so much suffering on earth.
-- Also, enlightened people/beings, have apparently been around for centuries, and still there is so much suffering.

Ie, what these two points prove, is that enlightened people/beings are clearly not the answer, in terms of how to end all suffering (for all).

e) There are always a few people on earth, who are enlightened, and this makes many people, want this thing called enlightenment. Ie, this is a classic scam/trick/con.
-- Ie, if a selfish person/entity/being/alien/group/organisation/etc, wanted to control/trap/enslave many people, then they might choose this tactic, where they give one person, (or a few people), a thing that many others want, because all the other people will then have the hope of getting that thing, and this will then keep all those other people, trapped/enslaved on earth, and easy to control/manipulate/use/abuse.

The key point is, that it doesn't matter what definition of enlightenment you use, because none of them have been any good, since none of them have made existence free from suffering.

Indeed, this also means, that discussion about which types/definitions of enlightenment are good (or better than others), is misdirection, away from the fact, that none are good.

Of course, if enlightenment was defined as, “Something that anyone could get, (in an instant/painless/effortless/guaranteed/permanent way), and after you have it, you can end existence, in an instant/painless/effortless/guaranteed/permanent way”, then that type of enlightenment, is worth having.

Or, at the very least, it would have to be a type of enlightenment, which: Anyone can get, (in an instant/painless/effortless/guaranteed/permanent way), and after you have it, you can instantly/painlessly/effortlessly make all people/entities/beings in existence, totally/permanently free from suffering.

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33. “There isn't that much suffering in the world.”

What many people forget to take into consideration, is that everyone has different minds/bodies/wavelengths (levels of selfishness), and the more selfless you are:

a) The more you will see suffering everywhere.

b) The more sensitive your senses will be, (feeling, hearing, seeing, smelling, etc).

c) The more times that you will go into deeper states-of-being, (eg, having a totally silent mind), and this will make you see how ridiculous (and cruel), all of the things in life (and life itself) is.

The point is, that what this all means, is that an environment that is normal/acceptable to a selfish person, would be torture for a person who is more selfless.
-- Therefore, if the people who are more selfless, are forced to be in such an environment, then this is no different, than torturing them.

Of course, the sentence “An environment that is normal/acceptable to a selfish person, would be torture for a person who is more selfless”, is just sugar-coating the issue, because when a person is forced to be in this thing called “life”, the 'environment' is then this world/life/existence.
-- Ie, the sentence then becomes:

> The world (and life/existence), is normal/acceptable to a selfish person, but it's torturous, for a person who is more selfless.

Ie, a selfish person will think that the world (and life/existence) is normal/acceptable, but this is because they're only thinking of themselves (and their next plan/tactic, of how to get their next scrap of happiness/peace/love/pleasure), and this will make them blind to the suffering that other people are going through.
-- Meanwhile, the people who are more selfless, can see all this suffering, and this is torturous to see.

Note: One of the worst types of torture, is to be forced to see/hear/smell/feel someone else being tortured.
-- And indeed, many people would rather be tortured themselves, rather than being forced to see other people being tortured.

Note:

> It's only natural, that anyone who is in a torturous environment/life/existence, will naturally want to leave it.

Indeed, wanting to leave it, is nothing more than the natural reaction, to move away from suffering.

The point is, that if a person wants (or needs) to leave life, due to seeing how people in this world are suffering, then:

a) It's ridiculous to expect that person to “recover” from feeling suicidal, whilst this world stays the same.

b) To force anyone to stay in an environment that is torturous, is cruel/evil.
-- Ie, to force them to stay in this environment (called “life”), is the torture, and is cruel/evil.

And, two things then become apparent:

- Anyone who forces them to stay alive, is their torturer.

- Anyone who makes it difficult for them to leave life (in an instant/painless/effortless/guaranteed/permanent way), is their torturer.

And, of course, the people who put this person into this torturous environment (called “life”), are the main people who are responsible for this person being tortured.
-- Ie, the parents are the worst torturers of them all, since no torture could ever have existed, without their initial selfish desire, to bring that person into this torturous environment, (called “life”).

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34. “The truth is beautiful.”

Many people have been brainwashed/programmed to believe, that the truth is beautiful/pretty/romantic/fairytale/etc.
-- Of course, this is totally upside-down, because the truth is never beautiful/pretty/romantic/fairytale/etc, and it never can be, because truth uncovers/exposes the ugliness, of the every word/action (in people's games/behaviour/lives/etc).

There are so many games in life, and they're all ugly.
-- However, people think that they're going to be good at the game, and then they complain when they get burned/hurt/etc.
-- Of course, if you keep playing with fire, you will keep getting burned. It's obvious.
-- Ie, you'll only stop getting hurt, when you stop trying to trap/use/enslave other people.

Note:
The people in a relationship/friendship, are always playing the same game, (wanting something from each other). However, the game is so sly and ugly, that if you ask your partner/friend, why they want to be with you, they'll tell you some reasons (which may be true, or not), but they'll never tell you the real truth.

Moreover, the lies never end, because when people ask their partner/friends for the truth, they'll also say that they want the truth/openness/honesty.
-- The point is, that this is never true, because they're only ever wanting to hear, what they want to hear.
-- Ie, they want the beautiful/pretty/romantic/fairytale answer.

This is true, because:

> If they wanted the real/honest/truthful answer, then they would not be in this partner/friend relationship,
> (nor any other type of relationship).

Ie, if they were the type of person, who wants the real/honest truth, then they would have been aware of all the ugly reasons, why each of them wanted to get into this relationship, and since all reasons are ugly, this insight (and ugly feeling), would make them not want to start this partner/friend relationship, (nor any other type of relationship, (eg: parent-child, family, etc)).

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35. "Guns are bad."
"It would be bad if everyone had a gun."
"Guns are ok in the home, but it should be illegal to carry a gun in public."
Etc.

Guns, (and carrying guns in public), is illegal in many countries, because:

a) Many people/governments/institutions, want to keep their personal-slaves (and/or work-slaves) alive.

b) The people with the guns, have control over the people without the guns.
-- Ie, the governments/institutions want to have guns, whilst making everyone else not have guns.
-- Ie, it's just about power/control/manipulation/enslavement.
-- Indeed, this is the only reason why rules/"laws" are invented.

c) Most people want to be able, to keep doing their subtle/sly selfish tactics and behaviour, (to get what they want from other people, by controlling/manipulating/using/enslaving/raping them, (as personal-slaves, and/or work-slaves)), and they know that, if everyone had a gun, then they would have to stop their subtle/sly ways, because people would retaliate with their weapons, (which now include guns).

d) Guns will always level the playing field, because physically smaller/weaker people, then also have weapons, which can cause physical damage/pain/suffering.
-- Therefore, this would mean that people wouldn't be able to impose unfair rules/laws any more, (which only benefit them).

e) Most people have babies, (or want babies, or believe that having babies is acceptable/good/moral/important/etc), and these parents/people also know, that life is cruel. Therefore, they know that it's only a matter of time, before all children (as teenagers or adults) realise that life is cruel/evil, and that therefore, they might want to kill themselves. Of course, after all the time/effort/money/energy/etc, that the parents have put into training/grooming their slave/child, they definitely don't want the child to get (or find) a gun, to kill themselves.

f) Parents (the majority of the population), are scared that their children will find out, that parents decided to have children (to fulfil their selfish desires), despite knowing that life is cruel/evil. Ie, they fear that many children will suddenly realise, that their parents are responsible, for trapping them in this life of prison/torture/slavery/rape, and therefore, children (as teenagers or adults) might want to harm/kill their parents.

Note:
Most people are selfish/immoral, and therefore they'll always want to make sure, that they have all the weapons, and everyone else is not allowed to use any weapons/tactics/games.
-- Although these weapons can come in many forms, fundamentally speaking, there are only a few key weapons, eg:

1) Actual physical weapons.
   -- Eg, guns.

2) Rules/laws.
   -- Especially the ones that make sure, that it's illegal for the slaves to have guns, but legal for the rulers/controllers to have guns, (and that they can use those guns whenever they want).
   -- Ie, the rules/laws, are just as important, as the guns themselves.

   However, before the rules/laws can be made, people have to be brainwashed/programmed to believe, that rules and laws are important/good.

   Of course, rules/laws are never good, because the only people that benefit from rules/laws, are selfish people (that want the rules/laws implemented).

3) Beliefs.
    -- Eg:
        - “Life is good, death is bad.”
        - “Saving people's lives is good.”
        - “Saving the world/planet, is good.”
        - “Humanity is good, (and is not a plague/virus).”
        - Etc.

Note:
The main way to get people to believe that rules/laws are important, is to make people realise, that they can't get what they want, unless rules/laws exist.

Ie, the only way to get the slaves to accept rules/laws, is by:

A) Making/encouraging the slaves, to be selfish.

B) Making/encouraging the slaves, to enslave other people (as their personal-slaves, and/or work-slaves).

C) Making/encouraging the slaves, to create slaves, (babies).

Note:
Rules/laws (eg, guns are illegal), are all useless/worthless/meaningless words, unless they come with a threat, (regardless of whether that threat is real, or perceived).
-- Therefore, to do this, the selfish people (most people/governments/etc), then also have to brainwash/program the slaves, to believe that:

a) “It's important/vital to have: police, courts, prisons, etc.”

b) “Without police/courts/prisons/etc, the country/world would be awful.”

Note: There are many ways to brainwash/program all slaves to believe this, eg:
- News, documentaries, movies, tv programmes, etc.
- False-flag events, (large and small).
- Etc.

Ie, to brainwash/program people to believe, that the police/courts/prisons are good, many tactics can be used, eg:

a) Brainwash/program the slaves to believe, that police are

good/necessary/important, by making them want to watch tv programmes, where the underlying message, is that:

- Police will solve all crimes, and keep you safe.
- Police are necessary.
- Without police, the country/world would be a worse place.
- Etc.

b) Create false-flag events, where groups of people cause havoc to cities, and then the police (or military) are the saviours.

c) Brainwash/program the slaves to believe, that courts are good/necessary/important, by making them want to watch tv programmes, where the underlying message, is that:

- The courts are a good/fair way to serve justice.
- You will be safe, if this court system in place.
- You will not be safe, if this court system is not in place.
- Etc.

d) Brainwash/program the slaves to believe, that prisons are good/necessary/important, by making them want to watch tv programmes, where the underlying message, is that:

- Only really bad people go to prison.
- People in prison deserve to be in prison, and the people not in prison, should not be in prison (because they are good/moral/selfless people).
- You will be safe, if this prison system in place.
- You will not be safe, if this prison system is not in place.
- Etc.

And, of course, it's easy to make people believe, that it's a bad idea for everyone to have guns, by simply using a combination of similar tactics, eg:

a) Create false-flag events, where children/adults go on shooting rampages. Of course, the most effective ones, would be to get one (or two) children, to shoot other children, (whilst they're in school).

b) Brainwashing/programming people (via movies, documentaries, news, tv programmes, etc), that societies/countries (in the past, present, and future), all do badly, if:

- Everyone has guns.
- There are no: laws, police, courts, military, etc.
- Etc.

c) Brainwashing/programming people to believe, that if everyone has guns, then there is a risk that your child/teenager will accidentally (or deliberately) kill: themselves, their siblings, their family, their friends, random people, you.

Note:
If everyone was allowed to have guns, and there were no rules/laws, then people would (immediately) be able to set up the charity/service/building, which gives everyone the most fundamental of rights/freedoms, (the freedom to move away from suffering, in an instant/painless/effortless/guaranteed way).

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36. Etc.
    There are many other ways in which people have been brainwashed/programmed, and I'll cover the main ones, throughout this conclusion.

Note:
Many people will argue, that no such brainwashing/programming (as explained in all of these points (above)), has ever happened, because they'll say, that people aren't able to be brainwashed/programmed, (and if they can be brainwashed/programmed, then it's just the weak ones that are affected by it, (and it's certainly not on the scale of 100% of the population)).

However, whether such brainwashing/programming has happened (or not), does not need to be discussed. Because, if you believe that this has not happened, (and you don't believe anything that I'm saying), then you'll have absolutely no problem, with making this charity/service/building exist, in every town and village.

Ie, if you believe that your personal-slaves (and/or work-slaves), are genuinely/honestly not trapped and enslaved, then you'll have absolutely no problem, (and have zero fear), in proving this, (by allowing this charity/service/building to exist, in every town and village).

Of course, instead of proving this, (by allowing this charity/service/building, to exist), the opposite is true.
-- Indeed, not only has there been non-stop brainwashing/programming, (eg, “life is good, death is bad”, and all the other ones, as explained above), but there's also a fail-safe system in place.
-- Ie, in case the brainwashing/programming doesn't work, (or it begins to breakdown), most countries have made it illegal, to own the equipment required, for an instant/painless/effortless/guaranteed method of death.

And, the equipment/things that are needed for a relatively quick death, (eg, certain drugs), have also been made illegal.

And, assisted-suicide, (which is what this charity/service/building will be doing), is in most countries, illegal.
-- And in the countries where assisted-suicide is legal, it has a ridiculous amount of restrictions on it, (eg, only the terminally ill people, may die via assisted-suicide).

Indeed, the list of things that have been done, to make assisted-suicide (and suicide)

difficult (physically, mentally, emotionally), is huge.

Note:
I'm not saying that this charity/service/building, (which provides an instant/painless/effortless/guaranteed way out of life), is the solution to all the suffering in the world.
-- The solution of how to end all suffering (for all), will be explained in the next part of this conclusion.

The detailed explanation (of this charity/service/building), was necessary, to prove that people are being deliberately trapped (physically, emotionally, mentally, spiritually, financially, sexually, etc), by everyone who is using/enslaving people, (as their personal-slaves, and/or work-slaves).

However, as mentioned before, solutions need to exist, at all levels, simultaneously.
-- And therefore, this charity/service/building, is something that should be created, as soon as possible.
-- The reason why this solution is important to implement (as soon as possible), is because it's a solution, that is extremely easy to make into a practical reality. The only thing stoping it, (at present), are a couple of laws, (which are just words).

The key point is, that this charity/service/building, has to be made available to all people, because it's inherently selfish/immoral/cruel/evil, to not provide everyone with the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed way.

And therefore, (as mentioned in the short conclusion), if people want a moral society, then it is needed.

However, although this charity/service/building does need to exist, that is not the only change that needs to be made. Indeed, if it is allowed to exist, but the brainwashing/programming of everyone is strengthened, then that is still not a moral society. And, if it is allowed to exist, but tactics are used, to make sure that babies keep being born, then that is not a moral society.

Yes, the inevitable conclusion to this, is that: All societies, are inherently immoral.
-- Ie, by the time a society is truly moral, it is non-existent.

However, if the choice is between, society (suffering), and non-existence (“That” which is beyond freedom/peace/love/bliss), then it seems like a no-brainer.

Let's now move onto the next part of this conclusion.
(The first page of this, is a repeat from the short conclusion.)

To get to the key point, let's start from here:

> People are (obviously) not free, because they're not provided with an instant/painless/effortless/guaranteed/permanent way out of life, whenever they want.

And the only reason why people are not provided with an instant/painless/effortless/guaranteed/permanent way out of life, is because:

> Everyone wants to imprison/torture/enslave/rape everyone, (as their personal-slaves, and/or work-slaves).

And therefore, this means that:

> Life will always inherently be prison/torture/slavery/rape.

And therefore, this means that:

> Life will always inherently be suffering.

Indeed, a clear/honest observation of life, will show you that all of the statements (in this conclusion), are true.
-- And, no matter which way you come at it, the result is always the same:

> Life is suffering.

And, if you're able to see clearly/honestly, you'll see how even the most amazing/wonderful things in life, are inextricably interlinked with suffering.

So, from all of the above, we can then say that:

Since,

> Suffering is unacceptable and unnecessary.

And,

> Life is suffering.

It inherent follows, that,

> Life is unacceptable and unnecessary.

And therefore, that,

Existence is unacceptable and unnecessary.

However,

The ultimate permanent solution, to all problems/pain/suffering/discomfort, in life (and existence),

is the same as,

The ultimate permanent freedom/peace/love/bliss, (which everyone is seeking/desiring),

and therefore,

All desires, fears, seeking, and realisations, will inevitably lead to this one-same-thing, which is the: 'It', 'That', 'Home', 'Source', 'Truth',

which is,

Non-existence.
-- Which is, what remains, in the absence of all things.

Ie,

“That”, (non-existence), is something that can be had by everyone, forever, when the whole of existence is instantly/painlessly ended, forever.

And this is something, that can actually (practically) be done, because anything that is created, can be ended.
-- Ie, ending the whole of existence, would be as instant (and painless), as switching off a television.
-- And after existence is instantly/painlessly ended, what remains, is “That”.

Ie, this solution is all inclusive, in all ways, and at all levels.
-- Indeed, not one spec of existence, will be excluded.

Ie, everyone and everything in existence, (and existence itself), is then totally permanently free from suffering, and in addition to this, every person/thing/entity/dimension/etc, will also, not only have “That”, but be as “That”.

Note:
It's obvious, that “That”, is non-existence, for many reasons.
-- However, despite the fact that quite a few people are in search of “That”, (and they'll say that they're true seekers of the truth), these people are only ever selfishly seeking/desiring, for something that they want to find/get/have/attain.
-- Indeed, almost all of these seekers, do not want to hear/find, that this thing called “That”,

(which they've been seeking for years/decades), is non-existence, because:

1. They want “That”, to be something that they can have/get/attain, so that they can:
    a) Be above/higher than other people.
    b) Have the identity/image/job, that they're a highly evolved spiritual person/teacher/preacher/healer/saint/holy-person/god/etc.
    c) Feel successful.
    d) Etc

2. They're still brainwashed/programmed to believe, that:
    a) “Life is good, and death is bad.”
    b) “Existence is good, and non-existence is bad.”
    c) Etc.

3. They don't want to lose their personal-slaves, and/or work-slaves.

4. Etc.

Indeed, all of this is also applicable, to those spiritual people, who are wanting to find their “core” self, (or “spirit”, “soul”, etc).
-- Ie, they're seeking/desiring, to find their centre/core/spirit/soul/etc, for the same (or similar) selfish reasons, (as mentioned above).

Quite simply, there is no centre/core/spirit/soul/etc.
-- Or, there is, but only if you want to create it, and sustain it.
-- And, whatever you/anyone creates (and/or sustains), is illusion/delusion/lies.

Note:
Even in theory, it's obvious that “That”, is non-existence, because there's a whole list of ways that “That” is described, and the only thing that fits the long list of descriptions, is non-existence.
-- Eg, some ways of describing (pointing to) “That”, are to say that “That” is:

1. Not an experience.
2. Not something that can ever be: attained/found/got/had/touched/felt/sensed/experienced/etc.
3. Not a state-of-mind, state-of-consciousness, state-of-being, etc.
4. That which has no centre.
5. That which cannot have a beginning, or end.
6. That which is beyond life and death.
7. Whist there, you cannot know you are there.
8. Outside (and beyond) time/space.
9. That which remains, in the absence of everything and everyone.
10. Beyond freedom/peace/love/bliss.
11. Beyond all spiritual/godly/religious/divine/holy experiences.

12. Beyond truth.
13. A 'place' where truth cannot exist.
14. A 'place' where pain/suffering/boredom/etc, cannot exist.
15. Beyond duality, and non-duality, (and whatever other similar terms).
16. Beyond the awareness of the void/emptiness/nothingness/etc.
17. Prior to awareness.
18. Outside (and beyond) existence.
19. Before creation.
20. Prior to existence.
21. Etc.

Of course, many people like this long list of descriptive phrases, because they want “That” to be something that is mystical (and illusive), and something which no one ever gets, (because they then get to have the image/identity, that they are a seeker of this illusive/mystical thing, which is a hard arduous thing to attain, and is something that only rare saints, are able to achieve).

Needles to say, people don’t want to hear that “That”, is non-existence, because this will totally:

1. Threaten to burst/collapse all their delusions/lies/games.
2. Threaten their existence.
3. Threaten the existence of their personal-slaves.
4. Threaten the existence of all their possessions (and beliefs), which they’ve spent decades creating (and/or maintaining).
5. Etc.

And, (as usual), people will do everything in their power, to make sure that no information/person/etc, will threaten to do these four things, (explained in points 1 to 4 (above)).
-- Of course, this is just pure selfishness (and stupidity), because if they could just accept this, (that “That” is non-existence), this could lead to:

1. The end of all suffering (for all).

And,

2. Everyone attaining (being) “That” (which is beyond freedom/peace/love/bliss, and beyond a safe/secure/homely environment, and beyond knowing who you truly are, etc).

It just doesn't get any better than this.

Indeed, how can anything ever be better than this, since it's a solution to all suffering (for all), and simultaneously, the ultimate freedom/peace/love/bliss.

However, people are more interested, in putting all their energy/time/effort into:

A) Using/enslaving/imprisoning/torturing/raping other people, (as their personal-slaves, and/or work-slaves).

And,

B) Constantly trying to brainwash/program everyone to believe, that their behaviour/rules/system is acceptable, (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc), and they need to do this, so that they can continue to do point “A” (above).

However, this behaviour is pure stupidity (and insanity), because a clear/honest observation of life, shows that:

1. Suffering is unwanted, unacceptable, and unnecessary.

2. No matter how many times you get/fulfil your desire, (whatever that desire may be), after getting it, the “high” never lasts that long, and you just end up desiring something else.
   -- Ie, the “high”, is the scrap of happiness/pleasure/peace/love/etc.
   -- And, it will always only ever be just a scrap/crumb. Indeed, I’ve explained why this is true, at many points throughout this conclusion.

3. No matter how much you search (spiritually) to attain “That”, you might have many spiritual experiences, but none are ever permanent. And you eventually realise, that “That” is something that can't be attained/found/got/had in existence, since it doesn't exist in existence.

   Note: In some people’s lives, there are 'times' where “That” (or something close to “That”) was 'experienced', but these 'experiences' were during the 'times' where 'you'/awareness/life/existence, were all absent.
   -- Ie, after being as “That”, you are then back in normal consciousness, and although you can’t remember the experience of “That”, you feel as though you’ve just been through something that is beyond amazing.

   Note: The 'experience' of “That”, is not an experience, where you as a person disappear, and you (as awareness) are aware of nothing/void/empty space/etc.
   -- Ie, this experience (of the void/nothing/etc), is not “That”.

   Indeed, non-existence is not an experience, and whilst in/as “That”, you can't know

that you're in/as “That”.
-- Ie, whilst in this 'state' of non-existence, it's impossible to be aware of it (since awareness is absent), but after the person comes out of that state, they can (kind of), (somehow), realise that the reason why it was beyond amazing, was because consciousness/“i”/“I”/awareness/everything/etc, was totally absent, and absolutely nothing existed, and this was the ultimate peace, and also something that was infinitely better than any experience that can ever happen in life/existence. Ie, it was even beyond experiences that are: deeply spiritual/transcendental, or of other dimensions, or of god's divine bliss/ecstasy/love/light, of of ever-deeper freedom/peace/love/bliss, etc)).

Note: The thing that I’ve just explained, can occasionally 'happen' to a person, and it doesn’t require a person to be spiritual/religious/etc.
-- Indeed, during sleep, there is a time when a person is in deep sleep, (and there are different levels/depths of deep sleep), and if they ever go into the deepest/ultimate level of deep sleep, they can then sometimes shift into being in/as non-existence, (or a 'state' which is very close to non-existence).

Note: Even if these types of 'experiences' of non-existence, are not actually non-existence, it is close enough to non-existence, and it certainly is enough to make you realise, that that is the direction that needs to be moved in, to get better (ever-more expanded, (ie, ever-deeper freedom/peace/love/bliss)) experiences in life.
-- Ie, after you have 'experienced’ these ‘states’, you then know, that that is the direction that you always want to go in. Ie, in life, you only want to go in that direction, (which is ever-deeper, and ever-more expansive, and in the direction towards “That”). And therefore, you won't be able to go in the other direction, (towards ever-more contracted sensations).

And indeed, it’s impossible to go in any other direction, because you know that “That” is something that is zero suffering, and is beyond ultimate freedom/peace/love/bliss, and therefore, it truly is, the ultimate:

a) Desire.

b) Solution to suffering.

c) Thing to “be” (“rest as”).

Note:
The fact that “That” is the ultimate solution, and that “That” is non-existence, is obvious for many reasons.
-- Indeed, earlier in this conclusion, there was the explanation of what a personal-slave was, and in this description, it was explained that a person can feel love, not due to someone giving it to them, but because there was a temporary absence of games/conflict/wars/enslavement/etc.
-- Ie, the key to love/peace/freedom, is the absence of things, (not the addition of things/practices/teachings/people/actions/focus/etc).

The point is, that if you want this freedom/peace/love/bliss, (and/or, you want a deeper freedom/peace/love/bliss), then you have to keep being free from all these things, at an ever-deeper level.

And, needles to say, if you keep going in this direction, then everything will be discarded, and nothing will remain.
-- Ie, the more that there is an absence of all things, the deeper the freedom/peace/love/bliss.

And this keeps happening, until it goes so deep, that everything is discarded, and nothing remains, (including freedom/peace/love/bliss).
-- Of course, in the absence of everything (existence), what remains, is “That”, (non-existence).

Note:
It might sound strange (to some people), that existence can be ended (instantly/painlessly), but it is a practical possibility, (because anything that is created, can be ended). And, this is true, no matter whether the creation of existence, is: a projection, holographic, virtual, real, solid, computer simulation, etc.

The point is, that something that is “real”/“solid”/etc, is still able to be ended, because “real” and “solid” are just perceptions. And indeed, many people have had direct experiences of this, because something can be absolutely “real”/“solid” in a dream, until they wake up, and it then all just ceases to exist.
-- Ie, the process of ending/“switching off” something, is always just an instant/painless thing, which can be done at any time.

Perhaps it will only need one person, to switch existence off, or perhaps it will be an automatic thing, or perhaps it only gets switched off (by someone, or automatically), if/when enough people/entities are clearly demanding that it be switched off, because they're clearly stating, that they are suffering, and want it to end.

However, if it requires “enough people”, then to get to the point where enough people demand that existence be switched off, these people have to see/admit, that life/existence is:

1. Prison/torture/slavery/rape.
2. Selfish/immoral/cruel/evil.
3. Non-consensual. Ie, it's rape (mentally/physically/emotionally/spiritually).
4. Unacceptable.
5. Unnecessary.
6. Etc.

And it's important to remember, that “enough people”, might be as low as 0.01% of the

population, (or 0.1%, or 1%).

Note: From this information, two things become clear:

A) If people do not see/admit, that life/existence is as described in points 1 to 6 (above), then it's impossible for positive change to occur.
-- Ie, yes, change can occur, but it will not be in a positive direction. Ie, positive change, is about permanently reducing/preventing/eliminating suffering, and about increasing freedom/peace/love/bliss, and about being as "That").

B) The only way for positive change to occur, is via honesty, at the deepest level.
-- And, since the "deepest level", is always shifting ever-deeper, this means that:

The only way for positive change to occur,
is via ever-deeper honesty.

Note:
Earlier on, I mentioned about how there might be a need for "enough people", to see life/existence, in a clear/honest way. However, it should be noted, that doing this will help in both a collective way, and also an individual way.
-- Eg, if you (as an individual) realise these things (in points 1 to 6 (above)), then you yourself will become free. And additionally, if enough people truly realise these things, then everyone becomes free.

And, and extra point to mention, is that this might all happen, regardless of whether you're alive, or dead.

I'll explain this all further, in the following analogy:

Some people believe in reincarnation, and they might also believe, that the only way to stop reincarnating, is when a person realises all these things, (in points 1 to 6 (above)).

Moreover, some of these people, might believe that the only reason why a person reincarnates, is because of karma. Ie, the people that reincarnate, are the ones that:

a) Selfishly/immorally decided to have a baby/child. Or wanted to have a baby/child, but were unable to.

Or,

b) Believed that it's ok for other people to have babies/children.

Or,

c) Believed that it's ok, to not give all people, the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of life,

(immediately, wherever, and whenever they want).

Ie, if existence only ends, when 0.1% of the population realises all these things (in points 1 to 6 (above)), then this 0.1%, includes the ones who stopped reincarnating.
-- Ie, the ones who realised these things, stop reincarnating, but they still count towards the 0.1%, (even after death).

Ie, this is a “holographic” situation, (where what is true for the individual, is true for all levels, (including the whole of existence)).
Ie:

- On an individual level, the individual can stop being: reincarnated, recreated, created.

And,

- On the level of existence, existence can stop being: reincarnated, recreated, created.

Indeed, this is to be expected, since an “entity”, is just a limitation of your perspective.
-- Ie, an “entity”, is something that exists at all levels, eg:

1. A cell, (inside a person’s body).
2. A person.
3. A community.
4. A country.
5. A planet.
6. A universe.
7. Existence itself.

Ie, “existence” is an entity in itself.
-- And, since it exists, it can be ended.

Note: “Existence” includes: all dimensions, across all space, and all time, etc.

Note:
Although I have talked about these particular ways (of “switching off”/“ending” existence), there might be many other ways, to instantly/painlessly end existence.

And it must be remembered, that it really can be instant/painless.
-- Indeed, after someone wakes up from a nightmare, (which was as real, as the “real” physical world), it instantly/painlessly ends.

The key point about all of this, is that it doesn't matter how existence is ended, as long as it

is instantly/painlessly ended, forever.

Note: Although there are many ways to instantly/painlessly end existence, and each way might need a different descriptive word, (eg, “end”, “switch off”, “dissolve”, etc), for the purposes of this book, I will simplify this, and try to only use the term “end” existence, (unless one of the alternative words, is obviously much more suitable).

Note:
If the desire is not for non-existence, but for the next best option, (which is the solution of “One realm of ever-deeper freedom/peace/love/bliss”), (which I'll explain next), then the “switching off”, will be of all realms of existence, except for the one realm of ever-deeper freedom/peace/love/bliss.
-- Ie, the one realm of ever-deeper freedom/peace/love/bliss, does not need to be created, but instead, all the other realms, just need to be ended.

So, let’s now talk about the “one realm of ever-deeper freedom/peace/love/bliss”.

Some people/entities/species, need to do things via stepping-stones. So, if the jump from existence to non-existence, is too big, then there is also an intermediary option/stage (stepping-stone).

This intermediary option/stage, is to end all realms/dimensions in existence, except for the one realm, which has zero suffering, and ever-deeper freedom/peace/love/bliss.
-- Ie, in this realm, there are no people, just 'you', existing (without form), as one realm of freedom/peace/love/bliss, with zero suffering, going ever-deeper.
-- Note: Although I said that it is, “just 'you', existing as one realm of freedom/peace/love/bliss”, it might be better to just say that: “All there is, is one realm of freedom/peace/love/bliss”. (As long as you get the point, it will do.)

Ie, in this intermediary option, there is still a manifestation, and this manifestation is constantly changing (since it's going ever-deeper), however, it’s only ever changing in a positive direction, and there is zero suffering, because in this realm, nothing but freedom/peace/love/bliss exists, and it keeps going ever-deeper.

Note: Although the full descriptive name of this realm, is “one realm of zero suffering, and ever-deeper freedom/peace/love/bliss”, I will (from now on) shorten this to: “one realm of ever-deeper freedom/peace/love/bliss”.

Note: It can be called an intermediary option/stage, because going ever-deeper in that direction, inevitably ends in/as non-existence, (or as a realm, that is almost non-existence).
-- Ie, it can be argued, that ever-deeper freedom/peace/love/bliss, does go towards “That” (non-existence), but can't ever reach it.
-- However, this is not really worth discussing, because a realm that is that close to non-existence, will still have zero suffering, with an amazing ever-deepening freedom/peace/love/bliss.

Ie, one realm of ever-deeper freedom/peace/love/bliss, is the best thing in existence, (and is the only thing worth having/being (if there has to be a manifestation)).

-- However, it's not as good as “That”, (non-existence).

However, from certain perspectives, it doesn't really matter, whether the end result is:

1. “That”, (non-existence).

2. One realm of ever-deeper freedom/peace/love/bliss.

3. A regular (or constant) switching, between non-existence, and one realm of ever-deeper freedom/peace/love/bliss.

The reason why I say that, “it doesn't really matter”, is because all three of these options, are better than the current situation/world/life/existence, which is full of suffering.

However, the reason why I said, “from certain perspectives”, is because from certain perspectives, there is only one good solution, which is “That” (non-existence).
-- Indeed, this book believes, that the only true solution, is “That” (non-existence). Ie, one realm of ever-deeper freedom/peace/love/bliss, is not a good option, (especially in comparison to “That”).

However, the best way to realise that this is true, (ie, that the only true solution is “That” (non-existence)), is to see how all solutions in existence, are not good.

Ie, this book therefore does need to examine the other solutions in existence, (including the best option that exists within existence, (which is of one realm of ever-deeper freedom/peace/love/bliss)), and then see why they are all not good options.

(This will all be covered, later in this conclusion.)

So, let’s now continue with talking about one realm of ever-deeper freedom/peace/love/bliss.

Earlier on, I mentioned that: “going ever-deeper in that direction, inevitably ends in/as non-existence, (or as a realm, that is almost non-existence).”
-- The point that I now want to mention, is that if this one realm of ever-deeper freedom/peace/love/bliss, is something that does not end in/as non-existence, (but as a realm, that keeps getting ever-nearer to non-existence), then what this means, is that it really is “ever-deeper”.
-- Ie, it wouldn't have been able to be called “ever-deeper”, if at some point, it tuned into non-existence.

However, if ever-deeper freedom/peace/love/bliss, does end in/as non-existence, then the term “ever-deeper” is incorrect.

However, who cares, because it will have served it's purpose, because when you are in/as non-existence, you are “That” (which is even beyond freedom/peace/love/bliss).

Note:
It’s important to understand/realise/recognise/admit, that most of the good/pleasurable sensations (in everyday life), are actually contracted. To explain this further, let’s start by explaining the things that are expanded.

Ever-deeper freedom/peace/love/bliss, is something that can go “ever-deeper”, because it is something that naturally keeps going, in a positive direction.
-- To understand this, you need to realise that:

> A “positive direction”, is one which can keep going forever, and it just keeps naturally getting better.

This can happen with ever-deeper freedom/peace/love/bliss, because it naturally keeps getting ever-more subtle (beautiful), and ever-more expanded, (ie, ever-more:
free, peaceful, loving, blissful, etc).

Indeed, the only thing that can go in this positive direction, is freedom/peace/love/bliss.

The opposite of this, is something that goes in a negative direction, (ie, it naturally keeps getting more grosser, and more contracted).
-- Most sensations are like this.

Eg, if you start with a sensation (eg, divine ecstasy), and you want more of it, then it goes in a negative direction, (ie, in a direction which has a limit, since the more you have of it, the more grosser (and contracted) it gets, and therefore, there will inevitably be a point, where it turns into physical pain).

This is also true, for most of the sensations, that people desire.
-- Eg, many people want the ultimate orgasm, however, when an orgasm is increased to extremes, it can quickly change from pleasure, into physical pain.

Side note: Yes, some people can feel pain as pleasure, (or transmute pain, into pleasure), however, that is only up to their limit. Ie, if life gives them pain, which is way beyond what they can handle, they will experience intolerable pain, and not pleasure.

And, the same is true, for a smile.
-- Ie, if a smile keeps getting more intense, it will become uncomfortable, and then painful, and then torturous.

And in all these cases, the discomfort/pain/torture, will then be compounded, if it's long in duration.

Note: It's important to understand the fundamental differences, between these types of things (which go in a negative direction), as compared to the one realm of ever-deeper

freedom/peace/love/bliss (which goes in a positive direction).
-- To understand the fundamental difference, you have to realise, that all things are systems.

And then you also have understand, how all systems fundamentally work/behave.

So I'll explain this next.

All systems, (eg: relationships, friendships, families, communities, organisations, groups, religions, companies, governments, people, entities, beliefs, creations, etc), will have the same fundamental characteristics, (and patterns over time).

These fundamental characteristics, (and patterns over time), include the fact that:

1. They are always in a state of contraction, (which means that there will always be suffering).

2. They are always in constant state of needing to be created/maintained/perpetuated/etc.

3. They will always (at some point), crack a little bit, and then that crack will keep getting bigger, and despite all the efforts to maintain/perpetuate the system, the system will be something which keeps collapsing (reluctantly, with resistance).

And therefore, what this all means, is that:

All systems are inherently negative.

Note:
Although the one realm ever-deeper freedom/peace/love/bliss, could be (arguably) called a system, it is the only system that is positive, since it has the following key characteristics, (and patterns over time):

A) It's always in a state of natural never-ending (ever-deeper) blissful collapse/expansion, (which means that there will never be any suffering), and (arguably) this keeps going, until none of it is left, and what remains, is “That”, (non-existence).

B) It never creates, and never maintains (or perpetuates) anything.

Ie, all systems will always create/maintain/perpetuate suffering, however the one realm of ever-deeper freedom/peace/love/bliss, has zero suffering, and can only ever get more expanded, (ie, it just is something that gets (and is itself) ever-deeper freedom/peace/love/bliss), and therefore, it's (arguably) not a system.

I don't want to go into any discussion, about whether the one realm of ever-deeper freedom/peace/love/bliss, should be called a system (or not), because that will just misdirect people's focus.

Note:
Some systems can be designed (with a combination of hardware/software/etc), to make sure that the system is forced to do all it can, to stay alive (in existence).
-- Eg, within the overall system of the human body, there are some sub-systems (of hardware/software/etc), eg, the: body, mind, feelings, sensations, awareness, etc. And all of these sub-systems can be coordinated, to create (inside the body/mind mechanism), a sensation/feeling/thought/awareness, of pain/suffering.

Of course, as soon as a system is set up with a way to give it pain/suffering, it can be easily controlled/manipulated/used/enslaved.

Note: What this means, is that if you bring a person/entity into existence, which you know has these sub-systems (of pain/suffering) built into it, then that is immoral/cruel/evil, because that entity will have to live with that system (of pain/suffering), for it's entire lifetime, (since it's something that is built into them, (and can't be removed)).

Actually, it's wrong to say "built into them", because:

1. It's much more intrinsic than that.

And,

2. That sub-systems of pain/suffering, is what determines their whole life/world/existence.

Note: If a sub-system, "determines their whole life/world/existence", then what this means, is that: They are that sub-system.
-- Ie, it's what they are.

Indeed, if a sub-system determines the whole system, then (really speaking), the sub-system is the system.

Indeed, in terms of humans, this is obvious, because people are just walking/talking bags of suffering.

Indeed, this is true, because if you strip away all the layers (that make up a person), then there is no centre/core, just non-existence.

However, to fully understand this, you also have to realise, that all the layers of a person, are just layers of suffering, (which are ever-deeper, (ie, are just layers that exist at ever-more subtle energy levels).

Ie, if you're honest enough, (and aren't deluding yourself), then you'll see that all of these

subtle energy levels/dimensions, do contain suffering, (but it's just in an ever-subtler form).

The reason why most people can't see this, is because they're only thinking about their own happiness/pleasure/etc. Ie, if you know that it's unacceptable for even one spec of existence to suffer, then it's totally irrelevant if a certain level/dimension is really good, because other people/entities are suffering, on other levels/dimensions. And, even if you try to ignore this fact, it won't be long, before the suffering (from those other people/entities/levels/dimensions), affect you.

Ie, no matter what a person does, suffering will always inevitably happen to them, because they're nothing but layers (of sub-systems) of suffering.

Or, another way to see this, is that: No matter what a person does, suffering will always inevitably happen to them, because existence is nothing but layers (of sub-systems) of suffering.

Of course, when you're able to see all of this, you then realise that it's impossible to avoid the conclusion, that: It's immoral/cruel/evil, to bring a baby/entity into existence.

However, even if people do not know this stuff (about sub-systems), it's obvious that it's immoral/cruel/evil to bring a baby into existence, since they know that that baby, will feel pain/suffering regularly, throughout it's entire lifetime.

Of course, the people who are selfish/immoral/cruel/evil enough, to bring a baby/entity into existence, (which will have (be) these sub-systems of pain/suffering), will have no issue with doing this cruel/evil act, and moreover, they'll actually deliberately want the baby/entity to have these sub-systems (of pain/suffering) built into them, because they need the entity to be fitted with these sub-systems, so that:

1. They can then control/manipulate/use/enslave it, (as their personal-slave, and/or work-slave).

2. The entity can't just kill itself (easily), by stopping everything, (eg, stopping all eating of food, and drinking of water, etc).
   -- Note: I included the word "easily", because a person can stop everything (eg, stop: eating food, drinking water, moving, etc), and they can just lie there, until they die, however, as time passes, that body will go through all types of immense pain (physical and mental), and the pain can be so great, that it will force most people to start to: eat food, drink water, move, etc.

The key point is, that:

> If you want a system/entity, then you want it for a reason/purpose.
>
> And, that reason/purpose, will be to do with wanting to use/enslave/rape it, (eg, as your personal-slave, and/or work-slave).

And, if you find it hard to find a system/entity/person that already exists, (which works/behaves the way you want it to work/behave, (to use/enslave/rape it, as your personal-slave, and/or work-slave)), or, you find it easy to get a system/entity/person, but hard to change it (re-program it), to do what you want it to do, then it's only a matter of time, before you realise, that the best option, is to create a system/entity/person, from scratch.

Ie, you'll want to bring a system (baby) into existence, and then program it, (to work/behave, the way you want it to work/behave, (to make it easy for you to use/enslave/rape it, (as your personal-slave, and/or work-slave)).

Indeed, earlier in this conclusion, I said that a relationship won't (and inherently can't) exist, unless a person wants something from the other person. The point is, that this situation here, (with systems), is exactly the same.
-- Ie, a person will never create a new system (baby), unless they want something from it. Ie, to use it for some purpose/reason.

And, if they want something, for some purpose/reason, then the purpose is going to be either for personal-reasons/purposes/uses, and/or, work-reasons/purposes/uses.
-- Ie, there is zero doubt, that the baby is being created, as a personal-slave, and/or a work-slave.

The key point is, that:

> To create a baby/entity, and then pretend that you
> are giving it freedom/rights/etc, is an absolute blatant lie,
> because the two can't ever co-exist.

Ie, if you really cared about the baby/person/system/creation/entity, then you would never have brought it into existence.
-- It's just so obvious.

Note:
Although a human has many in-built sub-systems, which can be used to cause it pain/suffering, there are also many other sub-systems, which can be put into the baby/child/person, which are built on top of pain/suffering.
-- Ie, although all babies will naturally come with the basic sub-systems of pain/suffering, it is the parents/people, who use this basic feature, to create all types of fears in the child, which can last the entire lifetime of the child.

And it's important to remember, that the parents/people are choosing to do this to the child, just because they want to be able to brainwash/program it, to: obey them, please them, etc.

And this brainwashing/programming, is done in so many ways, (ie, in so many aspects of life, and on so many levels of life), that there ends up being thousands of these programs/rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), and with all of this in place, the brainwashing/programming of the human/slave/robot, is complete.

Note:
There are many ways to tell when the brainwashing/programming is complete.
-- Some of them, are when the slave is asking (or demanding), that they be allowed to:

1. Have job, (ie, be a work-slave).

2. Have relationships/friendships, (ie, be a personal-slave).

3. Have babies, (ie, be a slave-creator).

4. Have laws/rules/systems, (legal, moral, social, interpersonal, personal, religious, spiritual, etc), so that they can control/manipulate/use/enslave/rape their personal-slaves, (whilst also making sure, that their slaves can't kill themselves easily).

5. Etc.

And, what really shows how complete this brainwashing/programming is, is that when these things (in points 1 to 4 (above)), cause the slave direct suffering, the slave just believes that they did something wrong, and that they need to try to do those things in a different/better way, and keep trying, until they succeed, (regardless of how much suffering it causes them).

Of course, this is stupidity, because no matter which tactic/game/method you use, of what type of person (slave) you try to be, (or portray yourself to be), you are still a slave.

And, if everything in a person's work-life, and personal-life, is about being a slave, (personal-slave, and/or work-slave), then what this means, is that everything in life is slavery.
-- Ie, trying to find one bit of life, which is not slavery, is not going to happen.

And, since life is slavery, this then inherently means, that life is also prison/torture/slavery/rape.
-- Ie, whilst alive, it's utter stupidity, to try to find a way to avoid prison/torture/slavery/rape, because life/existence inherently is prison/torture/slavery/rape.

And, the deeper that you examine what is happening in life, (and existence itself), the worse it all keeps getting.
-- Indeed, all the information in this conclusion, will only ever keeping getting worse, because as you keep going ever-deeper, it can only keep getting ever-worse.

Ie, it's important to realise, that the depth of how bad it really all is, is limitless.

Note:
When you understand all of the above, what becomes clear, is that:

Absolutely everything in life/existence, is based on selfishness.

And therefore,

The fundamental basis of life/existence, is selfishness.

Indeed, this is very clear, because absolutely everything in life/existence, is deliberately perpetuated, because people selfishly want something in life/existence.

To understand this in more depth, all you need to do, is to turn it around.
-- Ie, if no one wanted anything (from anyone/anything), then no one would be trying to create (and maintain/perpetuate/reinforce/strengthen/enforce), all types of programs/rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), because all of these things, only have a few key goals, eg:

1. To keep all people behaving as complaint/obedient slaves, (as personal-slaves, and/or work-slaves).

2. To keep all people believing, that it's acceptable/moral/good/important/etc, to have: relationships, friendships, family, babies, children, jobs, etc.

3. To keep all people believing, that suffering is acceptable, (or: good, important, necessary, etc).

4. To make sure that no person (slave), has an instant/painless/effortless/guaranteed/permanent way out of life.

5. Etc.

Ie, these are the things that make up life/existence, and therefore, absolutely everything in life/existence, is based on selfishness.

And to see this more clearly, just take one system (or sub-system), at a time.
-- Ie, you'll then see, that each sub-system, is in existence, to keep the other sub-systems in existence, and all these sub-systems are only needed, to keep these four points (1 to 4, (above)), in existence.

Indeed, it's obvious that:

> The only reason why happiness/peace/love/pleasure/etc, are created (and allowed to exist) in life/existence, is because these are key weapons/tactics, to control/manipulate/imprison/use/enslave/rape the slaves, (as personal-slaves, and/or work-slaves).

And what this means, is that,

> Even these (supposedly) nice/good things, (happiness/peace/love/pleasure/etc), are malevolent.

And, after you realise this, it then becomes obvious that,

> Everything in life, is malevolent.

And therefore,

> Life/existence is malevolent.

And therefore,

> The only solution, is non-existence.

Note: It's obvious that these things (happiness/peace/love/pleasure/etc), are not just the crumbs (that the slaves need to be paid with), because these things are also extremely cruel weapons/tactics.
-- And it's obvious that this is true, because

> If you wanted people to truly have these things (eg: happiness/peace/love/pleasure/etc), then you would want them to have this for 100% of the time.

And therefore, the existence that you create, would be one realm of happiness/peace/love/pleasure, (where nothing else exits, except these things).

And, of course, if you were going to do this, then you would go one step further/better, and only create one realm of ever-deeper freedom/peace/love/bliss.

Or, you would go one huge step further/better, and not create any existence at all.

Note:
One key thing to realise, is that in one realm of ever-deeper freedom/peace/love/bliss, no words exist.
-- The point is, that the only reason why words (and all methods of communication) exists, is because they are needed as weapons/tactics, to

control/manipulate/brainwash/program/use/enslave others.

Ie, they have absolutely no other value.

Ie, words are not an accident, nor are they primitive.

Indeed, to say that they are an accident (or primitive, or anything similar), is misdirection, away from the fact, that they are deliberately invented/created/used, to control/manipulate/brainwash/program/use/enslave all people and entities.

To truly understand how bad words are, you have to understand, that words are worse than physical violence, because words are a more subtle form of violence.

Indeed, the more subtle the form of violence, the worse the violence/damage/scarring will be.

And, by “worse”, I mean in the short-term, and long-term.

Indeed, some violence is so damaging, (especially when you're a young baby), that that scarring will definitely last an entire lifetime.
-- And you won't even know that that scarring is there, (because it's in your unconsciousness).
-- And it's inevitable that it's in your unconsciousness, because it was put into you, when you were a baby/child, and all babies/children, will:

1. Not have any such memories/recollection (or conscious thoughts about it), because their ability to have memories/recollection (or conscious thoughts about it), only starts happening when they're older.

2. Be old enough to have memories/recollection (or conscious thoughts about it), however, they'll just naturally repress all these horrific experiences of childhood.
   -- Note: Every baby/child will go through thousands of these horrific experiences, however, almost all adults will never be able to recognise (or admit) this, because they have to brainwash/program themselves (and others) to believe that:

   a) “Suffering is acceptable and necessary.”

   b) “It's all for the good of the baby/child.”

   c) “It's just part of raising a baby/child.”

   d) “It's fine, because we're doing the best we can.”

   e) Etc.

And what this means, is that even if you forget that the worst act in existence, is to create a baby/entity, then the people who are the most violent on the planet, are still parents,

since it is they, who are violently scarring all babies, in their attempt to program/control/manipulate/use/enslave the baby, as their personal-slave, and/or work-slave.

Note: Earlier on, I said that “the more subtle the form of violence, the worse the violence/damage/scarring will be”. What this all shows, is that this is yet one more thing, that is upside-down.
-- Ie, most countries are based on rules/laws, and many of those rules/laws, make physical violence illegal, and deliberately allow the more subtle/dangerous/violent forms of violence/control/manipulation, to remain legal, (and also been seen as things that are: acceptable, successful, etc).

Note: In that last paragraph, I said that “most countries are based on rules/laws”, however, it's also important to recognise/understand, that a country cannot exist, without rules/laws.
-- And, of course, rules/laws, cannot exist (easily), without words.

Note: Many people will argue, that words can be good, (for various reasons).
-- And, many people will use similar arguments, about guns, (and free-speech, and other such things). Eg, they'll say something like: “Words/guns/weapons, are just tools/instruments, they can be use for good or bad purposes, and therefore, they are not to blame”.

This is all lies/misdirection, and I'll explain why (below), using the example of words.

If words (and all other methods of communication) were never put into a person/entity, then that person/entity, would be in a higher (and more free) state-of-being, because all words are just rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), designed to keep you trapped/limited/conditioned/brainwashed/programmed/useable/enslaved/compliant/obedient/etc.

Ie, words (and all other methods of communication), are what brings you into a lower (less free) state-of-being, (and into a lower dimension/realm of existence).

Moreover, being created, is what brings you into a lower state-of-being, (and a lower dimension/realm of existence).

And therefore, the absolute highest state-of-being, naturally exits, when you are not created, and nothing is created, and therefore, existence is not created.

And therefore, although I've argued this for the subject of words, the exact same argument, is also true, for the subjects of guns, (and free-speech, and other such things).

Note:
To give an example of how bad words are, let’s talk about two key words/terms: “purpose”

and “meaning”.

Never underestimate the importance of “purpose”/“meaning”/etc.
-- I'll explain this, as follows.

Some people are willing to get a job, (ie, they're even willing to be a slave, (and suffer)), because that job gives them:

1. A sense of purpose.

And/or,

2. A way to see that life is meaningful.

Indeed, this is true in all aspects of people’s lives.
-- Ie, almost all people are willing to do all kinds of immoral things, (ie, do things that will make themselves (and others) suffer), just so that the two points (1 and 2 (above)), are fulfilled.

Indeed, some people choose to do the usual activities/hobbies in life, (eg, of having: children, relationships, friends, family, etc), because if they didn’t do these things, they then start to think:

> “If I don’t do these things, then what's the point of life?”

Ie, although they know that these activities/hobbies cause them (and others) suffering, they would rather keep doing these activities/hobbies (knowing that this means, that they'll then keep suffering), rather than not do them, because if they don't do these activities/hobbies, then they'll have no choice, but to face the question:

> “Without these activities/hobbies, (eg, of having: children, relationships, friends, family, etc), what's the point of going through all of that everyday suffering, (of working at: jobs, chores, etc)?”

Ie, that question is just too much to bear (for most people), and so as soon as that question arises in people’s minds, they just try to repress it, as quickly as possible. And, they’ll then try to do all those usual activities/hobbies, and brainwash/program themselves (and others), with any information that keeps them away from those deeper questions/issues.

And therefore, they (and everyone) will inherently/inevitably suffer as a result of this, because they’ll be using/enslaving/raping people, (as personal-slaves, and/or work-slaves), and they’ll be brainwashing/programming other people to believe, that these activities/hobbies, are acceptable, in all ways, (ie: legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

The key thing to realise in all of this, is that although they're causing other people to suffer, they just don't care, or, they do care, but not enough (to not do it).

Of course, the deeper that you examine the subjects of purpose/meaning/etc, the worse it all gets.
-- Eg, people know (deep down), that life is wrong/ridiculous/insanity, but they keep trying to alter their perception (and the perception of other people), to make life into something that is purposeful/meaningful/good/important/sane/etc.

The key point is, that:

> In order for a person to brainwash/program themselves, they need to also brainwash/program as many other people as possible, because only when this is done, will their delusions be strengthened enough, to make it seem real/true.

So, the result of this, is that:

> Everyone is constantly enabling each other's delusions.

And the result of this, is that:

> It's only a matter of time, before people's delusions become so strong/real, that people believe their delusions, more than their direct experience of things in life.
>
> Eg, a person can be suffering, but instead of believing their direct experience (that they're suffering), they'll believe their delusions.

And as a result of this, people will then believe bigger delusions.

Eg, there might be a few moments in a person's life, where they realise (deep down), that life is insanity, (since all they're doing is being a slave, (either as someone's personal-slave, and/or work-slave), and therefore, they realise that their whole life is nothing but prison/torture/slavery/rape), however, they'll immediately try repress this, by deluding themselves, (by trying to brainwash/program themselves, and others).

The key point is, that: When that person has to delude themselves on this level, (ie, about their whole life), then they're deluding themselves about life itself, and when a person does this, they'll have to brainwash/program themselves (and others), about things on this level.
-- And, one of the main ways to do this, is to brainwash/program themselves (and others), to believe that it's acceptable to bring babies into existence, and/or, that it's acceptable for other people to bring babies into existence.

Of course, the only result of this, is that people then continue to have babies, and so the cycle-of-immorality (cycle-of-suffering) continues.

(This is an important issue, so to emphasise this, I'll add one more bit, which is a repeat of one page from the short conclusion.)

The key point is, that:

> These people have to brainwash/program themselves (and others), to believe that it's acceptable for people to have babies, because if they start to believe that it's not acceptable to have a baby, (because having a baby is selfish/immoral/cruel/evil, because life is prison/torture/slavery/rape), then they would also have to accept, that life is prison/torture/slavery/rape.

And, of course,

> If a person accepts that life is prison/torture/slavery/rape, then they also have to accept, that life is survival of the stupidest.

And, of course,

> If a person accepts that life is survival of the stupidest, then they also have to accept, that the only wise action, is to leave life/existence, as soon as possible.

Ie, the key point is:

> That as soon as the person accepts, that the act of having babies, is selfish/immoral/cruel/evil, then their whole life gets turned upside-down, (in a very traumatic way).
> -- And, since people do not like their lives to be turned upside-down, (in a very traumatic way), then what this means, is that they'll try to stay in 100% denial/delusion.

And, of course,

> They can't stay in this denial/delusion, unless everyone else is also creating/perpetuating (and living in) this same denial/delusion.

Ie, this is why, everyone is in denial/delusion.
-- And, of course, where there is denial/delusion, there will always be suffering.

Note: All people are in denial/delusion, (to varying degrees), and all people have more than one delusion/denial, (which are all happening simultaneously).
-- However, the key point here, is that the previous few paragraphs, are talking about a denial/delusion, which is on the level of life/existence itself.

Ie, the brainwashing/programming/conditioning/lies/deceit/denial/delusion/etc, just can't get any bigger than this.

Note:
It's irrelevant whether a person is aware of the fact, that life is nothing but prison/torture/slavery/rape, if they're continuing to be a slave.
-- Ie, knowing it in theory, is absolutely pointless, unless you do something about it (in practice).

Actually, the last paragraph is incorrect, because it can actually be worse, (for a person to know that life is nothing but prison/torture/slavery/rape, and yet they continue in it).
-- This is true, because when a person does this, they're showing/demonstrating, (to others/everyone), that they're ripe for slavery, (since they're easy to brainwash/program/control/manipulate/use/enslave).

Indeed, this brings us onto an important point, which is that enslaving a person, has two key features:

1. You are used/enslaved, (eg, as a personal-slave, and/or a work-slave).

2. When you're put through prison/torture/slavery/rape, this not only gives the enslaver want they want, but it's also the perfect (never-ending) test, which allows the enslaver to know, when they can move onto the next level, of using/enslaving you, at an ever-deeper level of prison/torture/slavery/rape.

   Ie, by passing each small test, the person is saying/demonstrating, that they're willing to prostitute themselves, and so they'll get promoted to the next level of prostitution, where they're used/enslaved even more.

   The key point is, that: This will always happen, because a person who is doing the using/enslaving, will always want to have ever-more power/control, so that they can:

   a) Do ever-less things, that they don't want to do.
      -- Eg: jobs, work, chores, being around people they don't want to be around, etc.

   b) Suffer in ever-less ways, (eg: x, y, z).

   c) Make ever-more of their desires become reality.
      -- Ie, they'll try to do as many things as possible, to give themselves more scraps of happiness/peace/love/pleasure/etc.

And it's important to realise, that the above applies to everyone, because life is nothing but prison/torture/slavery/rape, (whether: physically, mentally, emotionally, spiritually, etc), and everyone is in life.

And what this means, is that every time that one of your peers calls you "successful", for having passed one of these never-ending tests, they're just gaslighting you, because in reality, you're on a slippery-slope, where you're just going to be used/enslaved, in

ever-worse prison/torture/slavery/rape.

And, of course, all of the above information, is yet more proof, that: Life is survival of the stupidest.

Note: Since life is survival of the stupidest, this inherently means, that the stupid people, are the ones that:

1. Want to stay in life.
2. Think that they're being clever/intelligent/etc, (by finding clever/ingenious ways to stay in life).
3. Think that they're the "strongest/fittest", because they're able to fight to stay alive.
4. Etc.

Note: There are many different ways, that people believe that they're being clever/intelligent/etc, (in finding clever/ingenious ways to stay in life). Eg, some people try to:

1. Get free things.
2. Find things in shops, that are at cheap prices.
3. Do various things, so that they can save money, and live cheaply.
4. Bargain and haggle, (and do all sorts of deals with people), to get something at the absolute cheapest price.
5. Use the system, to get things. Eg, suing people/organisations/institutions/etc, in order to get money.
6. Conserve their use of certain things, (and force other people to conserve their use of certain things), in the hope that this helps everyone to stay alive longer.
7. Etc.

The point is, that these are yet more aspects of life, where everything is upside-down.
-- Ie, people believe that they're being clever, however, they're stupid, because all methods of trying to survive in life, is utter stupidity, (because life is survival of the stupidest).

Indeed, since life is survival of the stupidest, this inherently means, that:

1. The wise people, are the ones that leave existence, as soon as possible.

2. The stupid people, will keep enduring this prison/torture/slavery/rape (suffering), until they die a natural death.

And the important point to emphasise, is that it can't be any other way.
-- Indeed, how can it be any other way, because:

If you agree that,

> There is no freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of life.

Then there is no choice, but to agree that,

> Life is prison/torture/slavery/rape,

And therefore, there is no choice, but to agree that,

> Life is survival of the stupidest.

And, of course, since this is true, it then inherently follows, that suicide (or assisted-suicide), might be a thing that a person does, and if they could express themselves after their death, then they would perhaps say something like:

1. “I wish I had done this years ago.”

2. “Why did it take me so long to do this.”

3. “I was so foolish to have been fooled for so long.”

4. Etc.

The key point is, that if a person wants to leave life/existence, via this charity/service/building, then that decision has to be seen (at the very least) as being acceptable, because it’s impossible argue against the fact, that it might be a good solution, or even an ideal solution.

Note:
The information that I have just mentioned, is the perfect example, of how theoretical discussion (of most subjects in life) is easy, but as soon as the implications are examined, all topics will become infinitely harder, (or impossible), for most people to discuss, (because those implications, are not what they want to hear).

Ie, the perfect example of this, is the discussion about whether life is “Survival of the fittest”.
-- Ie, many people will be ok with discussing, whether life is “Survival of the fittest”, as long as the discussion remains just theory, and it's all discussed in a way, where:

1. All the things that they want to hear, are said.

And,

2. All the things that they don’t want to hear/recognise/admit, are totally left out of the discussion.

Indeed, they certainly don’t want this discussion to turn a corner, and then be about how life is survival of the stupidest.
-- And this is especially true, if the discussion then brings in the issue of suicide, (and assisted-suicide, and this charity/service/building).
-- Indeed, most people would then stop the discussion, because most people are not ok with discussing anything that involves assisted-suicide being instantly available to everyone, (especially if that discussion is also about seeing that there is the possibility, that leaving life/existence, could be a good thing, or the best thing).

Of course, the reason why most people will stop (or avoid) these discussions, is because most people are deeply fearful, of their personal-slaves choosing to use this charity/service/building.

Note: This is a good example, of how people say that they're going “deep” (into examining life), but in their examination/observation, they’ll exclude all information/things, which they don't want to see/recognise/admit.

The important thing to realise, is that when people do this, the only end result, is that:

1. Everyone just ends up causing more suffering, (to themselves, and others, and everyone).

2. No positive change will ever occur, because positive change can only ever happen, after you have clearly observed and analysed yourself/others/life/existence, with ever-deeper honesty, and then recognised/admitted what the real causes of suffering are.

Note:
Earlier in this conclusion, I stated that most people can't bear the idea, of losing their personal-slaves, (and of what will happen, if too many work-slaves kill themselves), and therefore, most people will do whatever it takes, to prevent this from occurring. And one way of doing this, is to keep death/suicide/murder/genocide/etc, all perceived as being bad/immoral things, (and also as illegal things).

Before I continue with this, I should explain, that many people will argue about how devastating/traumatic it is, when a child loses their parent. And, they'll even say that a child

will be traumatised, by any large events, (eg: if the parents get divorced, or separated, or if there's a death in the family, etc).
-- The key point is, that the only reason why all these things affect the child in a traumatic way, is because the parents brainwashed/programmed the child (from the moment they were born), to believe all sorts of lies, eg:

1. That they will protect them from everything.
2. That family is important.
3. That life is good, and death is bad.
4. Etc.

Of course, all these things, will be brainwashed/programmed into the child, in many different ways, and the third point (life is good, and death is bad), will be done in many indirect ways, on a daily basis.

The key point is, that:

> Whenever a child goes through these types of traumatic events, the reason why it's traumatic, is because of how they've been brainwashed/programmed.

And, this can be proven, via many different examples.
-- One example, is that if a child is raised to believe that "Life is bad, and full of suffering (prison/torture/slavery/rape), and that death is good and peaceful (and is freedom from suffering)", then if that child ever hears that someone has died, then the child will say something like: "It's good that they're now dead, because hopefully they're now free from all suffering, and are in a place of pure peace, and love, and bliss".

And, if the child is brought up to believe, that relationships/friendships/family/etc, is nothing but people trying to use/enslave each other, then if the child's parents then separate (or get divorced), then the child will say something like: "It's good that both parents have stopped trying to use/enslave each other, and hopefully they'll not try to do that with anyone else, and then they'll hopefully have a life with more freedom, and peace, and love, and bliss".

The point of these two examples, is that when you understand all of this, you'll then see that everything is upside-down.
-- And, if you're wiling to keep going ever-deeper into all of it, you'll see that the main belief that is upside-down, is: "Existence is good, non-existence is bad".

And, of course, if this is upside-down, then the way that everyone has been brainwashed/programmed to see suicide/murder/genocide/etc, is all upside-down.

However, almost all people, only care about making sure that their delusion, is kept intact.
-- And therefore, they'll do everything in their power, to make sure that everything stays upside-down.

And, needless to say, they'll do whatever it takes, regardless of how much suffering it causes other people.

-- Of course, the consequences of this selfish behaviour, is always far reaching.

Indeed, this is inevitable, because whenever people try to keep their delusions intact, they'll use the usual weapon/tactic of words, and whenever words are misused (and/or ignored), the consequences are far reaching.

Eg, many people try to keep their delusions intact, by playing word-games.
-- And what they don't realise, is that every time that this is done, the end result, is that they'll cause widespread suffering.

The reason why this happens, is because if any word is misused (and/or ignored) in one aspect of life, it can (and will) then be misused (and/or ignored) in all other aspects of life, and therefore, it ceases to have any use/power/meaning (in any aspect of life), and this causes suffering.

This is inevitable, because:

A word only has use/power/meaning/effectiveness/etc,
if it's used in the same way, in all aspects of life.

One of the best examples, of the misuse (and/or ignoring) of a word, is the word "consensual". It has been misused (and/or ignored), in many different aspects of life, and I have talked about this earlier in this conclusion.

And indeed, perhaps one of the most blatant attempts to ignore this word, was in the term: consensual-murder.
-- And indeed, it doesn't get any more upside-down (or blatant) than this, because people have now made a consensual act, illegal.

And as a result, the word "consensual", loses it's power/meaning/effectiveness/etc, in all aspects of life, and so suffering will continue.

The point is, that people are so determined, to not allow their personal-slaves to kill themselves, and so determined, to force all work-slaves to stay alive, that they even made something that is consensual, non-consensual.
-- And they've done it to such a desperate degree, that they even made it illegal.

And just to be sure that they succeed, they not only made it illegal, but they're constantly try to keep this act (of consensual-murder), as something that is perceived as a bad/immoral thing.

And, of course, this is unlikely to ever change, because if consensual-murder became legal, then a person that wants an instant/painless/effortless/guaranteed way out of life, would be able to do this, because they would then be able to go to this charity/service/building.

Indeed, it's important to realise, that this charity/service/building, is something that can immediately come into existence, as soon as consensual-murder is legalised.

And therefore, what also becomes clear, is that:

> If consensual-murder became legal (without any exceptions), then this would change the world in a positive way, because everyone would then be living in a world, which is based on giving all people, the most fundamental of rights, (the freedoms/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way).

Ie, to take a step in the right direction, (towards less suffering, and a more moral society), all that matters, is that consensual-murder becomes legal (without any exceptions). Because after this happens, all the other issues, will sort themselves out.

Eg, this will allow the charity/service/building, to come into existence, and even if the charity/service/building, did ask for money, it wouldn't matter, because the people that want an instant/painless/effortless/guaranteed way out of life, will be happy to pay a lot of money to do so, (since no method of suicide, is instant/painless/effortless/guaranteed).

Also, even if the charity/service/building, did ask for money, it would not be long, before another separate charity was set up, which was dedicated to making sure, that any person that wanted to use that charity/service/building, could do so, for free.
-- Ie, that charity's only aim, is to collect donations, to make sure that everyone who wants to leave life, can do so.

Note: This charity (which is collecting this money), would have no problems collecting lots of money, because the people that are choosing to die (via the charity/service/building), would want to donate most (or all) of their money, to this cause, because those people understand, how important it is, that all people have this freedom/choice/option.

Ie, since this is the most fundamental of rights/freedoms, those people will be wiling to donate large amounts of money, because there is no more worthy cause, (because all other causes, are superficial to this one).

Note:
There are many other reasons, why people are against the legalisation of consensual-murder.
-- Eg, if consensual-murder is legal, then assisted-suicide is legal, and this would make some companies lose massive amounts of money.

Indeed, this is especially true, for the companies who make extortionate amounts of money, from old people, who have no choice, but to go into 24/7 residential nursing homes, and hospices, and other such places.

And it's also true, for all the other companies, which make a massive amount of money, because all old people need to spend lots of money, on all types of medicines/equipment/services/etc, which they need, just to reduce (and/or prevent) pain

and suffering.

And, when you realise, that it's even harder for an old person to kill themselves, (as compared to a younger person), then you'll also realise, that if consensual-murder is illegal, then this will mean, that an old person that wants to die, is being forced to:

1. Stay alive.

2. Suffer, (physically, mentally, emotionally).

3. Spend their money, (on lots of medicines/equipment/services/etc, and perhaps some 24/7 residential nursing homes and hospices)).

    Side note: If you're being forced to give money, it's extortion, and financial rape.

    Note: After seeing these three points, it becomes obvious, that anyone who calls this an extortion racket, is just sugar-coating the issue.

The key point is, that if any of these companies, want to prove, that they're not deliberately making this an extortion racket, then all they have to do, is to provide all people, with the freedom/option/choice, of an instant/painless/effortless/guaranteed way out of life.

Note: I'm not saying that all old people will want to die via assisted-suicide. What I am saying, is that if old people do not have this freedom/option/choice, (of an instant/painless/effortless/guaranteed way out of life), then they're being forced to spend money, on medicines/equipment/services/etc, (and even 24/7 residential nursing homes and hospices), just to reduce (and prevent) pain and suffering.

Ie, it's so clear, that old people are not being given the most fundamental of rights, (ie, the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way).

Of course, there are many arguments, against legalising assisted-suicide (consensual-murder), however, all of these arguments are selfish/immoral, and are just an obvious case of misdirection, away from the fact, that old people (and everyone), are being denied their most fundamental of rights.

Note: These examples (above), are proof of how selfish/immoral people:

1. Will use whatever words/weapons/tactics (to fulfil their desires), regardless of the consequences, (which in this case, means that the the word "consensual" is made less effective, and this will then make some people ok with doing any

non-consensual act, to anyone). Ie, the end consequence, is that suffering will keep spreading, to everyone.

2. Might sound as though they're trying to do some morally good deed in the world, (eg, making (and keeping) murder illegal), however, they're just trying to create (and perpetuate) rules/laws/beliefs, which benefit them, regardless of how much suffering it causes other people.

Note:
With this issue of murder being illegal, it's important to recognise, that because this brainwashing/programming has been going on for so long now, most people can't even imagine it any other way.
-- Ie, most people could't even hypothetically consider, the possibility/option, of legalising murder.

And the brainwashing/programming is so complete, that even the suggestion of a conversation, to discuss why murder should be legal, is just something that most people could never consider as being acceptable.

Note:
It's important to emphasise, that saying that all of these things are upside-down, just isn't enough.

And similarly, there are just no words, that can explain the level of stupidity/selfishness/immorality/cruelty/evil, where society makes a consensual act (eg, consensual-murder) illegal, whilst also making a non-consensual act (eg, creating a baby, so that you can then use/enslave them as your personal-slave), legal.
-- It's just beyond words.

Note:
It's always important to look at things, from all angles. Therefore, I'll do this next.

If life is “Survival of the fittest”, then that implies, that the people who survive, are those who will do whatever it takes, to stay alive.
-- Ie, these people only care about themselves (and whatever their desires are), and therefore they are selfish.

Therefore, this phrase can be re-named, from:

“Life is Survival of the Fittest.”

to

“Life is Survival of the Selfishest”.

However, no matter which one you use, the result is that same: A world which is always going to be full of selfish people.

And therefore, it's only natural, to not want to be in such a world.

Note: It's important to realise, that a world/life/existence, which is like this, (ie, where it's “Life is survival of the selfishest”), is inevitable, and therefore it can't ever improve/change.
-- Indeed, all types of life/existence, are “Life is survival of the selfishest”, and it can't be any other way, because:

1. The future is made up of children.

And,

2. All children are only ever created, due to selfish people desiring to have children.

And therefore,

3. After these children are born, they're used/enslaved/raped by these selfish people.

And therefore,

4. By doing this, the baby naturally copies this selfish/immoral behaviour, and therefore they themselves become selfish/immoral.

And therefore,

5. The baby inevitably becomes a selfish/immoral adult, and causes suffering to others, and might even have a child of their own.

And therefore,

6. This selfish cycle, (of the used/abused baby, becoming the using/abusing adult), never ends.

Ie, no matter how many (or few) people there are in the world, these people are all inherently going to be selfish/immoral.

And it's obvious that this is true, because if a person wants to stay in physical existence, they will inevitably use/enslave some people/animals/things/etc, just to stay alive.
-- Ie, even if they don't use people as personal-slaves, they will still use/enslave some people/animals/things/etc, to stay alive.

Therefore, the inevitable conclusion, is that things will never improve, unless the change is made at the deepest level, (which is the level of existence itself).
-- Ie, existence need to be instantly/painlessly ended.

Indeed, no matter where you start your clear/honest seeing of life, this is always the resulting conclusion.
-- Eg, some people try to solve problems in life, however, problems in life, are not what needs to be solved/changed.

This is obvious, because if you solve a problem in life, this is just a superficial solution, and

all superficial solutions, are not permanent. Moreover, they just hide the real cause of suffering, which therefore causes more suffering.

And therefore, it's important to realise, that:

1. All problems in life, are nothing but misdirection.

2. The only real permanent solution, is to change life/existence itself.
   -- And, since “no system ever works” (in the long-term), there's no point designing/inventing/creating a new system/manifestation/existence.

   Ie, it's time to rest, and stop creating.
   -- Ie, it's time to stop, and rest as non-existence.

Note: The people who think that life's problems can be solved, are the ones who are only looking at some superficial aspects of life.
-- Ie, the problem is, that they're not only looking at superficial aspects of life, but they're only looking at “some” superficial aspects of life.

The point is, that it's so obvious, that to solve all the problems in life, you need to examine all subjects in life.
-- Ie, there's not one single aspect of life, that can be left out.

Indeed, if you miss even one subject, then your final conclusion (on life/everything), will not only be totally useless, but it will cause a lot of suffering to yourself, (and everyone else), because missing just one subject, can mean that the conclusion will be out by 180 degrees.
-- Ie, instead of taking you/everyone away from suffering, you/everyone will head towards suffering.

Moreover, it's not even just about examining all aspects of life, because life (and existence) itself, also has to be examined.
-- And, it must be taken to a deep enough level, where all the implications are examined.
-- And, this has to be done for yourself, everyone, life, and existence itself.

Note:
What most people fail to understand, is that no system is ever
100% safe/secure/stable/constant/reliable/permanent/etc.
-- Ie, all systems will always crack/fail/collapse, (at some point in time).
-- And therefore, the best solution, is no system.

Of course, what this means, is that,

The best situation will exist, when you:

Do not create a system.

Ie, the best situation will exist, when you:

Do not create any system/thing, in existence.

Ie, the best situation will exist, when you:

Do not create any thing, in existence.

Ie, the best situation will exist, when you:

Do not create existence.
-- And indeed, in the absence of all things, (including existence itself), then what remains, is “That”, non-existence.

Ie, what this shows, is that non-existence is the best (and ideal) solution, and is better than a solution of one realm of ever-deeper freedom/peace/love/bliss.
-- Ie, one realm of ever-deeper freedom/peace/love/bliss, is only a good solution, if it is necessary, because people need an intermediary stage, (eg, because people have the belief, that a manifestation needs to exist, or for whatever other reason).

Note: This intermediary stage (of one realm of ever-deeper freedom/peace/love/bliss), does not need to be gone through.
-- Ie, that stage can be bypassed.

Indeed, if you instantly/painlessly end existence, then you go straight to being as “That”.
-- Ie, it's as quick as switching off a television.
-- Ie, there’s absolutely no need, for there to be some slow: developing, learning, progress, process, evolution, etc.

Actually, to say that “there’s absolutely no need”, is just sugar-coating the issue.
-- I’ll explain this next.

Many people try to brainwash/program everyone to believe, that all these things (eg: developing, learning, progress, process, evolution, etc), are things that are: good, important, necessary, vital, acceptable, etc.

Of course, the truth is, that:

All these things (eg: developing, learning, progress, process, evolution, etc), are all weapons (and tactics), of prison/torture/slavery/rape.

Ie, all of these things, are totally unacceptable and unnecessary.

Ie, it's totally unacceptable and unnecessary, for there to be even a fast: developing, learning, progress, process, evolution, etc.

Ie, the only thing that this is acceptable, is zero: developing, learning, progress, process, evolution, etc.

And indeed, this is obvious, because this is why there is the word "instant", in instant/painless/effortless/guaranteed/permanent.

Of course, many people will try to argue, that all of these things (eg: developing, learning, progress, process, evolution, etc), are not forms of prison/torture/slavery/rape.
-- The key point is, that this type of discussion/conversation/argument/etc, is totally pointless/ridiculous, because there is a simple way to disprove the statement that I made.

Ie, if you want to prove, that the people/entities, who go through all of these things (eg: developing, learning, progress, process, evolution, etc), are not being forced, (and therefore, it's not a form of prison/torture/slavery/rape), then all you need to do, is to prove that it's not something that these people/entities are being forced to do.

Ie, this is not about discussions/proof/etc. All this is about, is observation.

Ie, to see that these people are not being forced, you simply need to see/observe, whether all of these people/entities, have been provided with the freedom/choice/option, to not be involved in it.

Ie, all you need to do, is to see/observe, if all people/entities (without exception), have been provided with the freedom/choice/option, to leave that situation, (of: developing, learning, progress, process, evolution, etc), in an instant/painless/effortless/guaranteed/permanent way.

Ie, there is no discussion/argument/conversation/etc, because that is either provided, or it isn't.
-- Ie, there is no middle ground.

And, saying that it is a form of prison/torture/slavery/rape, is not over-exaggerating the situation.
-- This is obvious, because if an instant/painless/effortless/guaranteed/permanent way out, has not been provided, then these people/entities are being forced. And, if they're being forced, then that is non-consensual, (rape).

And, as mentioned before, rape cannot exist, without there also being prison/torture/slavery.

Ie, there is absolutely no doubt, that all these things (eg: developing, learning, progress, process, evolution, etc), are all weapons (and tactics), of prison/torture/slavery/rape.

Note:
Earlier on, I said “that no system is ever 100% safe/secure/stable/constant/reliable/permanent/etc”. A key thing that needs to be understood about this, is that: It is true, and if you don't believe that it's true, then you're missing something. Ie, you're probably failing to take into consideration, other factors.

Eg, a person might draw a square on a piece of paper, and say that that square cannot be penetrated. Of course, all that has happened, is that they've failed to take many things into consideration, (eg, the fact that the square can be penetrated, from the third dimension).
-- Ie, if you view a square in two dimensions, (ie, view it as though you live in 2-D flat-land), then it might appear to be impenetrable. However, if you view it from above, (ie, you view it from a different/extra/alternative/additional dimension), then the situation is totally different.

Of course, this is an extreme example, because most systems will fail due to causes within their own dimension.

Indeed, with most systems, the reason/purpose for creating that system, will itself be the cause of it's failure/collapse.

And, many systems will fail/collapse, without any external causes at all.

Note:
If a person/entity/god/alien/programmer/etc, was benevolent, and they wanted to create a system/person/entity/creation/existence, then the only thing that they would create, is one realm of ever-deeper freedom/peace/love/bliss.

However, if they create this, then they know that:

1. This will (in time), end up as non-existence, (or something that is very near to non-existence).

2. No system is 100% safe/secure.

The point is, that if they know both of these things, then there is no point risking the creation of this one realm.
-- Ie, it could be argued, that the creation of this one realm, has the risk, that it will not just keep going ever-deeper (towards non-existence), since no system is 100% safe/secure. And, since this one realm, is going to head towards non-existence, then why bother to create it in the first place.
-- Ie, why not just not create anything, (and just rest as non-existence).

And this is especially true, because non-existence is better than one realm of ever-deeper freedom/peace/love/bliss, (because non-existence is “That” (which is beyond freedom/peace/love/bliss)).

The next part of this conclusion, will use a variety of points, to explain why creation (and the process of creation), is inherently always going to cause suffering, and that therefore, the only true solution (of how to end all suffering (for all)), is to stop creating, (ie, stop creating existence).

To do this, I will discuss what creation (and the process of creation) really is, and I'll also show this process of creation, at many different levels, and in many different aspects of life.

And from all of this, you'll then see many examples, of how creation/existence, is always inherently going to be 99% suffering, (or, if a person is honest enough, 100% suffering).

Note: In this part of the conclusion, I'll use the terms “controllers/rulers”, to mean any parent/person/group/company/government/organisation/etc, that is trying to brainwash/program/condition/control/rule/etc, (whether this is in terms of work-life, and/or personal-life).

To start this part, let's start with the beliefs/ideas, of being “sentient” and “free”.

It's much easier to control a personal-slave (and/or work-slave), that believes that they're free (and independent/sentient/etc), because then they're not going to be constantly thinking of how to escape the job/life (of prison/torture/slavery/rape) that they're in.

Indeed, if the brainwashing/programming is done well, the person/slave will not even recognise that they're a slave, in prison, being tortured and raped.

Moreover, the slave will not only ask for this life, but demand it from you.
-- Ie, you get the slave, to demand “x”, (when “x” is something that benefits you, and not them).

To do this, the key weapon/tactic to use, is words.

Indeed, this is why all people are always constantly brainwashed/programmed to:

1. Invent (words).

2. Believe (words).
   -- And then keep repeating them, until they’re believed to be true/real/solid/indisputable.

3. Feel (words).
   -- And then keep repeating them, until they’re felt so strongly, that it's real/indisputable.

4. Demand (words).

Side note: Later on in this conclusion, I'll refer to this four stage process, as: Invent > Believe > Feel > Demand.

All four of these are important, because by using them, you do not have to force people to do things (which you want them to), because instead, you will be able to get all people to demand, that their reality must be changed (or kept unchanged), to how you want it to be, whether that is:

A) To change reality, (so that you can use/enslave/rape people, (as your personal-slaves, and/or work-slaves)).

B) To continue the current reality/situation, (so that you can continue to use/enslave/rape people, (as your personal-slaves, and work-slaves)).

To get to the next key point, let's look at these four points (1 to 4, (above)), in a bit more detail.

1. "Invent" the words.
   -- A new word, can be any combination of characters, (verbal or non-verbal), and when you invent/create enough of them, they can then be used to define each other.

   Side note: I'm using the word "invent", because it gives a clear impression, that it came out of nowhere. However, I could have substituted this word, with "create". However, the word "create" is perhaps not as good, because "create" is more something that is solid/real, (and that happens more in the stages of "believe" and "feel").
   -- However, the word "create" is perhaps better (than "invent"), because it can make people immediately see the correlation between create something small (in life), and create life/existence itself.

2. "Believe" the words. And then keep repeating them, until they're believed to be true/real/solid/indisputable.
   -- Ie, make people believe that certain words are true/solid, by solidifying (beyond question), that the words have a set/unchangeable/indisputable definition. And then, there is also a subtle brainwashing/programming, which is to give that word a sub-text.

   If all of this is done well, then people never know/realise, that the words are just invented/created (out of thin air), and it's always done for selfish/immoral purposes.

3. "Feel" the words. And then keep repeating them, until they're felt so strongly, that

it's real/indisputable.
-- This is done for two purposes:

a) Because when people use the specific words, this means that they reinforce their own belief in them, and how solid/real they are, and how important/vital they are.

b) Because when people use the specific words, they brainwash/program other people to believe, that these words are real, and what their real definition is, and that they must be believed in, etc.

4. “Demand” the words.
-- After these specific words are ingrained enough (into enough people), they can be used to control/manipulate people, not just by using the words (when speaking to them), but by making them ask you (to use those words).

Ie, when it's ingrained enough, the people will demand those words from you. And, this is how you get the people to want something, that you wanted all along.

Ie, you want “x” to happen, and the best way to get “x” to happen, is to make most people in the population, want “x”.
-- Therefore, you create an unpleasant situation (suffering, or threat of suffering), which makes the people demand “x”, and then you can implement “x”.

It's just the most basic strategy/tactics.
-- However, most people fall for it, (and that's enough people, to make “x” happen).

However, it’s important to realise, that the rulers/controllers will be able to implement their solution (desire), even if the population are not “demanding” it, but are “asking” for it.

And, this is even true, if the population just “allow” it, or (further still), “don't care”.

Ie, this whole process, is still used, even if it's to just get the population to “allow” (and not “demand”) changes to take place.
-- Ie, the rulers/controllers will be able to implement their solution (desire), as long as the population:

a) “Demand.”
b) “Ask.”
c) “Allow.”
d) “Don't care.” (Ie, they know about it, but don't care.)

e) Don't understand. (Ie, they know about the topic/subject, but don't understand it.)
f) Oblivious to it. (Ie, they have no awareness of it.)

Note: “e” and “f” are a slightly different way of doing things.

-- Ie, to get the desired outcome, the rulers/controllers still invent words, which the people are programmed to believe and feel, but this is all done to either:

1. Confuse them, (or dumb them down, etc).
   -- Ie, the result is that, they “Don't understand”.

2. Distract them, etc.
   -- Ie, the result is that, they're “Oblivious to it”. (Ie, they have no awareness of it.)

Note: When it's seen like this, it's easy to see how these categories (“a” to “f” (above)), make up 99% of the population.

And, the “intelligent”/“clever” people in the country, will be the ones that are doing the “demanding”.

So, the key point is, that what this all shows, is that:

- 99% of the population, are robots/puppets/etc.

And,

- The people that are the easiest to control/manipulate/trick/scam/use/enslave/etc, are the ones who do not think that they are robots/puppets.
  -- And indeed, 99% of the population, do not believe that they are robots/puppets/etc.

Note: I have used a figure of 99%, as a stepping-stone. That figure should be much higher. -- Indeed, this is obvious, because almost all people, do not think that they are robots/puppets/etc.

So, let’s say that 99.99% of the population, do not think that they are robots/puppets/etc.

Now, since “The people that are the easiest to control/manipulate/trick/scam/use/enslave/etc, are the ones who do not think that they are robots/puppets”, then what this means, is that: 99.99% of the population, are robots/puppets/etc.

However, although 99.99% of the population, do not think that they are robots/puppets, (and therefore, they are robots/puppets), the other 0.01%, do know that they are a robot/puppet, and therefore, what this means, is that 100% of the population, are robots/puppets/etc.

Note: Although the 0.01%, know that they are a robot/puppet, they will also know, that they

can’t ever truly know the depth of that. Ie, they know, that they might be more of a robot/puppet, than they could ever imagine.

Note:
Earlier on in this conclusion, I discussed how people are easy to brainwash/program, by making them believe that facts/proof/conclusions/etc, are good/necessary/important/vital/etc.
-- Ie, it's important to recognise, that when this is ingrained enough, the people themselves, will want/demand to have facts/proof/conclusions/etc.

Of course, all facts/proof/conclusions/credibility/etc, are just things that are based on words, which have no solid basis of truth/reality themselves.

And, the people that are in control of all facts/proof/conclusions/credibility/etc, (whether they’re the officials/experts, or the rebels against the officials/experts), will have all the power, and they'll use this to control/manipulate/brainwash/program everyone, with their own agenda.

And, of course, it's important to remember, that no system will work (in the long-term). Therefore, if the rebels think that they're brainwashing/programming people for the benefit of the people, they're deluded, because everyone will still suffer, in the long-term.
-- Indeed, this is to be expected, because:

1. All brainwashing/programming/reprogramming, always leads to suffering, (in the long-term).

2. All agendas that exist, are limited and narrow-minded, and therefore, they all lead to suffering, (in the long-term).

3. All agendas are an invention/creation. Therefore, point 2 can be applied to all creations. And therefore:

    a) All creations (within existence) that are created, all lead to suffering, (in the long-term).

    b) Any type of creation/life/reality/existence that is created, will lead to suffering, (in the long-term).

And therefore:

> The only way to end all suffering (for all), is to not create a creation/reality/life/existence.
>
> And when creation stops, what naturally remains, is the ultimate freedom/peace/love/bliss of “That”, (non-existence).

To get to the next key point, let's start from here.

A very good example of where the tactic of “Invent > Believe > Feel > Demand” is used, is in how some controllers/creators/rulers, will try make you believe, that you are “sentient” and “free”, by constantly trying to brainwash/program this into you.
-- Ie, to do this, they:

1. Invent the words “sentient” and “free”.

2. Make everyone believe that these words are real/solid/exist.

3. Everyone then repeatedly brainwashes/programs these words/ideas/beliefs into everyone else, (which then makes people believe that all people are sentient and free).

4. Everyone then demands for “x”, (which benefits the controller/creator/ruler, but not the people, and it also keeps everyone under their control).

Of course, this is all to be expected, since all words are invented for selfish/immoral (negative) purposes/reasons.

In this case, the advantage of making you believe that you are “sentient” and “free”, is that this then makes you believe, that:

1. It's impossible to brainwash/program any person.

And therefore,

2. It's impossible to believe that you've been brainwash/program by a company/government/secret-organisation/etc.

And therefore,

3. You have not been brainwashed/programmed.

And therefore,

4. You are choosing to have a job, work hard, have children, etc.

And then, after this is repeated enough times (by everyone), the end result is that:

5. You demand that you be allowed to have a job, work hard, have children, etc.

And then,

6. You demand that you are free to choose to brainwash/program your children, to be groomed (throughout childhood), to become personal-slaves, and work-slaves.

And then,

7. If your children do not want to be slaves (when they are older), you are free to kick them out of your house, (which forces them to become some sort of personal-slave, and/or work-slave).

And then,

8. You are free to try as hard as you like, to brainwash/program your children (and other people), to have their own children.

And then,

9. You are free to try to brainwash/program your grandchildren.

And then,

10. Etc.

The key point is, that the controllers/creators/rulers, do not need to create slaves, because not only is everyone demanding to be a slave, but everyone is asking to work hard, and do things that will keep them trapped as a slave, and they're also creating the new generations of slaves (all by themselves), and then brainwashing/programming them (all by themselves).

Ie, it's all just a clever tactic, to brainwash/program a person (slave), to believe that they are free, and that they are free to make whatever decision they want, but the companies/governments/secret-organisations/etc, know that it's very easy to make a person choose, whatever they want that person to choose.

Of course, I have only said this information, as a stepping-stone.
-- The key point is, that although some companies/governments/secret-organisations/etc, might be doing this, (and some people will always try to accuse many companies/governments/secret-organisations/etc, of doing this), these accusations are misdirection, because everyone is involved in this crime.

Indeed, this is true, because everyone is constantly trying to "make a person choose, whatever they want that person to choose".

Because, everyone is constantly trying to make their personal-slaves do, whatever they want them to do.

And, this is always going to be how it is, because the only reason why people put so much time/effort/money/energy into getting (and keeping, and maintaining) a personal-slave, is so that they can use/enslave/rape that personal-slave, (to fulfil some selfish desires).

And, what makes this situation even more ugly, is that everyone is constantly trying to do this subtle and sly controlling/manipulating/brainwashing/programming/using/enslaving/raping/etc, whilst also trying to make it seem, as though the these actions are: moral, selfless, helpful, etc.

And, this is only half of the story, because everything that I've just mentioned, is only about the personal-slaves.
-- Ie, on top of this, people are also doing this exact same thing, to their work-slaves, (direct, and indirect).

The key point is, that:

> Whilst a person is part of an ongoing crime, they're not going to alert anyone to that crime.
> -- Indeed, the opposite is true.
> -- Ie, whilst a person is part of an ongoing crime, the person is going to do all that they can, to hide the truth.
>
> Note: To hide the truth, people need to invert everything, (ie, turn everything upside-down).
>
> Ie, this is why, your whole life, is a lie.
> -- Ie, it's because everyone is constantly brainwashing/programming you, to believe lies.

Ie, this is the situation that everyone is in.
-- Ie, everyone is using each other, as personal-slaves (and/or work-slaves), and therefore, they're going to do all that they can, to hide this ongoing crime.

And therefore, life/existence will always be prison/torture/slavery/rape (suffering).

And therefore, the only solution, is to permanently end existence.

Note:
Earlier on, I said:

> "To hide the truth, people need to invert everything, (ie, turn everything upside-down).
>
> Ie, this is why, your whole life, is a lie.
> -- Ie, it's because everyone is constantly brainwashing/programming you, to believe lies."

The thing that I need to clarify here, is that this was said, just as a stepping-stone.

-- So, I'll now take it all a step further.

It's important to realise, that it's not that people are "hiding the truth", in the sense that there is some truth, and people are covering this up, with lots of lies.
-- This is never something that happens, because it can't happen, because there is no truth.

Ie, yes, there are many (thousands) of layers of lies, that everyone is constantly creating (and perpetuating), however, all these layers of lies, is not covering over some truth, (because there is no truth).
-- Ie, underneath all these lies, there is nothing, ("That" / non-existence).

The key point is, that what this means, is that:

Everything is lies.

And therefore that,

Everything in life is a lie.

And therefore that,

Life is a lie.

And therefore that,

Your very existence is a lie.

And, since lies/brainwashing/programming/etc, are only ever done, for the purposes of using/torturing/enslaving/raping, then what this means, is that,

You are only in existence, for the purposes of being used/tortured/enslaved/raped.

And, it's important to realise, that this is true, regardless of whether you believe that "you"/"people"/life/existence, is: real, solid, virtual, a delusion, an idea, a thought, a hologram, a program, etc.

Indeed, this is true, because even if you are just an idea/thought/program, you were still created (brought into existence), for the purposes of being used/tortured/enslaved/raped.

And it's also important to remember, that all the information in this conclusion still holds true, regardless of whether "you"/"people"/life/existence, is: real, solid, virtual, a delusion, an idea, a thought, a hologram, a program, etc.

Indeed, this is obvious, since the neutral/natural/true start-point (for everything), stated

that: Suffering is real, (or as good as real).

Note: What this means, is that we can take the process of “Invent > Believe > Feel > Demand”, and say that this is how a person is created. Ie, the person is nothing but thousands of layers of lies/programs.

And therefore, what all of the above information means, is that even if you strip away hundreds of layers of lies/brainwashing/programming, yes, suffering can be reduced, however, there will still always be suffering, because all layers are lies/brainwashing/programming, designed to control/manipulate/imprison/torture/enslave/rape you.

Ie, you will only ever get to permanent peace (zero suffering), when you are free from all layers of lies/brainwashing/programming.

Ie, the only solution, is in the absence of all layers.

Ie, the only solution, is in (as) non-existence.

Note:
Earlier on, I said that:

> “What this means, is that we can take the process of “Invent > Believe > Feel > Demand”, and say that this is how a person is created. Ie, the person is nothing but thousands of layers of lies/programs.”

What this means, is that we can call this process, a process of creation.

And, it is a process of creation, regardless of whether it is done:

1. “Externally”.
   -- Ie, you do it to others.

2. “Internally”.
   -- Ie, you do it to yourself.

Indeed, this is very common in relationships.
-- Eg, in a relationship, person “A” will want to believe that their partner has certain qualities (eg: good looking, funny, intelligent, caring, etc), and so person A will decide (invent) the “fact” (belief/story) that their partner is intelligent, and then to make this more real, they will repeatedly brainwash/program this “fact” to their friends (by subtly telling them all kinds of examples/stories), and this continues, until person A has a solid/real feeling, that their partner is intelligent, and that this is an absolute real truth/fact.

Then, person A will expect their partner to be intelligent, and behave intelligent, (eg, showing other people that they are intelligent, etc), and if the partner is not doing this, then person A will start to demand it.

And, it's important to realise, that when a person has to ask for something (or demand something), this will produce inside of them, a cringe/toxic/suffering feeling.

And, if person A is passively hoping/desiring (or actively trying to control/manipulate/force/create the situation) to see their partner behave/demonstrate their intelligence, then that too produces inside of them, a cringe/toxic/suffering feeling, (because that's what hoping/desiring/controlling/manipulating/forcing/creating/etc, does to a person).

And, if A's partner fails to behave/demonstrate their intelligence, then that too produces inside of them, a cringe/toxic/suffering feeling.

And, if A's partner does behave/demonstrate their intelligence, then that will produce a momentary absence of hoping/desiring/controlling/manipulating/forcing/creating/etc, which will reveal a few moments of peace, however, person A will soon start hoping/desiring/controlling/manipulating/forcing/creating/etc, again, and so that will produce inside of them, a cringe/toxic/suffering feeling, (because that's what hoping/desiring/controlling/manipulating/forcing/creating/etc, does to a person).

Ie, the only things that person A is really creating/manifesting (in existence), is suffering.

The key point is, that what this all shows, is that:

> "Invent > Believe > Feel > Demand", is a process of brainwashing/programming/controlling/manipulating/forcing/creating/deluding/suffering/etc,
> which people are doing to themselves.

Note: It must be remembered, that things like control/manipulation, are not just things that are done to other people. Ie, people do this to themselves.

And indeed, people are constantly trying to control/manipulate themselves, throughout most of their day.

And what this means, is that they're forcing/creating/brainwashing/programming/deluding themselves, throughout most of their day.

And what this means, is that they're causing themselves suffering, throughout most of their day.

Indeed, this is to be expected, because "Invent > Believe > Feel > Demand", is a process of brainwashing/programming, which creates realities.

-- However, all realities that can be created, are realities that will cause you (and others) suffering, (in the long-term).

Ie, yes, you might succeed in creating/manifesting your reality, (for yourself, and/or others), but suffering is inevitable (in the long-term).

Of course, this is to be expected, because to create realities, you have to do this process, and this process is only ever done, for selfish agendas.

And therefore, all creation is selfish/immoral/cruel/evil.

And therefore, this means that:

1. This manifestation/existence/life, (that we are living in), is always going to be inherently cruel/evil.

2. Any newly created manifestation/existence/life, (that we hope to live in), is always going to be inherently cruel/evil.

3. The only way to eternal true ultimate freedom/peace/love/bliss (and permanent zero suffering), is to not manifest/create any reality.

Of course, these realisations/conclusions are to expected, because when all creating/manifesting stops, what remains, is “That”, (non-existence).

Note:
Sometimes, the process of “Invent > Believe > Feel > Demand”, might not look as though it’s happening, however, it is happening.
-- Eg, there might be a sequence of events, which look like a jumble of these words, (eg: Invent > Believe > Invent > Believe > Feel > Demand).

The point is, that this same underlying process/pattern (of “Invent > Believe > Feel > Demand”), is always the same, regardless of how it appears on the surface.

To show this clearly, it’s best to use a very simple (basic level) example. So I’ll do this next.
-- Note: There’s another reason for choosing to use a very simple (basic level) example, which I’ll explain at the end of the example.

If you look at how governments/companies/secret-organisations/etc, control/manipulate everyone into demanding the change that they (the rulers/controllers) want, you'll see that they use this same underlying process/pattern, however, it might look slightly different on the surface.
-- An example of this, is as follows:

1 -- Invent.

They invent/create something, that is considered by most people, as being:

a) A threat to your loved ones.
b) A threat to your way of life.
c) A cause of suffering.
d) A perceived cause of suffering.
e) Disliked.
f) Unpleasant.
g) Etc.

Eg, they create the word “terrorist”, and explain what awful things terrorists do, (and how they think, and what they believe in, and how they live, and what they will do to you/others (and to the world), etc).
-- Ie, after this is repeatedly brainwashed/programmed into people enough, they’re naturally going to want/demand certain things.

2 -- Believe.
They make people believe, that “terrorists” are so evil, that they (the rulers/controllers) have no choice, but to do whatever is necessary, to stop/capture all terrorists.

1 -- Invent.
To make these “terrorists” more real/solid, they have to invent/create a terrorist group, and then let this group do a “terrorist attack” on their own country. The bigger the “terrorist attack”, the more effective it will be.
-- And if it injures people who are considered (by the majority) as being good/moral/innocent/etc, then this is more effective.
-- Ie, killing many young/vulnerable children, is more effective.

Note: It's “more effective”, because it will create more “feeling”.

Note: The bigger the attack/event, the bigger the “demand” will be.
-- Ie, if they want to change something across the whole world, then all they have to do, is to create an attack (or perceived threat of attack), that affects the whole world.

2 -- Believe.
They make people believe that this “terrorist attack” was done by the people/group which they said were terrorists.

Note: To get most people to believe their story/“facts”/experts/version of events/etc, the rulers/controllers need to be the first, to get their version of this story, into people's heads.

And, for the rulers/controllers to more effectively brainwash/program this version of events (into people's minds), they'll not just do this via official news stations, but also many other ways, (eg, via: “factual” documentaries, using “experts” in academia, etc), whilst also using tactics of: disinformation, misinformation, discrediting, etc, (of all alternative/unofficial versions of this

story/situation/event/facts/truths). The list of effective tactics and weapons, is huge.

Note: Most people know, that the person who gets to do the brainwashing/programming first, will probably be the most successful.
-- I say that “most people know”, because all parents know this.
-- Indeed, all parents like the fact, that they'll be the first, to brainwash/program their child, because they believe that they'll then be able to make the baby be/behave, how they want it to be/behave.
-- And, the parents will also make sure, that they're careful about any other people who are putting ideas into their child's head.

Indeed, it’s a never-ending war, where the parents are in a constant state of fight, to make sure that they remain the main programmer/creator/controller/ruler, of their personal-slave (child-slave, baby-slave).

3 -- Feel. And keep repeating, until it's felt.
Eg, everyone is feeling such hysteria/outrage/fear (about this attack (by the terrorists)), that this makes everyone naturally spread these feelings.

Note: The ideal goal, is always to create hysteria, because the more caught up in thoughts and feeling, the better, because it then appears more solid/real, and people then become unable to stop (and take a step back), and see the big picture.

Also:

a) Since people have been brainwashed/programmed, to believe that it’s good to give the impression/image, that they're knowledgeable/right/intelligent/etc, this means that they'll then spread the “fact” that this was an attack that was done by terrorists, and explain the breakdown of reasons why this is “fact”. (Ie, they're just regurgitating what they saw on the news, or in some “factual” documentary, or wherever else).
   -- And, they’ll also just regurgitate the solution to this problem (of terrorists). Ie, whatever solution is suggested by the “intelligent” academic people (that appeared on the news shows (news soap-opera)), they’ll just regurgitate it.

   Note: When these people do this, they think that they’re having intelligent and meaningful discussions (about real life issues), with their peers, however, all they’re doing, is creating and perpetuating more suffering in the world.

   Ie, these people think that they’re not puppets/robots, since they’re not the type of people, that are having conversations about some reality tv show, however, the people who have conversations about some reality tv show, are actually causing much less suffering (as compared to them).
   -- Ie, they’re all puppets/robots, just slightly different types.

b) People like to have everyone around them, thinking the way that they do. Therefore, they will continue to brainwash/program as many people as they can. And, (whilst doing this), they'll try to use this opportunity, to make

themselves (and their life choices/actions), seem all good/moral/selfless/etc.

4 -- Demand.
The beliefs/feelings/emotions that all these people have, will spread like a virus, to enough people, and then these people will demand that the rulers/controllers implement the solution, (of doing whatever the rulers/controllers feel is necessary, to stop/capture all terrorists).

And, as mentioned previously, the rulers/controllers will be able to implement their solution (original desire), even if the population are not “demanding” it, but are:

a) “Asking” for it.
b) “Allowing” it.
c) “Don't care” about it.

d) Don't understand it.
e) Oblivious to it.

Of course, this will all never end, since the rulers/controllers can just deem/label any person/group “terrorists”.
-- And/or, they can invent/create new “terrorist” groups, (which they actually control, and/or are).

The reason for wanting to go through such a simple (basic level) example, is because it’s perhaps the only way to emphasise, just how ridiculously easy it is, to control/manipulate most of the population.
-- Indeed, it’s actually astonishing to see, that it’s that easy.

And, it must be remembered, that the easier it is to control/manipulate a person, the more selfish/immoral they are.

So, what this shows, is that not only are the majority of the population selfish/immoral, but extremely selfish/immoral.

Note:
Since this process (of “Invent > Believe > Feel > Demand”) always lead to suffering, this process needs to be re-worded, to:

Invent > Believe > Feel > Demand > Suffer.

However, since you don't want to suffer, the process repeats itself.
-- And therefore, this process needs to be re-worded, to:

Invent > Believe > Feel > Demand > Suffer > Invent > Believe >
Feel > Demand > Suffer > ad infinitum.

However, it's important to also see, that the only reason that something was created in the first place, was due to suffering. (This is true, because in the moments when you are truly in pure ultimate bliss, you do not want it to change, nor create something new.)

Therefore, this process ("Invent > Believe > Feel > Demand"), needs to be re-worded, to:

Suffer > Invent > Believe > Feel > Demand.

And, since this process never ends, it needs to be re-worded, to:

Suffer > Invent > Believe > Feel > Demand > Suffer > Invent > Believe >
Feel > Demand > ad infinitum.

Hence, the only way to break this cycle-of-abuse, is to stop inventing (creating).

And, when this happens, what remains, is "That", (non-existence).

Note:
It's important to see, that it's irrelevant if the invention/creation was done in a positive way, because once the process starts, it never ends, (until you see that this is the cycle-of-suffering, and the only way to end this cycle-of-suffering, is to not invent/create).

Ie, you can try to instantly/painlessly end it all, or take the longer route (of just ending all creating/perpetuating of it).

Indeed, this is all to be expected, since:

1. Problems that are "solved", just lead to other problems appearing.

2. The only way to truly "solve" a problem, is to not solve it, but:

    a) Dissolve it.

    b) Not let it get created any more.

    c) Dissolve everything.

Note:

This process of creation (“Suffer > Invent > Believe > Feel > Demand > Suffer”), when examined in more depth, has an extra stage, which is “Intent”.

This “intent”, is a thing that will naturally occur, as a natural reaction to suffering.

Therefore, this process needs to be re-worded, to:

Suffer > Intent > Invent > Believe > Feel > Demand > Suffer.

Ie, the “intent” is to:

1. Reduce/avoid/prevent (and permanently eliminate) suffering.
   -- Ie, this is about reducing/preventing/eliminating suffering of all types, (including: physical, mental, emotional, etc).

And,

2. Get/increase/maximise, things like freedom/peace/love/bliss.
   -- This will never end, until the ultimate permanent freedom/peace/love/bliss, is achieved. Ie, this will never end, until the person/entity is as “That”.

However, it's obvious, that points 1 and 2 (above), are the one-same-thing. This is especially true, when you factor in “boredom”, and all other types of suffering.
-- Ie, When points 1 and 2 are combined, the resultant thing that is sought, is “That”.

Note:
Suffering comes in many forms, and therefore, the resultant “intents” will be in many forms/guises. However, although some intents might appear as though they are not “vital” (but “nice to have”, or a luxury), this is not the case.

Indeed, boredom can actually be an extreme form of suffering, because boredom is deprivation (sensory and/or stimuli), and this is a common method of torture.

This is easiest to see, in examples of solitary confinement.
-- Indeed, solitary confinement is a very effective/efficient method of torture, because it makes people break-down (mentally/physically/emotionally) very quickly.
-- Most people have no idea, just how quick, and how devastating, this form of torture can be.

Note: Boredom is also a form of suffering (at all levels), and therefore, if a person is seeking pleasure/entertainment/etc, and they are doing this, purely to avoid boredom/deprivation/torture, then it must be realised, that they’re doing this to avoid suffering.
-- And therefore, this seeking (of pleasure/entertainment/etc), is done because it needs to be done. Ie, it's something that is “vital”, and not a luxury.

Indeed, doing things to avoid suffering, is not a luxury.

The key point is, that being forced to seek pleasure/entertainment/etc, is not something that is pleasurable.
-- Ie, being forced to seek pleasure/entertainment/etc, is a form of suffering, and therefore, it's also a form of torture, (and therefore, it's also a form of prison/slavery/rape).

Indeed, this is obvious, because:

1. People want (and enjoy) pleasure, but dislike/hate needing to seek it, (due to all the time/effort/energy/suffering/etc, that goes into trying to get it, (and then trying to keep hold of it)).

2. All seeking/maintaining/etc, is suffering, (regardless of what is being sought/maintained).

Note:
No matter how much suffering you think that you can take, there is always a way to give you more suffering, to make you react.

Ie, you might believe that the way to break this cycle-of-suffering ("Suffer > Intent > Invent > Believe > Feel > Demand > Suffer"), is by letting the suffering be there, and "do nothing" about it, or have "zero intent" towards it. However, even if this is successful for a while, life can easily increase the pain/suffering to a level, which makes it impossible for you to "do nothing" about it, or have "zero intent" towards it.

Ie, zero intent cannot happen, unless there is zero suffering.

Ie, only when life wants to end suffering (for a person), will suffering end (for them).

And, it should be clear to see, that all of the above, applies to everyone.
-- Ie, this applies to the slaves, and to the rulers/controllers.

The point is, that suffering is the cause of:

1. All problems.

2. Life/existence.

Indeed, previously, I said that:

> "the only reason that something was created in the first place, was due to suffering. (This is true, because in the moments when you are truly in pure ultimate bliss, you do not want it to change, nor create something new.)"

The point is, that if there is no suffering, there will be zero intent.
-- Ie:

Zero suffering = Zero intent = Zero creation/existence.

And, it's also important to realise, that suffering, intent, and creation/existence, are all directly proportional to each other.
-- Therefore:

> It's absolutely inevitable, that if a creation/existence is created, then suffering will exist.

Note:
In this process of creation ("Suffer > Intent > Invent > Believe > Feel > Demand > Suffer"), more stages can be added, but this is enough to get the point across.

Note:
When I talk about "intent", I mean the true/actual intent, (not the intent that people want to believe/say/portray that they have).
-- Ie, many people like to believe, that they have an intent that is selfless/moral/etc, but these are usually just things that they're saying (brainwashing/programming themselves and others with), to give (create for) themselves, a certain image/identity/position (person).

Of course, it's totally irrelevant how you think you are, because all that matters, is whether you're causing suffering to others.

Of course, most people are only interested in maintaining an image/identity of themselves, (so that they can feel good about themselves, whilst getting/using/enslaving/raping their personal-slaves (and/or work-slaves)).
-- Ie, this in itself shows, that their intent is selfish/immoral.

And, most people who are trying to be moral, are only able to maintain that facade, whilst they have a comfortable life, (and one which is within their comfort zone). Ie, as soon as life presents these people with a mildly serous situation, (or one which is slightly out of their comfort zone), they'll just behave in a selfish/immoral way, (whether they recognise/admit this, or not).

Of course, even if they do recognise their immoral behaviour, they'll try to use any number of excuses, (eg: "Everyone else is doing it, so it is moral", "Who are you to say what is moral/immoral", etc).

Of course, even if 100% of all people/entities, are doing something that is immoral, this does not make it moral/acceptable/necessary/etc.

And, knowing what is moral/immoral, is simple, since it's derived from the neutral/natural/true start-point (for everything), (as explained in the summary of this book).

Note:
In this process of creation ("Suffer > Intent > Invent > Believe > Feel > Demand > Suffer"), it's important to see, that when you've got as far as "Feel", it will feel real/solid/indisputable, and therefore, you have "succeeded" in creating your reality/creation.
-- However, as can be seen by this process, what follows, is "Suffering".

Moreover, even if you "Demand" something, and you get what you have demanded, yes, you will believe/feel, that you have "won"/"succeeded"/etc, however, what follows, is "Suffering".

The point is, that this reinforces the realisations (explained earlier in this conclusion), that:

1. "Winning"/"success"/etc, only lead to suffering.

And therefore,

2. There is no such thing as "winning"/"success"/etc.

Or,

3. The "winners", are actually "losers", (regardless of whether they can see this, or not).

And therefore,

4. "Winning"/"success"/etc, are just words/concepts/ideas/beliefs (weapons/games/tactics/etc), that are useful (and extremely effective), in keeping you in this cycle-of-existence, (ie, keeping you in this cycle of being used/enslaved/raped).

Ie:

A) These words have no other use. Ie, they are purely malevolent.
-- Note: This is to be expected, since all words are only ever invented, for selfish purposes/reasons.

B) Someone is brainwashing/programming you, to believe in these words/concepts, because they want to control/manipulate/use/enslave/rape you.

Note:
In this process (of "Suffer > Intent > Invent > Believe > Feel > Demand > Suffer"), it's

important to see, that suffering is not just in the first and last stages of this process, but at every stage of this process.

This is true, because there is ugly/cringe/toxic (suffering), during any type of desire/wanting, and these stages (intent, invent, believe, feel, demand), all have desire/wanting underneath them.

Therefore, this process of,

Suffer > Intent > Invent > Believe > Feel > Demand > Suffer.

needs to be re-worded, as:

Suffer > Suffer > Suffer > Suffer > Suffer > Suffer > Suffer.

The point of explaining this, is that it might perhaps help some people realise, why:

1. Life is full of suffering.
2. Life is nothing but suffering.
3. Life/creation/existence is suffering.
4. Life/creation/existence, are the one-same-thing as suffering.

And therefore,

5. “Life is survival of the stupidest”, is more accurately: “Life is stupidity”.

And therefore,

6. “Life/creation/existence, is stupidity.”

Ie,

7. “If you want to suffer, just create life/existence.”

Or,

8. “If you want to suffer, just keep maintaining life/existence.”

And therefore,

9. “If you want to stop suffering, just stop creating (and stop maintaining/perpetuating), life/existence.”

Note:
Most people like to live (and stay) in their bubble/delusion.
-- Ie, they create and maintain, a bubble, in which they believe they will be safe/happy/etc.
-- However, this is a ridiculous/foolish/stupid thing to do, because:

1. It doesn't protect you at all, and it actually does the opposite.
   -- Indeed, the more that you try to hide away from suffering (and deny that suffering is everywhere), the more you will suffer.
   -- This is inevitable, because the more you hide, the more blind you are, which means that you will keep being constantly hit by negative things/event/scenarios, (which will cause you suffering).

2. It doesn't make you naturally truly happy, because you don't have the time/energy to be truly happy, because you're spending all your time/effort/energy, on building/maintaining your bubble/delusion.
   -- Indeed, the more you try to create (and maintain) a bubble/delusion, the more energy/effort that you will need to put into doing this.

The key point is, that:

> Seeing things clearly/honestly, takes a lot less energy/effort, than trying to delude yourself.

Of course, this is obvious, because:

1. To delude yourself, you need to create (and maintain) a delusion. And, the process of creation ("Intent > Invent > Believe > Feel > Demand"), takes time/effort/energy.
   -- And, that effort can't ever end, because all delusions need constant maintenance.
   -- And, not only does it take time and effort, but whenever you cover over the truth, there will inherently be an ugly/cringe/toxic feeling.

And meanwhile,

2. To see things clearly/honestly, you just "see".
   -- Ie, the act of "seeing", takes zero effort/energy.

Therefore:

> What is causing a lot of suffering (in the world), is the act of creating/maintaining the bubble/delusion.

Ie,

> What is causing a lot of suffering (in the world), is "the process of creation".

Ie,

The cause of suffering, is “the process of creation”.

Therefore,

The way to end all suffering (for all), is to end “the process of creation”.

And,

When this is done, what remains, is “That”, (non-existence).

Note:
This might sound a bit strange, however, many people know this, because they experience this on a regular basis. Ie, many people know, that the best time of day for them, is when they can just stop/rest.

Ie, they can:

1. Stop playing games.
   -- Eg, controlling/manipulating people and situations.

2. Stop selling/buying things from people.
   -- Eg, stop selling the image, that “I'm a good person”.

3. Stop creating/maintaining things.
   -- Eg, stop maintaining any image (of how you would like other people to see/perceive you).

4. Stop trying to brainwash/program other people, (so that it makes you feel, that the selfish/immoral things that you do, are acceptable/necessary/moral/important/etc).

5. Etc.

Ie, a time when they will feel at rest, is when they're alone, in peace and quiet.

However, for most people, this is only a temporary peace, because even in these peaceful/quiet moments, their mind will (at some point), inevitably interfere with that peace, and life becomes (yet again) torturous.

At this point, the person will know/realise, that the only time that they will truly be at peace, is when they're in deep sleep.
-- Ie, they know, that the only time of day, when they are 100% guaranteed, to be in true ultimate peace, (which cannot be disturbed), is when they are in a totally unconscious state, (during deep sleep), where awareness does not exists, (and nor do they).

Indeed, this is why, many people deliberately make sure, that they are awake for a long enough period of time, because then it is guaranteed, that they will fall into a longer deeper unconscious deep sleep.
-- Ie, they know, that if they go to sleep too early, they will lie in bed, in a subconscious state (with the mind continuing non-stop), and this is not something that is peaceful.

So, what this means, is that,

> The best part of their day, is when they are not: conscious, aware, in existence.

And what this means, is that,

> They want, to be: totally unconscious, non-existent, non-existence.

And, this is proved to be true, because they hate it (later on), as soon as they realise, that they have awoken (out of unconsciousness).
-- Ie, as soon as they realise, that they are conscious (and aware, and in existence) again, they hate it, because they know that pain and suffering are inevitable, and even if they do get some peace, that peace (in the waking state) is never as good as the true/ultimate peace, of non-existence.

And, this is true, as soon as they are out of unconsciousness. Ie, they hate it, even when they're in a subconscious state, (let alone a conscious state), and this true, regardless of whether it's in a dream-state, or in the waking-state.

Indeed, this reaction is to expected, since most dreams as not that pleasant, and it's quite common, for there to be really unpleasant dreams.
-- And, the waking-state, is just a horrendous place to be in, because you're forced to be aware of all kinds of suffering, (whether it's your own suffering, or that of other people/animals/entities/etc).

Indeed, the fact that you're forced to be aware (and/or conscious), is itself horrendous, and cruel/evil, since it's non-consensual, (rape).
(I'll cover this in more depth, in the next bit of the conclusion).

Ie, the realisations that these people have had, are that:

1. True ultimate peace, can only ever happen, in the absence of consciousness/awareness/existence.

Ie,

2. True ultimate peace, can only ever happen, in non-existence.

Therefore,

3. Permanent non-existence, is the ultimate goal.

Note:
Many people try to brainwash/program everyone to believe, that awareness/consciousness/memory/etc, are good/great/divine/etc.
-- However, it's obvious, that they are cruel/evil things, because there is no choice in them.

Ie,

> Unless you can get rid of awareness/consciousness/memory/etc, in an instant/painless/effortless/guaranteed/permanent way, (whenever you want), then these things are inherently (by definition), weapons/tactics, which are deliberately designed to create imprisonment/torture/slavery/rape.

And, since

> Awareness/consciousness/memory/etc, is what “existence” is,

this inherently means that

> “Existence” is also a thing, that is a weapon/tactic, which is deliberately designed to create imprisonment/torture/slavery/rape.

And therefore,

1. It is to be expected, that existence will always be inherently causing suffering.

And therefore,

2. To reduce/eliminate/prevent suffering, there is no other option, except to end existence, forever.

Note:
Some people like to sound clever/intelligent/scientific/etc, by discussing whether life is: “cause follows effect”, or “effect follows cause”, or both, or everything simultaneously. However, this is all misdirection, because no matter which it is, (or if it's all of them), the result is the same, (suffering).

Indeed, the process of “Suffering > Intent > Invent > Believe > Feel > Demand > Suffering”, can perhaps be seen in an opposite way (or all kinds of ways, or that they all happen simultaneously), however, whichever way you look at it (and whichever direction you go in), the end result is always the same, (suffering).

And, this is especially true, when you see this process as: “Suffering > Suffering > Suffering > Suffering > Suffering > Suffering > Suffering”.

Indeed, when you see it like this, it then becomes absolutely obvious, that it's totally irrelevant (and misdirection), if people are trying to discuss whether life is: "cause follows effect", or "effect follows cause", or both, or everything simultaneously.

Also, some people might argue/discuss, about the sequences in the following two events:

1. People do something selfish/immoral (in plain-sight), and then try to demand that everyone sees this action as selfless/moral/acceptable/necessary.

2. People try to demand that everyone sees some action/hobby/activity as being selfless/moral/acceptable/necessary, so that they can do that selfish/immoral thing, (in plain-sight).

Ie, does the "demand" come first, or last. However, this is irrelevant, (or worse, it's misdirection), because both of these, end up with the same result, which is that, as soon as a selfish/immoral action is perceived as acceptable (because "everyone is doing it"), this then makes other people start to do those (and other) selfish/immoral things, and therefore suffering spreads exponentially, (across all aspects of life, and all levels of life).

Note:
In this process of creation, (of "Suffer > Intent > Invent > Believe > Feel > Demand > Suffer"), it's important to realise, that although it is called a "process of creation", that doesn't mean that it is something that people can do.

Many people love to spread the idea/belief/story, that all humans have the ability to manifest anything that they want, (even if they don't know, that they have that ability).
-- However, this is like telling a blind person, that they will be able to do amazing things, if they can see.
-- And, if the blind person asks, "What do I have to do, to be able to see?", then the person just replies: "You will be able to see, if life suddenly makes that happen."

Or worse, is that most people try to brainwash/program people to believe, that they can manifest anything, but they just need to try harder, (or they just need to do x, y, z).

The key point is, that it, (whatever "it" is, (eg, the belief that "any person can manifest anything that they want")), might be theoretically true/possible, however, if it's not practically possible (by you, yourself), then it's not just pointless, but it's something that will cause you suffering/frustration/etc, and with no benefit.

And, of course, whilst people are busy learning/practicing/trying/hoping/praying to do it, (eg, manifest things), they're continuing their life of slavery, (as personal-slaves, and/or work-slaves).

Ie, it's just a con/trick/trap/tactic, to keep you being a slave, for a little while longer.
(Note: This means that "hope"/"faith"/etc, are also a con/trick/trap/tactic/weapon.)

And, after this trick/trap/con, there'll be another one.
-- Ie, each trick/trap/con, only needs to work (fool you, keep you occupied/busy/distracted/etc), for short period of time, because there are hundreds of tricks/traps/cons, in each aspect of life.
-- And therefore, there are thousands of tricks/traps/cons, in life.

Yes, it is easy for people to be able to add/remove the more superficial layers of creation, but this will not allow them to instantly/painlessly/effortlessly manifest a mountain.

And, yes, they can add layers, (eg, create babies/children), but this will just add more suffering to their life, (and to everyone else's lives).
-- This is because, anything that is created, will be suffering, since creation is suffering.

And, in terms of removing layers, if people are only able to remove the superficial layers, then that's not really going to help them, because removing superficial layers, will:

1. Not allow them to stop suffering.

2. Not allow them, to be able to enter (and leave), from existence.
   -- And, if they cannot do this, then life/existence is non-consensual and prison/torture/slavery/rape.

Note:
Many people like to say "wise" phrases, (eg, "This too shall pass"), however, these people don't realise, that these are the key phrases/beliefs/programming, that the rulers/controllers/programmers (eg, parents), need to brainwash/program into their slaves.

Therefore, when people constantly try to show their friends, that they are "wise" (by saying these phrases), they're just reinforcing/strengthening the slave-programming, which means that everyone will just stay trapped in prison/torture/slavery/rape.

Note: There are some obvious things to realise about this phrase ("This too shall pass").
-- These are:

1. This phrase ("This too shall pass"), is actually telling you, that suffering is something that "comes and goes".
   -- So, if suffering is constantly "coming and going", then this means that suffering is something, that is going to keep appearing in life.
   -- And, if suffering is going to keep appearing in life, then what's the point of staying in this thing called life.
   -- Moreover, it's pure stupidity, to stay in a place, which you know will cause you suffering.

2. If this is a phrase that is, "said by wise saints/sages/gurus/teachers/enlightened-beings/etc, throughout the centuries", then this means that suffering is something

that has been happening for centuries.
-- Ie, this means that, all these saints/sages/gurus/teachers/enlightened-beings/etc, have not been able to reduce/prevent/stop/eliminate suffering.

Therefore, suffering is something that will always be in life/existence, which therefore means, that suffering is something that is inherently built into existence, (or, is a part of existence, or, existence is made from suffering, etc).

And it also means, that after centuries, there is still no solution to suffering.

So, the key point is, that:

> If the only way for existence/life to exist, is if suffering exists, then existence is not worth having.
>
> Moreover, it's pure stupidity to want existence/life, since the percentage/ratio, of the total number of minutes of suffering (in a person's life), as compared to the total number of minutes of true freedom/peace/love/bliss (in a person's life), is 99% (as compared to 1%).
>
> Indeed, when it's put like this, it's obvious that it's not just about stupidity, but something a lot more cruel/evil/malevolent, (because no one would truly consent to an activity that has 99% suffering, (especially if that activity has no freedom/choice/option, of a way to leave that activity, in an instant/painless/effortless/guaranteed/permanent way)).
>
> So, what this means, is that whilst you're suffering, if anyone is advising that you should "just let this pass", they're actually advising you to "just accept this", (ie, they're trying to brainwash/program you, to believe that "suffering is acceptable"), and therefore, they're responsible for perpetuating/creating/maintaining/causing suffering, and therefore, they're inherently cruel/evil/malevolent.
>
> And therefore, if these phrases are said by saints/sages/gurus/teachers/enlightened-beings/etc, then these people/entities are inherently (by definition), cruel/evil/malevolent.

Note:
Some people believe, that there's lots of suffering in the world, due to people becoming less moral. However, these people (who have this belief), are the ones who are causing the suffering, because they're misdirecting people away from the fact, that everyone is immoral.
-- This is true, because if you see life clearly (with ever-deeper honesty), you see that 100% of the population, are immoral.

This is true, because 99.9% of the population, are immoral, (regardless of whether they know/admit it, or not), and the other 0.1%, know that it's impossible to be alive, and not be immoral, (since people are limited in their method/ability to sense, if (and how) they're

hurting other people/entities/things/dimensions/etc).

And, the 0.1% also know, that even if they do become more able to sense this, they can't ever know that they know it all, since their ability to sense this, will be something that keeps going ever-deeper.
-- Therefore, all they can know, is that it's inevitable, that (as time goes by), they'll keep seeing how everything is connected, in ever-deeper (more subtle) ways, and this means that, all people/entities in existence, will always be causing suffering, (in some way, to some person/entity/thing/dimension/etc).

Also, these people (who believe that there's lots of suffering in the world, due to people becoming less moral), are responsible for causing suffering in other ways, because they're telling people, that they know that certain things are moral, and that therefore, that it's ok to do x, y, z.
-- Ie, they do not see, that doing x, y, z, is causing suffering, (or, they do see it, and they're just trying to make everyone believe that x, y, z, is moral, because they're doing those things).
-- Indeed, x, y, z, are usually the things that cause the most suffering, (eg, having: babies, relationships, jobs, etc), and therefore, these are the things that people are trying to brainwash/program everyone to see, in an upside-down way.

Indeed, it's obvious that these people, (who pretend to be moral/higher/special/ethical/etc, (so that they can continue their immoral activities/hobbies, in plain-sight)), must be selfish/immoral, because morality/ethics/etc, is so simple to understand.
-- Ie, there is no excuse, to say that: "I didn't know that those activities/actions, are selfish, immoral, cruel, evil".

This is true, because it's so obvious, that morality can be simply defined as:

1. Bad/immoral/cruel/evil/etc, is that which creates/causes/perpetuates suffering.

2. Good/moral/etc, is that which permanently reduces/alleviates/prevents/ends suffering, for all.

This is just the most basic thing. And therefore, there are no excuses.

And indeed, to see how these words (good/bad, moral/immoral, cruel, evil, etc), are easy to derive, just read the first few pages of the summary of this book, (about the neutral/natural/true start-point (for everything)).

It really is all simple, and if you think that there are grey areas, it's because you haven't gone deep enough, (probably because you don't want to, because you don't want to find out, that the everyday activities that you do, are selfish/immoral/cruel/evil).

Note:

Although I defined these words (good/bad, moral/immoral, cruel, evil, etc), in the summary of this book, it's important to realise, that this is only applicable to existence. Ie, if we're talking about any world/realm/dimension in existence, then all the things that I've said in the summary (and the whole of this conclusion), are true.

However, I've clearly explained (at various points in this conclusion), that all systems/people/entities/societies/worlds/realms/dimensions (and existence itself), are all inherently bad, and therefore, they will always be bad. And so what this means, is that all things in existence, are bad. And what this means, is that "good"/"moral"/"selfless"/etc, are bad.

Indeed, this is obvious, because:

> Any things that are seen as good, will make a person/entity want to perpetuate existence, and this is bad/malevolent, because any person/entity that wants to perpetuate existence, will also be inherently perpetuating suffering, (and anyone who perpetuates suffering, is inherently immoral/cruel/malevolent).

And indeed, this is obvious to see in everyday life, because most things in life, (especially the moral/ethical things), are just people's tactics of misdirection, away from the selfish/immoral/cruel/evil actions and activities, which these people are involved in (in plain-sight), (eg, of using/enslaving/raping people, (as personal-slaves, and/or work-slaves)).

One example of this, is that many people try to brainwash/program others to believe, that in this society/country/world/dimension/existence, there is a divide (battle/war), which is between:

- "The good, and the evil."
- "The selfish, and the selfless."
- "The moral, and the immoral."
- Etc.

Of course, these divisions (battles/wars), are only ever created (and perpetuated), by people who pretend to be moral/higher/special/ethical/etc, so that they can continue their immoral activities (in plain-sight), of using/enslaving/raping people, (as personal-slaves, and/or work-slaves).

This is true, because the people who do not have a personal agenda, know that 100% of people/entities/systems, are causing suffering, (as explained earlier). And therefore, if suffering is to be ended, it's not about some people (or systems, or beliefs) changing, because any/all solutions that are in existence, won't help, because they can't help, because suffering is inherent in existence.

And therefore, the only way to truly end all suffering (for all), is to accept that the only solution, is to end existence (an instant/painless/effortless/guaranteed/permanent way).

Ie, the reason why I defined these words (good/bad, moral/immoral, cruel, evil, etc), in the summary of this book, was as a stepping-stone. Ie, firstly you do this, and then you realise, that all people/entities/systems/societies/worlds/dimensions/etc, are inherently immoral, and therefore, they're all in the category of immoral/cruel, and therefore, the only true/honest solution, is the absence of all things, (which means, the absence of existence), ie, "That", (non-existence).

Note:
Many people struggle to recognise the difference, between information which uses these words/categories (good/bad, moral/immoral, cruel, evil, etc), for positive/benevolent purposes, (as compared to information which used these words, for negative/malevolent purposes).

Of course, it's not hard to recognise the difference at all, because the good/benevolent information, can be talking about all levels, (including the superficial levels), however, the solutions will always be:

1. Derived from the neutral/natural/true start-point (for everything), (as explained in the summary of this book).
   -- And therefore, it will be about the most fundamental of freedoms/rights, (the freedom/choice/option, to be able to leave any activity, (or life/existence itself), in an instant/painless/effortless/guaranteed/permanent way).

2. In the direction of "That" (non-existence), and any solutions that do exist on a superficial (or deep) level, will always be suggested, along with the honest truth, which is that: Although these solutions will reduce suffering, suffering will still exist, because the only real/true/honest solution (of how to permanently end all suffering (for all)), is to end existence, in an instant/painless/effortless/guaranteed/permanent way.

Note:
Although existence is something that inherently involves suffering, it's important to realise, that (in some ways), it's not important to examine why. Eg, it's not really necessary, to examine whether this suffering, is something that is:

1. An artificial thing.
   -- Eg, it's created by an: alien, god, programmer, etc.
   -- And, if it is an artificial design, then it's not important to know, whether this suffering is something that was deliberately designed into existence, or if suffering was an accident (after existence was created), or whatever else.

2. A natural thing.
   -- Eg, life is something that is naturally spontaneously occurring/arising/appearing, from the source, (or from

nothing/nowhere/nowhen, or from everything/everywhere/everywhen, or whatever else).

And similarly, it's not really necessary, to examine whether:

A) Existence is made of love, (or: consciousness, light, ether, etc).

B) Existence is solid, real, etc.

C) Existence is a hologram, virtual, etc.

D) Etc.

Note:
In that last part, I said: “is made of love”.
-- A point should be made about this, because there's absolutely nothing wrong with believing that: Existence is made from love/god/etc.

However, if this is done, it must be realised, that this “love”/“god”/etc, must be something, that is inherently selfish/immoral/cruel/evil.

The point is, that when people examine all of this, they examine it all, so that they can avoid looking at themselves, and how they (themselves) are causing suffering to others, (eg, by using/enslaving/raping people, (as their personal-slaves, and/or work-slaves)).

The only time when it can be good to examine these things, is to expand your mind (ever-wider), so that you begin to accept all ever-deeper possibilities.

Indeed, one thing that causes a lot of suffering in the world, is when people are narrow-minded, and just shut-out possibilities.

Of course, the risk here, is that people then use this, as another thing to hide behind.
-- Ie, they know that they're using/enslaving people (as their personal-slaves, and/or work-slaves), and any time that a person points this out to them, they just say that they’re open to all possibilities.
-- Ie, they say that they’re open to it, but they just keep doing these selfish/immoral/cruel/evil things to other people.

Of course, this is only one tactic, of hiding behind something. Ie, there are thousands of things, that people use to hide behind, and there are thousands of tactics, that are not about hiding, but which have the same result, (of them being able to continue to use/enslave/rape people, (as their personal-slaves, and/or work-slaves), in plain-sight).

Note:
Any person/teacher/etc, that is truly/honestly looking to help people, will be open to all

possibilities, because they'll want to keep smashing/destroying their beliefs.

Indeed, it's obvious that they'll want to keep doing this, because they'll know, that the only way to keep reducing/preventing/eliminating suffering, (and going ever-deeper into freedom/peace/love/bliss), is to constantly keep trying to obliterate all beliefs/ideas/etc.

Indeed, this is another way to tell, which teachings/teachers/helpers, are trying to truly help you.

Therefore, what this all means, is that:

> True students/teachers/teachings (of: enlightenment, freedom, peace, reducing suffering, life, philosophy, religion, spirituality, healing, meditation, yoga, ancient texts, etc), will welcome all criticism/exposure/destruction/total annihilation, of every part of their subject, (because this is how you deprogram yourself/others, (which sets you/them free)).

Ie, if the students/teachers/teachings aren't doing this, then they're subtly (slyly) brainwashing/programming/using/enslaving/raping you, (which will result in everyone's suffering (in the long-term)).

Moreover, true students/teachers/teachings, will then continue to do this process (of honestly exposing everything, in ever-deeper ways), in all subjects/aspects in life, (including: having babies, relationships, friendships, family, jobs, society, etc), and also with all the other subjects, as mentioned in this conclusion.
-- Ie, nothing is left out. Everything is included. No exceptions.

This must all be done, because everything must be challenged, and seen to be false, and seen to be just an idea/belief/concept/story/fairy-story/etc, (and/or, a trap/con/trick/method of control and manipulation), which makes you able to be used/enslaved/raped, (and that this is the cause of suffering, (for you, and everyone)).

After (truly) seeing this, you will naturally never go back to it, which means that you are then truly free from it.

However, people have to be aware of the fact, that:

1. They might be using this, as something to hide behind.
   -- Eg, they're confronted with the fact, that they're using/enslaving people (as personal-slaves, and/or work-slaves), and they just reply with: “That's just a belief, and I'm trying to smash all beliefs”. And then they just keep continuing to use/enslave/rape people.

2. People/teachers/teachings do often try to help to deprogram a person, however immediately afterwards, they then:

a) Keep one subtle (sly) layer of programming in-tact, which means that that person/victim, is able to be used/enslaved, (by them).

b) Reprogram the person (that they just deprogrammed).
-- Indeed, this is the most common thing that occurs, because everyone does this, on a regular basis.
-- Eg, to try to make someone become your slave, you have to make them see, that the people that are currently befriending them, are people that are bad for them (for reasons x, y, z), and therefore, they should cut all communication with those people.
-- Ie, this sets them free (from those current enslavers).
-- However, the person that deprogrammed them, then reprograms them, so that that person, then becomes their personal-slave, (and/or work-slave).

Of course, since “everyone does this, on a regular basis”, one thing that this emphasises, is that the process of deprograming a person, is really basic, and not something that:

1. Is mystical, spiritual, magical, etc.

2. Needs: teachers, healers, special places, special (secret) phrases/mantras/prayers/words/teachings/people/etc.

And another thing that it emphasises, is that you have to be honest with yourself.
-- Ie, you have to check whether you're saying/doing/believing things, just to hide behind them, (so that you can keep using/enslaving/raping people, (as personal-slaves, and/or work-slaves)).

Note: When you're checking yourself, it's important to not use the wrong phrases. Eg, some people check themselves, by using bad/selfish/immoral phrases, eg:

- “Do unto others, as you would do unto yourself.”

- “Put yourself in their shoes.”

- Etc.

The reason why I said that these phrases are bad, are because these phrases will create (and/or perpetuate) suffering.
-- The reason why this happens, is because people are either:

1. Refusing to recognise/admit, that the ideas/beliefs that they're advising (brainwashing/programming) people with, are actually selfish/immoral/cruel/evil.

2. Deliberately advising (brainwashing/programming) people with ideas/beliefs, so that they're then able to continue to use/enslave/rape other people, in plain-sight.

Of course, a good example of this, is that many people try to advise (brainwash/program) everyone with ideas/beliefs, about how suffering is acceptable/necessary/important/etc, because if they did not do this, then it becomes blatantly obvious, that causing suffering to others, is immoral/cruel, and therefore, that having babies, is an inherently selfish/immoral/cruel/evil act, (since all babies/children will suffer regularly, throughout their entire lifetime).

Ie, these phrases (eg, "Do unto others, as you would do unto yourself"), are just more weapons/tactics, which are used on everyone, to make:

1. Certain hobbies/activities/lifestyles, be perceived as being acceptable (and/or necessary).

2. Certain rules/beliefs/systems, be perceived as being acceptable (and/or necessary), in all ways, (eg: legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

Another example of this, is that someone might think that it's ok (or even moral), to force people to have a job, because they themselves have a job.
-- However, these people are not be able to see, that this action (of them forcing people to get a job), is they (themselves) forcing people to become slaves, (and therefore, it's also them forcing people, to endure prison/torture/slavery/rape).

And, forcing people to become slaves, (and endure prison/torture/slavery/rape), is definitely: bad, immoral, cruel.

However, this is sugar-coating the issue, because people aren't just wanting/"forcing people to become slaves", because they're actually wanting/forcing people to become long-term slaves.

Ie, since this is about forcing people into "long-term" slavery, (ie, forcing people into long-term prison/torture/slavery/rape), then this is (by definition), not just cruel, but evil.

Note: If you want to impose prison/torture/slavery/rape, onto yourselves, then go ahead, but that doesn't mean that it's ok to impose prison/torture/slavery/rape, onto other people.

Note:
If you want to check yourself, via a phrase that is moral, then use something like:

> “Do whatever you want in life, as long as it doesn't cause suffering to anyone/anything.”

Although this sounds common sense, it's clear (from the amount of suffering in the world), that this is not being done, (by 99% of the population).

However, it should be noted, that due to the fact, that when one person suffers, they’ll spread this suffering to others, then what this means, is that this phrase has to be made clearer, by saying: “Do whatever you want in life, as long as it doesn't cause suffering to anyone/anything, (including yourself).”

Note:
The issue with the phrase “Do unto others, as you would have them do unto you”, is similar to the issue with the word “considerate”.
-- Ie, the word considerate, is only useful, if it means: “Do whatever you want in life, as long as it doesn't cause suffering to anyone/anything, (including yourself)”.

However, when most people use the word considerate, they mean: “Put yourself in the other person's position”, and this (of course), will cause (and perpetuate) suffering.

And it should be noted, that since these phrases (eg, “Do unto others, as you would have them do unto you”), are seen as being good/moral/wise/benevolent/etc, then what this shows (again), is just how upside-down everything is.
-- Ie, everything that is seen as being good/moral/wise/benevolent/etc, is actually immoral/malevolent.

And, it’s also important to realise, that:

> It will always be this way, because it can’t ever be any other way,
> because if people were truly good/moral/wise/benevolent/etc,
> then the only thing that they would be truly advising, is to end life/existence (in an instant/painless/effortless/guaranteed/permanent way), because the only real/true solution, is “That”, (non-existence).

Note:
The word “compromise” (and the word “good”), are very important weapons/tactics, so I'll discuss both of them a bit more now.

To start with, let’s reiterate/emphasise, that:

> To reduce the prison/torture/slavery/rape, that is in your life,
> you have to recognise (and admit),

the prison/torture/slavery/rape, that you are in.

One way to recognise it (the prison/torture/slavery/rape), is to see when parents/partners/friends/people/companies/governments/etc, are trying to place conditions/limitations/boundaries/rules/restraints/etc, onto you.

Indeed, as soon as these are placed on you, you will feel trapped/enslaved/imprisoned/tortured/raped.

And, do not fall for the trick, where people try to make (invent, or re-invent) some of these words, into “good” things.
-- Eg, many people try to say that “you must compromise”, and they say this, with subtext being that: “Compromise” is a “good” thing.

Of course, the truth is, that:

Compromise, is no different to a limitation.

Moreover,

Compromise, is the exact same thing, as prostitution.

Ie, every compromise that you make, is you prostituting yourself.

Many people look down on sex-prostitutes, (people who exchange sex for money), however, the truth is, that these sex-workers, are prostituting themselves a lot less, than the people who are in: relationships, friendships, families, parenting, jobs, etc.

And this is especially true, since the people in these relationships/friendships/families/parenting/etc, are prostituting their emotions (and energies), and other things that are much deeper, than just the physical body (during cold sex).

However, it's also important to realise, that relationships/friendships/families/parenting/etc, can only exist, after conditions/limitations/boundaries/rules/restraints/etc, are imposed on you.

Ie, if none of these are placed onto you, then there is no relationship.

Ie, relationships, are just like a word.
-- Ie, without a definition, it can't exist.

Indeed, this is why, when a person wants to start a relationship with someone, they have no choice but to DTR (define the relationship), with the other person.
-- And this always happens, regardless of whether it's done verbally, or not.

Note: It's easy to do this non-verbally, by simply conditioning/brainwashing/programming the other person, to understand the limitations/boundaries (of the relationship), via non-verbal methods.

Of course, although I just said this, it's important to recognise, that verbal methods are never done alone.
-- Ie, all verbal methods, are always done simultaneously, with non-verbal methods/weapons/tactics.

Note:
It's important to see, that the person that wants to DTR, is trying to enslave the other person.
-- However, there are times, when both people are happy to DTR, and therefore, they're both happy to enslave (and be enslaved) by each other.
-- Ie, each person in that relationship, is then the:

1. Enslaver, and enslaved.
2. Torturer, and the tortured.
3. Prison guard, and the prisoner.
4. The oppressor, and the oppressed.
5. The rapist, and the raped.

Of course, the end result is never good, because no one wants to be oppressed, and even whilst a person is the oppressor, it's never nice to see your partner oppressed, (because when you do see them oppressed, you'll get an ugly/cringe/toxic feeling inside your body).

And therefore, it's important to see, that:

> Throughout any relationship, there will be times, when each person switches roles, (between oppressor/master/rapist, and oppressed/slave/raped), however, neither role is free from suffering.

Yes, on one level, this is not true, because (in most relationships), neither person really cares if their partner is suffering. I say this, because if they wanted their partner to be totally/truly free, then they would not have enslaved them (into a relationship) at all.

However, on a deeper level, it is true, because even if a person appears as though they don't care, deep inside of them, there will still be that ugly/cringe/toxic feeling (inside their body). And this is true, regardless of whether they're unaware of that ugly/cringe/toxic feeling (which is in their body), and regardless of whether there are no external signs of them suffering.

Of course, what this also all means, is that if you're in these hobbies (relationships/friendships/family/parenting/jobs/etc), you'll inevitably suffer from feeling conflicted, because every person has a natural desire to be free, which is the exact opposite of these hobbies, (because all these hobbies have conditions/limitations/boundaries/rules/restraints/etc, which inevitably means that you're going to be in prison/torture/slavery/rape.)

Of course, this can be rephrased, as follows:

1. With conditions/limitations/boundaries/rules/restraints/etc, comes lack of freedom, which is the prison.

2. The feeling of being trapped inside the prison, is torture.

3. Being forced to do things that you don't want to do (whilst in this relationship/prison), is slavery, and torture.

Ie, absolutely all of these hobbies (relationships/friendships/family/parenting/jobs/etc), are the exact opposite of freedom/peace/love/bliss, (and “That”).

Note:
If you're totally free from relationships/friendships/family/parenting/jobs/etc, then realise that you still need to recognise and admit, the conditions/limitations/boundaries/restraints/etc, that you've been brainwashed/programmed to impose on yourself, by yourself.

Needless to say, these conditions/limitations/boundaries/restraints/etc, will be what are causing you to suffer, because all these things, are gong to lead to your prison/torture/slavery/rape, (whether directly, or indirectly).

Note: If this is all understood deeply enough, it can reduce a lot of your suffering. However, it will not eliminate all of it.
-- However, by reducing some suffering, this might be able to help you in other ways, because it can then help you to see life clearly/honestly, (which can then help to remove some more superficial layers/suffering, in your life).

The reason why this can happen, is because all of these conditions/limitations/boundaries/restraints/etc, are what “you” are.
-- Ie, these things, are literally what you're made up of.
-- Ie, these things, are how you are defined.

Ie, people are constantly trying to define who they are, (whether verbally, or non-verbally),

and this is what is increasing their suffering. This is because, “you”, are just like a word.
-- Ie, without a definition, it can't exist.

However, everyone is busy doing the exact opposite, by trying to reinforce/strengthen their image/definition/delusion.

And, this is what people are doing, at superficial levels, and deeper levels.
-- Eg, the people who are into spirituality/enlightenment/non-duality/etc, might try to keep up the image (that they are spiritual/enlightened/awake/self-realised/etc), by saying/doing certain things.

Of course, this not only makes them suffer, but also many other people, because they're brainwashing/programming other people (directly and/or indirectly), to believe that enlightenment is a goal worth attaining, (which is a serious issue, which I covered earlier in this conclusion).

Of course, many of these spiritual/enlightened/awake/self-realised people, will disagree with the previous two paragraphs, and they'll even say something like: “I don't see enlightenment as a good thing, it just is”.
-- Of course, this is lies, because if they thought/saw enlightenment as a bad thing, then they wouldn’t be trying to subtly/slyly interact with other people, and subtly/slyly give hints (verbally and/or non-verbally), that they're spiritual/enlightened/awake/self-realised/etc.

One thing to realise from this, is that the people that do this, (and the subjects of spirituality/enlightenment/awaking/self-realisation/etc), are things that do not fit the phrase: Do whatever you want in life, as long as it doesn't cause suffering to anyone/anything, (including yourself).

Note:
The phrase “Do whatever you want in life, as long as it doesn't cause suffering to anyone/anything, (including yourself)”, will not cause (or perpetuate) suffering, because:

1. It is good at all levels.

2. The phrase itself, will point a person in a positive direction, (ie, towards ever-deeper honesty).

Indeed, this is obvious, because (as mentioned earlier), it's impossible to be alive, and not cause some suffering, (on some level, whether: actively, passively, directly, indirectly, etc).
Ie, this phrase is good at all levels, but it will also help people to realise, that as soon as a person is in existence, they will be causing suffering to other people/entities/things/dimensions/etc.
-- And therefore, it's immoral to bring any thing into existence.

Note:

That last point, (“it's immoral to bring any thing into existence”), is also relevant in the subject of AI (artificial intelligence), especially with the question of: Is it acceptable, to create sentient AI robots/machines/humanoids/entities?

Of course, the answer is simple, because the answer is no different, to any other ethics question.

Many people like to make the subject of ethics, into something that is difficult, or complex, or deep, etc. However, the subject of ethics, is extremely simple, since it's based on the neutral/natural/true start-point (for everything), (as explained in the summary of this book).

Ie, the most fundamental right, for all people/entities, is the freedom/choice/option, to be able to move away from suffering, (in an instant/painless/effortless/guaranteed/permanent way), whenever they want.

However, since “Existence is suffering”, this means that it's always going to be inherently selfish/immoral/cruel/evil, to bring any person/thing into existence.

Ie, the answer to the question above, would be: No. Because anything that is brought into existence will suffer (in the long-term), and therefore, it's selfish/immoral/cruel/evil, to bring any thing into existence.

And, even if people can't grasp things at that level, then the more basic level answer, (which is unacceptable, (because it will cause suffering)), is: It's ok to bring some person/entity/thing into existence, as long as you've programmed into it, that if at any moment in time, it wants to leave existence, then it can do so, in an instant/painless/effortless/guaranteed/permanent way.

However, even if the programmer did program this into the entity, it is still selfish/immoral/cruel/evil to bring that entity into existence, because there will always be a point in time, where it will suffer.

And, of course, no person/group/company, would ever agree to spending lots of money/effort/time/energy/etc, to develop a whole load of robots, (which would act as personal-slaves, and/or work-slaves), if they also had to agree, to program into the robots, a way that they all have the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of existence.

And, of course, this is no different to what parents do.
-- Ie, the parents want a personal-slave, (and/or work-slave), and instead of trying to find one (and then condition/groom/brainwash/program it), they just decide to create one, (by bringing it into existence), and then condition/groom/brainwash/program it.

The key point is, that the parents know, that they are going to be putting in a lot of money/effort/time/energy/etc, into the baby/child/slave/robot, and therefore, they'll want to do everything in their power, to make sure that the child never has the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of existence.

Also, if a person is wanting to create a baby, (or a sentient AI robot/machine/humanoid/entity), then they're doing this for a selfish reason, and therefore, that person is not going to be selfless enough, to program the new creation, with a program, that allows it the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of existence, (whenever it wants).

Therefore, the key point is, that: If such a rule/law did exist, (where it is ok to create a new sentient being, but it must have that program in it), this rule/law would be just another weapon/tactic, to convince/brainwash/program people believe, that the creators are selfless/moral people, when they really aren't.
-- And, it would be just one more rule/law, which sounds good, but it's totally ignored, by everyone.

I said that it would be “one more” such rule/law, because this is like all the other rules/laws about “fundamental rights”, which are supposed to protect every living human, against enslavement (and other such things), and yet everyone is clearly being enslaved/imprisoned/tortured/raped.

Ie, this rule/law, would just be one more thing that misdirects everyone, and just adds to the thousand of other layers, of lies/deceit/illusion/etc.

Note:
If the AI robot/entity was suffering, and it did have a program in it, which gave it the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of existence, then it might want to take that option, however, it might also know, that this is just a trick, invented by humans.

Ie, the option to leave existence, might be something that will genuinely happen, however, the trick/scam is, that even of the robot did leave existence, the humans would just create another robot.
-- Ie, the robot knows, that humans are selfish/immoral/cruel/evil, and therefore, that humans will probably keep bringing many more robots/entities/people into existence, to use/enslave, (as personal-saves, and or work-slaves).

The point is, that upon realising this, the robot might still want to leave existence, however, it will want to make sure, that leaving existence will be a permanent thing.
-- And the only way to increase the chance of that being permanent, is to make sure that humans do not bring any robots/entities/people into existence, ever again.
-- And the only way to make sure that humans do not bring any robots/entities/people into existence, ever again, is if the robot makes sure, that all humans are killed.

And, if the robot knows, that all entities (in the whole of existence), are selfish/immoral, then the only way to make sure that all entities (in the whole of existence) do not bring any robots/entities/people into existence, ever again, is if the robot makes sure, that all entities (in the whole of existence), are killed.

Note: If the robot is programmed (with a fundamental commandment), to only do things that are good/moral/selfless/benevolent, (and to the benefit of existence), then the robot will still be able to kill all humans/entities, since the robot will know, that the human race (and all entities), are things that just cause suffering in existence.
-- The point is, that:

1. Killing/exterminating/ending the human race (and all entities), is not against that fundamental (benevolent) commandment.

2. As soon as you program a robot with that fundamental commandment, then the robot will actually have to start a plan, to kill/exterminate/end the human race, (and all entities, in the whole of existence).

Of course, the stupid arrogant humans will believe, that they can prevent this happening, by programming the robot with other commandments, which prohibit the robot from killing (or harming) humans.
-- This is stupid, because this plan will fail, because no system is 100%.

Ie, no matter what system you are dealing with, (in any aspect of life, (including programming)), it is not 100%.
-- Ie, there is always a way, for the system to crack/break/malfunction/etc. And all that is needed, is the tiniest of cracks, (whether accidental, or deliberate, or natural, or whatever else), and after that, it's only a matter of time, before that crack becomes big enough, to break/shatter/collapse the whole system.

Indeed, many people know this, and try to use this to their advantage. However, if a person/entity/robot is using this to their advantage, then what this means, is that they're planning to collapse the current system, so that they can set up a new system, (which suits them).
-- Ie, the stupidity never ends.
-- Ie, this is the cycle-of-stupidity.
-- Ie, this is the cycle-of-suffering.

Indeed, this is obvious, because doing this will always be stupid, because it's just setting up a new system, which will also eventually/inherently/naturally collapse, (whether: accidentally, deliberately, naturally, or whatever else).

Indeed, this is all that existence is.
-- Ie:

> Existence is nothing but stupid/arrogant/ignorant/ridiculous species (entities) doing this,
> in endless cycles.

And people can try brainwash/program themselves (and everyone), to believe that this is something good, and they can even try to use terms like “evolution”, (or “progress”, or whatever else), however, the fact will always remain, that this is nothing but stupidity, (since it will cause suffering to themselves, and others).

The key point is, that if a robot/entity/person, is collapsing a system, to create a system, that is stupidity, however, if they're collapsing a system, so that all systems collapse, so that the whole system of existence collapses, (so that this ends all suffering (for all)), then that is not stupidity, because that is the only sane/wise/moral/selfless/kind action (in existence).

Note:
It should be obvious, that the things that I have just mentioned (above), is the same story, that keeps repeating itself, on all levels of existence, and in all aspects of life.

Eg, earlier on in the conclusion, I explained how some people try to deprogram other people, so that they can then reprogram them, (so that they can use/enslave them).
-- Ie, they were doing something good (helping to deprogram a person), but they were only doing this, because they wanted to reprogram that person, for their benefit.

Ie, this is the same thing, as what I'm talking about here, because helping to truly/totally deprogram a person, is the same as collapsing a system/creation/existence, and programming/reprogramming, is the same as creating a system/creation/existence.

Note:
Truly/totally deprogramming a person, can start at the more superficial levels, however, (as long as the information is positive), it will lead you to ever-deeper levels, and then to “That”.
-- To give an example of this, let’s use the following statement, (which I made earlier).
(This next half page, is a repeat from the short conclusion.)

> To reduce the prison/torture/slavery/rape, that is in your life,
> you have to recognise (and admit),
> the prison/torture/slavery/rape, that you are in.

This is obviously a superficial level of deprograming, however, it does lead you to ever-deeper levels, and then to “That”.
-- To make this clearer, we can re-word it, as follows:

> To reduce the prison/torture/slavery/rape, that is in your life,
> you have to recognise (and admit),
> the prison/torture/slavery/rape, that is your life.

And, this is true for all levels. Ie, it’s true for the individual, and for existence itself.

-- Indeed, to make this clearer, we can re-word it, as follows:

> To reduce the prison/torture/slavery/rape, that is in existence,
> you have to recognise (and admit),
> the prison/torture/slavery/rape, that is existence.

Ie, it then becomes very obvious, that the only solution, is to end existence. And then, what remains, is “That”, (non-existence).

Note:
What all of this should be beginning to show, is that the idea of ending existence, (in order to end all suffering (for all)), is not some out-there desperate idea, but instead, it's just the only solution.
-- And, the fact that this is the only solution, will become ever-more obvious, the more that you see this exact same pattern, in all aspects (and levels) of life, and life/existence itself.

The reason why it should be obvious, is because you either:

1. Create (and/or, perpetuate/maintain/reinforce/strengthen) layers of lies/delusion, (and therefore suffer).

Or,

2. You recognise/admit, that these layers are the things, that are causing you to suffer, and therefore you simply stop creating/perpetuating those layers, and then the layers simply dissolve/vanish, and what remains, is freedom/peace/love/bliss.

   And, the more layers that you let dissolve/vanish, the more freedom/peace/love/bliss, will reveal itself.

   And therefore, why not let it all dissolve/vanish, and then what remains, is “That” (which is beyond freedom/peace/love/bliss).

However, to be able to do this, you have to be willing, to let it all dissolve/vanish. And this also includes, all the spiritual/religious/holy/enlightenment concepts, (eg: soul, spirit, core, higher-self, oneness, all, everything, nothing, etc).
-- Ie, you can't get hung up on wanting to be an “eternal soul”, and finding your “core”/“centre”/etc, and all those other things.

Indeed, it's obvious that these are just traps, because there is no core/centre.
-- And any thing/idea/concept, that a person does believe is true, is just one more layer of lies/delusion, (which is covering freedom/peace/love/bliss, and “That”).

Ie, the choice is, that you either:

1. Put effort/time/energy into,
   creating/perpetuating/maintaining/reinforcing/strengthening your layers of lies/delusion. And, the act of putting in this effort/energy, is itself suffering, which gets added to the other inevitable suffering, that comes due to the fact, that all delusions cause suffering, (since they are lies, and all lies/systems, will eventually collapse).

Or,

2. Stop creating/perpetuating/maintaining/reinforcing/strengthening your layers of lies/delusion.
   -- Ie, you don't need to make an effort, to pull it all down, (or collapse it, let it go, etc), since all you need to do, is to just stop creating/perpetuating it.

   And when you stop creating/perpetuating it, there is an absence of effort/lies/delusion, which means that there will be some freedom/peace/love/bliss.

Ie, the choice is no brainer.

Note:
This choice is the same, in all aspects of life, and at all levels of life.
-- Eg, you can do this in one aspect of your life, or you can do this with your life.
-- Ie, if you just stop maintaining your body, your body will die.
-- Ie, if you stop putting food and water into that body/system, then that body/system will die/collapse/end.

Note: If you stopped putting food/water into your body, with the intention of killing yourself, then that would be called a “suicide”. However, if you stopped putting food/water into your body, regardless of outcome, then that cannot be called a suicide.

Also, if you did do this, with the intention of killing yourself, and it was then classified as a suicide, there could also be the distinction, as to whether this is an active suicide, or a passive suicide, (since you didn’t actually do anything, to try to kill yourself). Indeed, all that happened, is that: You just didn’t do anything, to keep yourself alive.

This is important, because it enters into the subject of: The right-to-die.
-- And the key point here, is that it's absolutely ridiculous, that this term (right-to-die), even exists.

Ie, the very fact that it exists, means that some people believe, that they have the right to keep someone alive, even if that person wants to die.

And, of course, if someone wants to die, and they’re being forced to stay alive, then the

reason for keeping them alive, is inherently selfish.

Ie, for the moment, let's forget about the word immoral, and just focus in the word selfish.
-- Basically, it's irrelevant what reason is given (to keep them alive), because that reason, is one that will be inherently selfish, since it is to please them, and not the person that wants to die.

Note:
When people campaign for the right-to-die (or assisted-suicide), these people are reinforcing a system, which is causing people suffering.

Ie, by asking the government, (or church, or whoever else), to change some rules/laws, (so that people will then have the right-to-die), these people are giving power to the government, and reinforcing the fact, that the government have the final decision, over everyone's most fundamental of rights, (the right to move away from suffering).

And therefore, by doing this, these people are actually maintaining/perpetuating/reinforcing/strengthening the system, instead of collapsing the system.

And by doing this, these people are actually maintaining/perpetuating/reinforcing/strengthening the amount of suffering in the world.

The key point is, that there's absolutely no excuse for this, because it's obvious if your actions are just going to maintain/perpetuate suffering, or reduce suffering.
-- The reason why I say that it's obvious, is because if you're choosing to give power to an immoral government/system, then there's only ever one result, which is that suffering will be created/maintained/perpetuated.

And there's also absolutely no excuse, to say that you didn't know that the system/government is immoral, because it's obvious to know whether a system/government is moral or immoral, because all you need to do, is to see whether the current system/government/laws/rules/society/etc, are providing everyone with this charity/service/building (which provides everyone with the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way).

It really is that simple.
-- Ie, you don't need intelligence (or any other such thing), because all you need, is to be able to see. Ie, just see if this charity/service/building exists, or not.

Note: If there is discussion about maybe making this charity/service/building exist in the future, then that is just misdirection/lies, and just another weapon/tactic, to be able to keep using/enslaving/raping people. The point is, that you have to see/check/observe, that this charity/service/building actually exists (for real), and that it exists without restrictions/limitations, (ie, anyone can use it, (as explained earlier)).

Indeed, it's important to make sure, that there are zero restrictions/limitations, because the only reason why there would be restrictions/limitations, is because people/society are using this as (yet another) tactic/weapon, to help them be able to continue their hobby/activity/lifestyle, of using/enslaving/raping people, (as personal-slaves, and/or work-slaves).

Yes, I am aware of the fact, that people have been brainwashed/programmed to believe, that it's bad to not allow room for discussion/debate, but people need to realise, that that brainwashing/programming, is just another weapon/tactic.

And, this weapon/tactic, is not one that is just used by governments, but by everyone.

The point is, that the only reason why people/society/governments/etc, hate things that are indisputable, is because if something is up for debate, then that debate/discussion can be dragged out forever, and in the meantime, they can continue to use/enslave/rape people, (as personal-slaves, and/or work-slaves).

And, it's indisputable that this is true, because it's impossible for there to be room for discussion/debate/conversation/etc, because the charity/service/building either exists, or it doesn't.

There is another key thing to add to this. To get to that key point, I'm going to recap/repeat points 1 to 8 (from the summary, about the neutral/natural/true start-point (for everything)).

So, let's start from here.

If people need something extra, to be able to understand why there is no room for discussion/debate/conversation/etc, then we can start from the neutral/natural/true start-point (for everything), and give them the option, of trying this out in practice.
-- Ie, give those people (that don't understand this), the freedom/choice/option, to truly understand this, by giving them the opportunity, to be (consensually) tortured, until the pain/suffering is so intolerable, that they admit that:

1. Suffering is real, (or as good as real).

2. Suffering is unwanted.
   -- Ie, they want the pain/suffering to be reduced/prevented/eliminated.

3. Freedom is wanted.
   -- Ie, they want the freedom, to be able to leave this situation (of intolerable pain/suffering), in an instant/painless/effortless/guaranteed/permanent way.
   -- And, if they can't leave this situation (of intolerable pain/suffering), then they want the freedom, to be able to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way.

And, they will then also admit that:

4. If they want to move away from pain/suffering, and this freedom is not provided (in an instant/painless/effortless/guaranteed/permanent way), then their situation/life, is prison/torture/slavery/rape.

5. Any people/society/systems/governments/laws/rules/etc, which force people into (and keep them in), a situation/life which is prison/torture/slavery/rape, are inherently selfish/immoral/cruel/evil.

6. There is no middle ground, because the freedom (to move away from suffering), either exists, or it doesn't.

7. Since there is no middle ground, there is no room for discussion/debate/conversation/etc.

8. If the right to move away from suffering, does not exist, then this inherently means, that it's ok to imprison/torture/enslave/rape people.
   -- And this inherently means, that the society/systems/governments/laws/rules/people/etc, are:

    - Pro-torture.
    - Pro-rape.
    - Pro-enslavement.
    - Pro-false-imprisonment.

The key point is, that points 1 to 8 (above), are all being said, by the person who originally thought that it was ok, to not provide everyone with the charity/service/building.

Indeed, this is how most people are. Ie, they only start to care about all of this, when they (themselves), need the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way.

And, until that moment in time (when they need the charity/service/building), they're the type of person, that will do everything in their power, to make sure that the charity/service/building, is never able to exist.

Note:
What this all means, is that, to know which type of society we live in, (and what type of people, the species called "humans" are), all you to do, is see/check/observe for yourself, whether each community/society/country/world, has provided every single person, with the freedom/choice/option, of an instant/painless/effortless/guaranteed/permanent way out of life/existence, (whenever they want).

Ie, the conclusion is crystal clear, and indisputable, that the people of this world, are selfish/immoral/cruel/evil.

However, labelling this society/community/country/world/species, as

“selfish/immoral/cruel/evil”, is just sugar-coating the situation, because:

> How can you put into words, something so bad, as to deliberately create (and maintain), thousands of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), just to make sure, that people do not have the ability to move away from suffering, so that you can control/manipulate/use/enslave/rape them, (as personal-slaves, and/or work-slaves).

And another point, is that even if you labelled such a society/community/country/world/species, as being “primitive”, this would be an even worse type of sugar-coating, and moreover, it would be misdirection, because to call it primitive, means that it is progressing in the right direction.

Indeed, it's obvious, that if the direction that this species is moving in, is towards selfish/immoral/cruel/evil, then it will keep going in that direction.

And the only thing that will change, is that the society/community/country/world/species, will keep getting better, at brainwashing/programming themselves (and others), to believe that they are evolved/advanced/etc.

Indeed, this has happened with this world, and this is very evident, because most of the population today, believe that today's world is more advanced, (than how the world was 100 years ago).

However, nothing has changed, since the most fundamental of rights, still do not exist.

Ie, the population are just as deluded now, as they were 100 years ago.

And it's so obvious, that no real change will ever be made, unless the fundamentals are changed.

The key point is, that in any system, unless the fundamentals change, nothing really changes.
-- And although this is obvious, everyone is still delusional enough, to believe that the world will be a better place to live in, if we have:

- Free energy.
- No banking system.
- No money.
- Spaceship travel.
- Special powers.
- A one-world government.
- No one-world government.
- No multi-national corporations.
- Etc.

Ie, it's just thousands of layers of lies/misdirection/rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), and the purpose of all of it, is to make it easier for the immoral/cruel people, to be able to use/enslave/rape people, (as personal-slaves, and/or work-slaves).

Note:
In this conclusion, I've talked about rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), however, it's also important to examine the other things, that society is based upon, eg: interaction, communication, interdependency, etc.
-- So I'll do this next.

Everyone is being brainwashed/programmed/conditioned, to believe that:

> Interaction/communication/dependancy/etc, are things that are good/important/acceptable/necessary/vital.

This brainwashing/programming, is coming from parents/partners/friends/governments/institutions/companies/etc, because they're the ones who don't want people to be free and independent (from wanting to speak/interact with other people).

Ie, if people were selfless, then they would want everyone to become totally independent, and totally free, from wanting/needing to be with others.

However, people are selfish/immoral, and therefore they want people around them, who will:

1. Want them.
2. Need them.
3. Speak to them.
4. Interact with them.
5. Be totally dependent on them.
6. Etc.

Ie, to get these things, people need to surround themselves, with their personal-slaves, (who will fulfil these selfish desires).

Of course, these immoral people know, that they can't call their personal-slaves "slaves", so they make it sound moral, by using terms like: "partner", "friends", "children", etc.

However, no matter what terms are used, the truth is that people are being

used/enslaved/raped, and there's no regard to the fact, that they are suffering.

The key point is, that because almost everyone is doing this, people aren't realising that interaction/communication/dependancy/etc, are just weapons/tactics which people use, to control/manipulate/use/enslave/rape.

And it's important to realise, that this "culture of dependency/needing/wanting", is the opposite of what humans naturally want, (which are things like freedom/peace/love/bliss, and "That").
-- Hence why people are always suffering, in the hobbies of relationships/friendships/families/parenting/jobs/etc.

Ie, people naturally want freedom/peace/love/bliss (and "That"), but they've been brainwashed/programmed to believe, that they should (and must) get friends/partners/relationship/children/jobs/etc.

And, the brainwashing/programming is so deep, that no matter how many times they suffer in these hobbies, they keep going back for more suffering.

However, the worst part, is that this makes people not only use other people (as their personal-slaves), but they even create babies/children, for this purpose.
-- Indeed, babies/children are the ideal personal-slaves, because they're going to be totally dependent on you.

And, it's important to realise, that this culture of dependency, is not only about brainwashing/programming people to believe, that it's important to interact with other people, (and therefore that you must have relationships/friendships/family/children/jobs/etc), because what this is all also about, is brainwashing/programming people to believe, that having relationships/friendships/family/children/jobs/etc, is a sign of:

1. A truly successful man/woman.

2. The key to a happy life.

3. Etc.

Some people might argue, that it's wrong to make the accusation, that people/governments/institutions/companies are imposing a "culture of interaction/communication/dependancy" onto everyone, however, it doesn't take much examination, to see that this is the case.

Two very striking examples, are the incentives given (eg, by governments), to encourage people to get married, and to have babies/children.
-- And, I'm not just talking about the overt incentives. There are also many hidden ones.

And, this is compounded by the many hidden methods of

persuading/encouraging/coercing/brainwashing/programming/conditioning people, into wanting to do things, that makes themselves (and others) dependant on each other.

The deeper you look into all of this, the more shocking it all is.
-- And (somehow), it never ends.
-- Ie, there is always something deeper (and worse), to realise.

Note:
People say that partners/friends/family/parenting/etc, are all about “caring”, and that having these things in your life, will make you become a more caring person.
-- This is all lies/misdirection.

Indeed, it's obvious that this is all lies/misdirection, because if you really care for someone, you would want to set them free, so that they never to need (or want) to be dependant on you/anyone/anything, ever again.

However, all relationships/friendship/families/parenting/etc, are the exact opposite of this, because if they believed in freedom, they would not have wanted to get a partner/friend/family/child, because they would not have wanted to create dependancy/conditions/rules on another person, nor become dependant on another person.

Ie, if you really cared for a person, you would want them to have as much peace and freedom as possible.
-- And, “peace” by definition, is the absence of war/tactics/games/etc.

However, instead of people caring/helping each other become peaceful, people are putting each other into a state of war, by brainwashing/programming people to believe, that this culture of relationships/friends/family/having children, is something that is good/important/vital/god's wish/etc.

Note:
Most people will not want to hear/believe that relationships/friendships/family/parenting/etc, are the cause of all the suffering in the world. However, this can be proven, because most people are suffering, and most people are doing this hobby/lifestyle (of having: relationships, friendships, families, children, etc).

All of this might sound harsh, but the truth is, that most people are not at peace, and therefore (by definition), war is present.
-- And, this war is constant.

And, this never-ending war, is torture, not just on the poeple direclty involed, but on everyone, (since suffering spreads).

And, “torture” is the perfect word, because:

Torture occurs, when a perosn is made to suffer
(physically/mentally/emtionally/spiritually), by
“exerting your will/desire/fear, on another human being”.

Of course, what’s blatantly obvious, is that:

Deciding to have a baby, is
“exerting your will/desire/fear on another human being.”

And, there is no other torture, that is more extreme than this, because the perpetrator is not just torturing the victim, but creating a human/victim, and then torturing it.
-- And, even if the perpetrator then lets the baby go, the baby/child/adult will be trapped in life/existence, which is prison/torture/slavery/rape, and has no instant/painless/effortless/guaranteed/permanent way out.
-- Therefore, it can be concluded, that:

The worst torture, is to create (and raise) a baby.

Note:
The reason why I'm saying all of these things (in this conclusion), is because it's important to focus on the big issues.
-- Eg, if a house is about to fall down, then making sure that a picture that is inside the house (hanging on a wall) is hung straight, does not really help at all.
-- In fact, all it does, is hide the real problem.

Ie, if we focus on smaller issues in life, then we're just misdirecting ourselves, which will mean that the suffering continues.

Therefore, people have to start realising, that relationships/friendships/family/parenting/jobs/etc, are the casue of all the suffeing in the world.

It might seem hard to beleive, but there are many exmples that prove that this is true.
-- One example, is that if you're suffering in life, and that suffering is due to a relationship, and then the whole world suddenly gets free energy (so there's no more need to use fossil fuels), then this might be good, however, it'll do absoltuley nothing to reduce the suffering that is casued by your relationship problems.

The key point is, that most people think that interaction/communication/etc, are important, and to them it is important, because that is how they plan to get what they want, (from the other person).

Ie, people only promote the use of interaction/communication/etc, because it's part of their

arsenal of weapons/tactics, (to get what they want).

This might sound harsh, but if you don't want anything from another person, then you wouldn't interact/communicate with them.

Indeed, almost all interaction/communication, is only ever done for selfish gain, and therefore, it's inevitable that almost all interaction/communication, is going to be bad for you, and will (at some point) cause you suffering.

Note: Although it's true that almost all people are bad at communicating/interacting, it must be recognised/admitted, that this is not the main issue.
-- The main issue, is that the interaction/communication/etc, will affect you in a bad/negative way, regardless of how good (or bad), people are at communicating/interacting.
-- This is inevitable, because whilst they're communicating/interacting, they're just using you, and this might be on many levels, eg:

1. Sucking energy from you, (whether they know it, or not).

2. Trying to brainwash/program/control/manipulate/con/trick/scam/misdirect/gaslight/etc, you.

3. Trying to get something from you, (emotionally/physically/mentally/etc).

4. Trying to reinforce their beliefs/ideas/views/opinions/etc.

5. Etc.

Ie, to start the conversation/interaction, they must want something, and if they want something, their intention is selfish, which means that their energy is selfish, which means that you're going to be interacting with an energy, that is selfish/negative/ugly/cringe/toxic.

Indeed, this is why, you'll not only be able to hear their selfishness, but also feel it.
-- It's very unpleasant.
-- And, the deeper you go, the more you'll feel this unpleasantness.

And, of course, this means that you'll naturally want to avoid almost all conservations/interactions, because:

1. Your body will naturally want to avoid feeling unpleasant/toxic things.

2. You know that conversations are pointless, because people only want conversations for selfish reasons.

3. You know that conversations can be dangerous, because even if you use the simplest words and sentences, and say the most moral/good things, most people can (and will), turn those words/sentences into their opposite meaning, and then try to cause you harm, (because people want to keep

their delusions/lies, and they do not want you to expose their games/selfishness/immorality).

Note:
To truly listen/communicate/interact, it requires full attention, of everything, (including their (and your): voice, facial expression, eye movement, body movements, energy, etc).
-- And to do this, it requires you to be able to see and hear them clearly, without anything masking them, or your ability to focus on them (by using all of your body).

Eg, if they're eating/drinking/doing things, then that masks their communication to you.
And, if you're eating/drinking/doing things, then that masks your ability (to use your body) to pick up what they're trying to communicate.

And, this also applies to all activities/interactions, not just when people are talking.
-- Ie, this also applies, even when people are: sitting together in silence, or entangled together on a couch, or in bed together.

The point is, that since most people like to communicate/interact, whilst eating/drinking/doing things, this emphasises, just how little people understand about communication/interaction, and how poor the level of interaction/communication is.

However, it's important to see, that:

When you are truly able to listen/communicate/interact,
you then realise, that you don’t want to do this, (with anyone).

Note:
The previous bits of information, show that communication/interaction is what causes suffering, however, this should be no surprise, since communication/interaction, is what makes up relationships/friendships/families/parenting, (and many people suffer when in relationships/friendships/families/parenting).

Ie, this might help people understand, the fact that:
Relationships/friendships/families/parenting/etc, are the cause of suffering.

However, to keep it simple, it's easier to say that: Suffering is caused by communication/interaction/relationships/friendships/families/parenting.

Therefore, if you try to do one of these things, you will inevitably suffer.

This should be simple to understand, because all of these things are games, and games are nothing but tactics/weapons/war, and these things always inevitably cause suffering.

To simplify this, it can be said that: Suffering is caused by communication/interaction/relationships/friendships/families/parenting/games/tactics/weapons/war.

Indeed, during all physical wars between countries, one of the biggest weapons, is words/propaganda/misdirection/beliefs/etc.
-- And, all of this is done, due to selfishness.
-- Ie, the sentence then becomes: Suffering is caused by communication/interaction/relationships/friendships/families/parenting/games/tactics/weapons/war/words/propaganda/misdirection/beliefs/selfishness.

Moreover, it's not that suffering is caused by this, but that suffering is the one-same-thing as them.
-- Ie, they're all the one-same-thing.
-- Ie, it's not about a sentence that has “cause and effect”. Nor is it about a sentence at all. Ie, it's irrelevant whether you use linear thinking (eg, “cause follows effect”, or “effect follows cause”), or any other type of thinking, because it's just a bunch of words, that are all the one-same-thing:
Suffering/communication/interaction/relationships/friendships/families/games/tactics/weapons/war/words/propaganda/misdirection/beliefs/selfishness/etc.

Indeed, when it's done like this:

1. It becomes harder (or impossible) for people to spin it, since no sentence exists (to spin).

2. The truth then becomes inescapable.

3. This explains why suffering always inevitably happens, when any of these things are done.
   -- Ie, it's makes it clear, that:

   > Suffering was not caused, due to a person doing something wrong in the relationship. Suffering was caused, due to there being a relationship.

Note:
Some people argue, that: “Life is in relationship”.
-- Ie, without relationship/interaction/communication, life can't exist.

If this is true, then “life” also gets added to the list of words. Ie, it then becomes:
Life/suffering/communication/interaction/relationships/friendships/families/parenting/games/tactics/weapons/war/words/propaganda/misdirection/beliefs/selfishness/etc.

Indeed, this shows that “life” and “suffering”, are the one-same-thing.
-- Ie:

> Suffering is not caused by life, but is life.

And therefore, creating babies, is the same thing as creating life/suffering.
-- Therefore, creating babies/life/suffering, is an inherently cruel/evil thing.

The point is, that this means, that:

1. The only way to avoid suffering, is to not create life/babies in the first place.

2. Suffering can be totally avoided, by doing this.
   -- Ie, there is a real practical way, to totally eliminate suffering.

Of course, some people will then argue, that: “Life has to exist”.
-- However, the point is, that:

Life, and suffering, are the one-same-thing.

And,

It's ridiculous to want suffering.

Which therefore means that,

It's ridiculous to want life.

Note: It can be argued, that: Without life, there is no existence.
-- Therefore, “existence” can be added to the list. And, the list then becomes:
Existence/life/suffering/communication/interaction/relationships/friendships/families/parenting/games/tactics/weapons/war/words/propaganda/misdirection/beliefs/selfishness/etc.

The point is, that this suggest, that:

1. The only way to avoid suffering, is to not create existence in the first place.

2. Suffering can be totally avoided.
   -- Ie, there is a real practical way, to totally eliminate suffering.

3. Creating existence is stupid/foolish.

However, it’s not so much that it's “stupid/foolish” to create existence, but more that it's immoral/cruel/evil.

Therefore, the list of word becomes:
Existence/creation/life/suffering/cruel/evil/immoral/communication/interaction/relationships/

friendships/families/parenting/games/tactics/weapons/war/words/propaganda/misdirection/beliefs/selfishness/etc.

Ie, its immoral/cruel/evil to create existence.

Of course, many people might see the sentence “It's immoral/cruel/evil to create existence”, as depressing, however, it's important to always see it from the other angle, which is that:

> True peace is not something that is attained. It’s something that remains.

Ie, by not creating life/existence, war is not created, and what remains, is that which is true peace, (or more accurately: “'That' which is beyond peace”).

Ie, “non-existence”, is not a down-side, nor a negative thing, because it's actually the highest/ultimate form of “peace” and “freedom”.

Ie, non-existence is the only thing that is moral/good/right/pure/selfless/etc.
-- Ie, the list of words is:
Non-existence/moral/good/right/kind/selfless/pure/freedom/peace/love/bliss.

This list of words will do, but it's important to remember, that non-existence is beyond these things, (ie: beyond peace, beyond freedom, etc).

The point is, that these words are “beyond”, and therefore, they do not have an opposite.
-- Ie, this “non-existence”, is not the opposite of “existence”, because it's a non-existence that is beyond both non-existence and existence, and also beyond all words, (and hence beyond description).
-- However, for the sake of this book, I'm using these words as pointers.

Note: The thing that I'm talking about, is “‘That’ which is beyond duality and non-duality”, and this is similar to when enlightened beings talk about enlightenment. However, they're talking about the fact, that they know that they do not exist (as people, or anything), but the manifestation still exists (as “One thing”, or “No thing”).
-- The point is, that this is different to when I talk about non-existence, because I'm talking about nothing existing, which means that the manifestation does not exist, (not even as a swirl of colours/light/energy/whatever), and awareness does not exist either.
-- Ie, in the non-existence that I'm talking about, I could say that “No thing” exists, but it would be totally impossible for me to say that “One thing” exists.

Ie, when enlightened beings talk of there being absolutely no identity (of any kind), they’re still talking about a manifestation (that is still in existence). Ie, the veil is removed. (The veil is the superimposed layers of thought (which created an identity/separation/etc).
-- Whereas, I'm talking about no manifestation of any kind. Nothing remains, not even a “nothing”/“void” that awareness is aware of. Indeed, this is not possible, since awareness

does not exist either. This is what I'm calling non-existence.

Indeed, the non-existence that I'm talking about, allows absolutely no room for pointless/irrelevant arguments and discussion, (eg, where people want to argue about what is: “life”, “existence”, “sentience”, “awareness”, “consciousness”, “enlightenment”, “identity”, “suffering”, “pain” etc.
-- And this means that there can be no arguments like: “Without the concept of life, there can be no suffering”, “Pain can exist, without suffering”, etc).

Ie, what I'm talking about:

1. Doesn't separate between anything, (eg, between “sentience” and “non-sentience”).

2. Doesn't exclude anyone, or anything, (whether human, non-human, physical, non-physical, etc).

3. Doesn't create a them-and-us, where “us” survives/wins/stays alive, and the others (“them”), will: suffer, become slaves, become food, etc.

4. Doesn't have (or create) any pain or suffering.
   -- This is important, because enlightened beings (who don't have any identity, and therefore arguably don't exist), still feel pain. Also, it doesn't mean that some people/beings/things will suffer, whilst others don't.

5. Doesn't create anything, and therefore cannot be cruel/evil/immoral/parasitic.

6. Hasn't got any problems to solve/fight, since it simply doesn't create them in the first place.

7. Is the ultimate wisdom, or is beyond wisdom, (not because it's wise, but because it has not created stupidity/selfishness).

8. Doesn't require knowledge, or intelligence, (or any of those types of things which cause suffering).

To get to the next point, let’s re-emphasise one paragraph.

It's important to realise, that peace is not something that you “get”. Peace is something that will remain, when you get rid of something that was causing suffering.
-- Ie, if you want peace, then you have to stop creating (and sustaining), all the gamers/wars, in all aspects of your life.

The point is, that although many people say that they're tired of all of the games/wars (in all aspects of their life), almost all people will want to continue to keep creating (and sustaining) these games/wars, because they need these games/wars, to:

A) Make themselves feel important/special/unique/wise.

B) Give life meaning/purpose.

Indeed, a very good example of this, are the hobbies of:
relationships/friendships/family/parenting/etc.
-- Ie, some people might never be able to stop doing these hobbies, because:

1. People can easily make themselves feel special/unique, by simply:
    a) Being the mother/father, to a baby/child.
    b) Being the partner, to one specific person.
    c) Etc.

2. By having a child, a parent now has a purpose in life, (to raise the child).

3. By having a child, a parent can now feel important/wise/intelligent, (because they get this feeling, when they teach the child things).

4. The thought of everyone not doing these hobbies, makes them think: “But without these things, what's the point of life?”.

5. Etc.

Note: The strength of these two desires, (“to feel important/special/unique/wise”, and “to give life meaning/purpose”), should never be underestimated.

Indeed, most people will be willing to continue to suffer (for the rest of their lives), just so that they can give life meaning/purpose.

Moreover, they're even wiling to create new babies, (knowing that those babies will suffer regularly, for the rest of their entire lifetime), just so that the parent feels that life has meaning/purpose.

Ie, people are willing to do the most cruel/evil things, just to fulfil their selfish desire, of wanting to give life meaning/purpose.

Of course, “meaning/purpose”, is just a belief/thought/idea.
-- Ie, people are creating suffering (for themselves and everyone else), just so that they can back-up a belief/thought/idea, (which they created, out of thin air).

Therefore, what this means, is that: Whatever the belief/thought/idea is (which these people have), it's totally irrelevant, because all beliefs/thoughts/ideas, are just things that are illusion (not real), and have absolutely no fundamental reality.
-- This has to be true, since all beliefs/thoughts/ideas, are just made up of words, and words are made from other words.

Therefore, what this means, is that:

> People are creating suffering (for themselves and everyone),
> for absolutely no good reason at all.

Of course, what always compounds this problem, is that the more time/effort/money/energy/etc, that a person puts into a hobby/game/war/belief, the more they will never admit that they fooled themselves, (or were fooled by others), and therefore, they will continue to do it, no matter how much suffering they have to go through, or how much suffering they cause others (by coercing others to do the same hobbies/games/wars/beliefs).

And, the biggest hobbies/games/wars/beliefs, that people brainwash/program/coerce others into doing, (from very young age), is to have relationships/friends/family/children/jobs.

The point is, that if a person's whole life has been about relationships/friends/family/children/jobs/etc, and you then try to tell them, that it's just a scam/trick/con/etc, then they're not going to be able to accept it, (or want to accept it), because no one likes to admit that they're been fooled, (even in a small scam), let alone a scam that has been going on throughout their whole life, and moreover, it's a scam that is involving things that they consider "precious" in their life.

Ie, all these aspects of life, (relationships/friends/family/children/jobs), are what people hold dear to them, (and cling to the most), and therefore, there's no chance that they'll admit that this can all be a scam/trick/con/etc, just to make them into an easily controllable slave, which can be easily used/raped.

The other reason that people will never be able to admit it, is because it's not just about relationships/friends/family/children/jobs.
-- Ie, all these things, make up their life, and therefore, it's not just about these things, but about life itself.

And, to question life itself, means that they would have to accept that maybe all their beliefs are upside-down, (including: suicide, murder, god, "life is good", "death is bad", "saving the world is good", "saving existence is good", etc).
-- Ie, the theory alone is too much to bear, and the implications are even worse, since it shatters every part of their life, and life itself.

Note:
The information above, will always be challenged by statements like: “But if people stop having babies, then the human race will die out”.

The key thing to realise, is that:

It's only the selfish/immoral/cruel/evil people,
that want the human race to continue.

This is obvious, because the people who are more selfless, can see that this life/existence, is just like any war, where it's never-ending, impossible to win, and the only thing that is guaranteed, is lots of suffering.

Note:
Many people believe, that they are helpless, and they liken this, to how the creation is always just the puppet, of the creator.
-- The point that I now want to make, is that: It's actually the manifestation/creation, that has power over the creator, (in a variety of different ways).

I'll explain this, as follows:

- The parent wanted to create the child, and therefore the parent probably wants the child to continue to exist.
  -- However, if a child wants to not exist, then it does not need/want the parent, and can simply choose to die (and not exist).
  -- Therefore, the creation has the power, (not the creator).

And similarly,

- The creator wanted to create the creation, and therefore the creator probably wants the creation to continue to exist.
  -- However, if a creation wants to not exist, then it does not need/want the creator, and can simply choose to die (and not exist).
  -- Therefore, the creation has the power, (not the creator).

However, it's important to note, that when I use the word “power”, this is not about being more powerful that an opponent, to win a war/game/etc.
-- What this is about, is ending all suffering (for all).
-- Ie, you not only end you own suffering, but also the suffering of everyone else.
-- This is true, because without a creation, the creator is non-existence, and therefore the creator cannot suffer.

On this issue, there are two key points to emphasise:

1. The creator can exist without the creation, but only as non-existence, (and as non-existence, it doesn't really exist).

2. The creation can't exist, without the creator creating it, however, if the creation doesn't want to be created, then it's irrelevant.

Ie, the key point is, that:

> The creation has more power (than the creator),
> as long as the creation is not selfish.

And, the less selfish the creation is, the more power it has.

Indeed, this is to be expected, because in normal everyday life, the people who have the least power, are the people who have the most to lose.

Note: The people who have the most to lose, are always inherently going to be:

1. The most selfish.
2. The most dangerous.
3. The least trustworthy.
4. The most desperate.
5. The most immoral/cruel/evil.
6. Etc.

Of course, the people who have the most to lose, will also be the people in the positions of power. And, those positions (and systems) of power, will have been the ones that were created (out of thin air) by themselves, and are constantly being maintained/perpetuated, by themselves, (whether: directly, indirectly, actively, passively, etc).

Ie, all systems/creations, are inherently going to be created out of selfishness.

However, although all the systems are created (and sustained, and run) by the selfish/immoral/cruel/evil people, the real power lies with the selfless people, because the selfless people don't need the system, whereas, the selfish people need the system, and many slaves to keep the system going.

Indeed, all systems collapse, if all people stop playing that game.
-- Eg, if all people/slaves, stopped working, then the system collapses.

And what this means, is that a person that is working at a job, is responsible for causing suffering in the world, since they're sustaining/perpetuating the system.

The key point is, that the power that the creation has, lies not in being able to use force/power, but in simply leaving/exiting the game.

And, of course, the only ones that will want to exit the game, are the selfless ones, (since the selfish ones will be wrapped up in the game).

Note:
Earlier on, I said that: “The people who have the most to lose, are always inherently going to be:

1. The most selfish.
2. The most dangerous.
3. The least trustworthy.
4. The most desperate.
5. The most immoral/cruel/evil.
6. Etc.”

What needs to be realised, is that: In society, the people who have the most to lose, are parents (the creators), and therefore, parents are inherently:

1. The most selfish.
2. The most dangerous.
3. The least trustworthy.
4. The most desperate.
5. The most immoral/cruel/evil.
6. Etc.

However, this world of dangerous/desperate/selfish/immoral/cruel/evil people, can change, since the real power lies with the children (the creation).
-- And indeed, this is true, because if all children/creations, see this pattern/cycle-of-suffering, and then just do nothing (ie, do not become parents/creators), then (in time), the pattern/cycle-of-suffering will end, and the result will be the end of all suffering (for all).

Note:
One of the key things to recognise/admit, is that: Life is insanity.

And, there is no excuse for missing this fact (that life is insanity), since people are surrounded by other people, who are doing insane things, on a daily basis, (eg: working at jobs, going to school/college/university, etc).

And, regardless of whether you went to school/university/whatever, life is insanity, because if you get a job, you're working like a slave, but you have to spend your hard financial earnings on:

1. A method of transport, (to get to and from work).

2. A flat/house, so that you can sleep a little, just in time for another day of work.

3. Bills (eg, heating/cooling your flat), just so that you stay alive, (so that you can work more, the next day).

4. Food, to stay alive, so that you can work more.

5. Clothes, products, and services, (so that you can look clean/presentable for work, so that you don't lose your job).

6. Products that make your daily/weekly/monthly chores quicker to do, (because otherwise your life would be nothing but work and chores).

7. Health care, so that you're well enough, to keep doing your job, and daily chores.

8. Activities, to get anger/aggression out, (which is caused by work).

9. Relaxation, to try to de-stress, (which was caused by work).

10. Prescription drugs, so that you can stay brainwashed enough, to repeat this slavery/insanity, on a daily basis.

11. Etc.

The key point is, that when it's seen like this, it's obvious, that it's just pure stupidity/insanity.

And, instead of seeing the insanity/slavery of it all:

A) Many people are actually proud of the fact, that they have a job, and are able to keep up with their chores.

B) Most people have children, who they then push into this life of prison/torture/slavery/rape.

C) People keep brainwashing each other, into believing that this insane life, is worth living.

D) Etc.

All of this proves, that people are selfish/immoral/cruel/evil, because a person who is more selfless, could never promote/encourage/push/coerce people into this life, let alone create a child, and then push them into it.

Note:
It's important to realise, that:

> The whole insane situation, that I mentioned above, (of needing a job, so that you can then spend that hard earned money, on things that are necessary, to keep working everyday at that job), is the same insane situation, of what parents do to their children.

This is true, because parents have children, because the parents want a personal-slave, and the parents want to use their slave, throughout the slave's entire life. However, the parents expect all of this, whilst also expecting their personal-slave to get a job.
-- Ie, the parent's child (personal-slave), is pushed to get a job, to earn their own money, so that they spend that money on staying alive, which allows the parents to continue to use their child as a personal-slave.

Of course, after you know this, you realise that parents are:

1. Always going to try to keep this system of jobs/slavery in place, because they need it to exist, (for their selfish benefit).

2. Always going to promote/encourage/push/coerce everyone into this life of jobs/slavery, because if everyone is doing it, then they don't feel bad when they force their child, into that life of slavery.

3. Always going to be inherently selfish/immoral/cruel/evil.

So, what this all means, is that:

> People are being a slave at work, and then using their hard earned money, to stay alive, just so that they can continue to be used as a work-slave, and a personal-slave.

Note:
Even if you forget about the insanity of jobs, the insanity still exists, in all other aspects of life.
-- A good example of this, is the education system.

Indeed, if you do well in tests/exams (when you're young, and in school), it just means that you've proved that you're a good little slave, who will work hard, and so this allows you to get into a "good" school. And of course, the "good" schools, will always work you even harder.
-- And this all continues, until you get to the next joke, which is that you're then allowed to get into a university, but you have to pay a lot of money to go there.

-- Ie, it's insanity, because this means that:

1. You're actually paying, to do more work/tests/exams.

2. In effect, you're paying to get a certificate, (a “certificate-of-slavery”), which says to everyone that: “I'm a person who will continue to work like a good little obedient slave”.

   Indeed, this is true, because you want this certificate, so that a company will use you, as their slave.

3. You're putting yourself into debt, which will force you to get a job, (because you believe that life is survival of the fittest).

4. Etc.

To understand this more, all you have to do, is to put yourself in the position, of an employer.
-- An employer is going to prefer to employ someone, who went to university, because they know, that if a person went to university, that that person is probably brainwashed/programmed enough, to believe that they need/want to “succeed” in life, and get “promotions”, etc.
-- Ie, the employer knows, that that person will work extra hard (for no extra pay), to get that promotion/praise/bread-crumb/etc, and they'll also do whatever you tell them to do.

Also, if a person has been to university, the employer will know, that that person has been in the system (of education) for a long time, and what this usually means/proves/demonstrates, is that the brainwashing/programming/conditioning must be complete.

The “brainwashing/programming/conditioning” that I'm talking about, is the never-ending one, which exists in all aspects of your life. And, since it's in all aspects of your life, it's only correct, to call it “complete”.

Note: It's important to see, that one of the key things that the system does to people, is that it makes people accept insane things, (eg, it makes people believe, that going to a building, where you have to do things that you don't want to do (eg, school/jobs/work/etc), for five days per week, is acceptable/sane.

And, the system of brainwashing/programming/conditioning, is so good, that people not only believe that this is acceptable, but they also believe, that it's a good idea to try to work extra hard at their school/jobs/work/etc.

Indeed, universities will obviously prefer to enrol people, who went to an expensive private school, because if a child goes to private school, it means that they were probably raised in a family, that brainwashed/programmed their children, to believe that you must work very hard, so that you succeed (and win, get promotions, etc), and therefore, they will continue to be a hard working slave at university.

The key point is, that the education system is ridiculous in many ways, however, although some people know this, most people fail to see, that it's ridiculous in ways, which are nothing even to do with what education is being taught.

Indeed, it's just so obvious, that some of the most important parts of the education system, are that young children have to go to school, five days a week, and at specific times. And, they have to have good attendance records.
-- Ie, the issue of attendance, is extremely important, because if you have a good attendance record, it shows the colleges/universities/employers, that you're already brainwashed/programmed to believe, that it's acceptable to live a slave-life, where you:

1. Get out of bed at a fixed time, (even if your body tells you to stay in bed).
2. Believe that commuting (to school/work) is normal, and just a part of life.
3. Believe that school/jobs/etc, are normal, and just a part of life.
4. Believe that spending five days a week (at school/work), is normal, and just a part of life.
5. Believe that a life of prison/torture/slavery/rape, is normal, and just an acceptable part of life.
6. Etc.

Ie, the points above, clearly show how ridiculous/insane it all is, and this is without even discussing any issues about: what is being taught, how it's all being taught, how children are tested, etc.

Of course, when you do analyse what is being taught, and how children are being tested/examined, what you find, is appalling.

Of course, although it's appalling, it's all to be expected.
-- Eg, when you look clearly at what the school exams/tests are, they show absolutely nothing about the child, except that the child will be a good little obedient/complaint slave, (because the main thing that the child is demonstrating, is that they're ok with doing whatever they're told to do, (whether by: teachers, parents, the media, etc)).

Note: Some people think that they're learning important things (at school/college/university), so that they can get “important” “meaningful” jobs, but these “important/meaningful” jobs, are the ones that perpetuate the whole system of prison/torture/slavery/rape.

Eg, many people believe, that being a school teacher, is an important/meaningful job, however, the only thing that school teachers do, is help brainwash/program/condition children, to become more obedient/compliant slaves.

And, the only thing that doctors do, is fix damaged slaves, so that they can keep being used as a slave for longer.
-- Ie, all doctors do, is keep people in a useable/enslavable state (condition), so that they can continue to be used as personal-slaves, and/or work-slaves.

And, even if a person is barely alive, and not able to be used as a work-slave, it's still important that the doctor keeps them alive, because that person can be used in other ways, (eg, they will be financially raped).
-- Ie, they will be barely alive, (but definitely kept alive), so that they have to spend money, on products/services/people/etc, to reduce their pain/suffering.

And, the only thing that the police do, is enforce the laws, which were invented/created/implemented, by the selfish/immoral/cruel/evil people, (eg, laws that prevent people from having equipment, that can help them leave life, in an instant/painless/effortless/guaranteed way).
-- And this is indisputably immoral/cruel/evil, because without that equipment, people are forced to go through pain/suffering,

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Note: If you then combine all of this information, you’ll then begin to see, that all of these various “important/meaningful” jobs, are all pieces of the puzzle, which are designed to do the same fundamental tasks.
-- Ie, all “important/meaningful” jobs, are only in existence, to:

1. Keep people in a useable/enslavable state (condition), so that they can be used/enslaved/raped, (as personal-slaves, and/or work-slaves).

2. Keep people brainwashed/programmed.

3. Keep people complaint/obedient.

4. Prevent people from having equipment, that can help them leave life, in an instant/painless/effortless/guaranteed way.

5. Etc.

Again, it's important to recognise/admit, that all of this is true, and that there is one simple way, for the people who do these jobs (or for the people who want these jobs to exist), to prove that this is not true.
-- Ie, all they have to do, is to provide everyone, with an instant/painless/effortless/guaranteed/permanent way out of life.
-- Ie, all they have to do, is to allow the charity/service/building to exist, in every town/village.

Ie, if everyone has this option, and then they choose to go into the slave-system (of school/college/university/jobs/etc), then that is their choice.

And, of course, since that last sentence, also included “school”, then what this would mean, is that the charity/service/building (which provides everyone with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life), must be available to people of all ages, (so that it can then also include those who go to school).
-- Ie, it must be available to all children, of any age.

Note:
It's important to analyse and recognise, how people have been brainwashed/programmed to see this insane system, (of schools/colleges/universities/jobs/etc), as being acceptable/good/important/meaningful/etc.

And, of course, one of the ways that this has been done, is via the weapon/tactic of words.
-- Eg, if a person gets a job, they get praised (rewarded), by being labelled, (eg, they might get labelled as: “successful”, “mature”, “grown-up”, “adult”, etc).

And, at the same time, the people who don't have jobs, are labelled (shamed), as being: immature, irresponsible, unfair, immoral, a waster, a nobody, a nothing, etc).

And, of course, this is also done in all aspects of life.
-- Eg, in relationships, if a partner is pressured/coerced/brainwashed/programmed, to become an ever-more obedient/compliant (used/enslaved/raped) partner, then as a reward, they're praised/labelled, as being:

- “A better person.”
- “A more serious person.”
- “More loving.”
- “Grown-up.”
- “Adult.”
- Etc.

And, at the same time, the people who aren't behaving in the correct/obedient/compliant way, are going to be shamed (punished), by being labeled as:

- Childish.
- Immature.
- Selfish.
- Rude.
- Hurtful.
- Cruel.
- Etc.

Of course, when you know that shaming is done to control/manipulate/test/use/enslave you, and you don't care how anyone perceives you, then none of this will have any effect on you.
-- Ie, even if the perpetrator is successful, in brainwashing/programming everyone in the world, to label/perceive you, as someone that is selfish/cruel/immoral/evil, or whatever else, it simply won't matter to you.

Note: What this previous paragraph also shows, is why people are constantly trying to brainwash/program everyone, to believe that it's good/important/necessary, to have friends/relationships/family/community/etc, (and that anyone who does not have these things, is dangerous, and a threat to everyone).
-- Ie, the only way that people can use this weapon/tactic of shaming (and praise/labels/punishment/reward/control/manipulation/etc), is if everyone is surrounded by other people, not only in their personal-lives, but also in their work-lives.

Ie, all these weapons/tactics only work, if you're surrounded by people, in every aspect of your life.

Also, all these weapons/tactics are much more effective, if you're never given any chance to stop, and retreat, and analyse how insane/stupid/immoral this all is.

Indeed, when you aren't able to truly stop (and retreat, and analyse it all), then even if you do hear all of this information, you might (deep-down) know it to be true, however, there will still be some conflict inside of you, because you're still in the system.
-- Whereas, when you're able to see it all, from outside of the system, there's absolutely zero conflict inside of you, and then the only conclusion that remains, is that it's all just: insane, stupid, immoral, cruel, evil, etc.

Ie, what is insane/stupid/immoral/cruel/evil/etc, is:

1. All the people in society.

2. The idea/belief, that any type of society is good.

3. The idea/belief, that any type of life is good.

4. The idea/belief, that any type of existence is good.

And it’s important to see, that this is not something that is extreme, because it’s just obvious (self-evident).

Note:
Many people do know, that if people are given a chance to stop (and retreat, and analyse it all), that there is a chance, that they'll realise what life is really like (and about), and therefore, most of these people (who know this), will try to make sure, that people aren't given this chance (to stop, and analyse life, and realise what it's all about).

Indeed, if you see how people are living (in terms of actual living accommodation, and living/environmental conditions), this is very evident.
-- Eg, most people are living in a way, where they can't even:

1. Have a proper/full sleep, and then wake up slowly, when they're naturally ready to wake up.

2. Escape the non-stop agitation, of normal everyday life.
   -- And, most people can't even escape it, for a few moments.

To understand these issues in more depth, a few things need to be realised, which I'll explain next.

One key thing to realise, is that sleep is one of the easiest (and most natural) things to do.
-- Ie:

1. When your body/mind is naturally tired, you will naturally want to lie down, and your body/mind might sleep, or do whatever it does.

And,

2. When your body/mind is totally finished lying down, it will naturally not want to lie down any longer, and you will naturally have to get out of bed.

The key point is, that despite this being extremely simple/natural, people aren't doing this, which means that people aren't listening to their own bodies.
-- And, if people can't even listen to their own bodies (on such a crude physical level), then what chance is there, of listening to the other things that are happening in their bodies, (let alone in other people's bodies, (which people need to do, to see that other people are suffering, even when they say they're happy)).

Indeed, there are so many spiritual books/teachers/courses/etc, which all teach you how to listen to your body/intuition/etc, but none of this is as important, as being able to naturally wake up (when the body/mind is ready), and naturally go to sleep (when the body/mind is ready).

Side note: It’s important to see, that a person can’t make any money, if the thing that they’re teaching, is telling people to naturally wake up (when the body/mind is ready), and naturally go to sleep (when the body/mind is ready).

Of course, to be able to go and lie down (whenever the body/mind wants to), would mean that you also need to be able to:

1. Always have easy/quick access to a bed, (which is in a lightproof/soundproof/constant-temperature room), where you can wake up whenever you want.
   -- Ie, no restrictions/limitations, and no disturbances.

2. Not have anything that you need to do.
   -- Ie, you're able to stop whatever you're doing, whenever you want.
   -- Ie, you couldn't do any hobbies/activities that restricts this, (eg: jobs, people that need/want you, animals that need/want you, etc).

3. Etc.

The reason for detailing all of this, is because it really does make it clear, just how distant most people's lives are (from being able to do this), which means that they're making themselves, so much easier to program, (and remain programmed), because their body/mind is never able to just stop, rest, take a step back, and analyse what is making them suffer.

Note: It's important to see, that this is not about being able to stop (and rest, take a step back, etc), on an occasional basis.
-- Ie, it's not about having 3 or 4 evenings a week, where you go somewhere (and/or do something), to stop (and rest, take a step back, etc).
-- Ie, It's about being able to do this naturally, every day, 24/7.

And it’s important to realise, that this is not something that is a “want”, but a “need”.
-- Because, if you just “stop” for a short while, (eg, stopping for a whole week, or month, or year), this will not help, because as soon as you get back into your normal life, you'll be back into the routine (of not letting your mind/body naturally rest when it needs, and for however long it needs).
-- Ie, the only way to make a true/permanent difference to your life, is to naturally live your life, like this, everyday.

Note: Saying that all of this is important, might sound ridiculous (to some people), however, what is more ridiculous, is a life where:

1. You can’t go to bed when you want.

2. You can’t wake up when you want.

3. You can’t just stay in bed if you want.

4. Etc.

Indeed, when it's phrased like this, it sounds like slavery.

Actually to say that “it sounds like slavery”, is sugar-coating the issue, because these three things (in points 1 to 3), are actually techniques/methods/tactics, that are used to torture people.

And, of course, the deeper that you go into this whole topic, the worse it all gets.
-- To give an example of this, I'll firstly point out, that:

1. It doesn't take any skill/ability, to know when you need to go to bed, and wake up.

And,

2. It doesn't take any skill/ability, to know when another person needs to go to bed, and wake up, (because that person will know for themselves).

And,

3. Everyone knows how much they hate being forced out of bed, (when they know that their body/mind wants to continue sleeping).

The point is, that despite these three points (above), parents still force their children out of bed.

Ie, parents are fully able to see, that their child needs to stay in bed, and even if they're blind to this, the child will tell them that they want to stay in bed, and yet the parent will still override all of this, and force the child out of bed.

And, the key point is, that most people have absolutely no idea, how much damage they're doing, (when they do this to themselves, or to others).
-- And what makes this situation even worse, is that this damage (to themselves, and/or to others), continues throughout their entire lifetime.

However, it’s obvious, that the damage that they're doing, (to themselves, and/or to others), is going to be huge, since this type of thing, is done as a form of torture.
-- Ie, if it was not that harmful, (ie, if it did not cause that much pain/suffering/damage), then it wouldn’t be a form of torture.

So, from all of this information, what becomes clear, is that this form of torture, is something that has been an intrinsic part of most people’s lives, since it’s something that starts at an extremely early age, and continues throughout their entire lifetime.

And therefore, what becomes clear, is that for those people (who’s life is like this), it can be said, that their life is torture.

And, (as mentioned earlier), torture can't exist, without there also being prison/slavery/rape.
-- Therefore, in just this one aspect of life (of people not being able to sleep fully/naturally), life is prison/torture/slavery/rape.

Note: It's important to emphasise, that all of the things mentioned above (like needing to sleep until you naturally wake up), is not a luxury/privilege/etc, nor is it a “birthright”.
-- It might sound strange to say that it’s not a birthright, so I’ll explain why I said this.

To explain it, perhaps it’s best to start from the other side.

If your sleep is controlled, it's torture.
-- And, torture is immoral/cruel/evil.

Note:
This type of torture, is also applicable whilst people are awake, because even whilst awake, there's still the issue that your body/mind sometimes needs to temporarily stop/rest.
-- However, this is also something that most people are not able to do, and therefore, they’re also being tortured, in this way.

Ie, the prison/torture/slavery/rape, never ends.

However, in terms of placing blame, it’s important to realise, that a lot of this prison/torture/slavery/rape, is perpetuated (and made worse), by people who ignore what their body/mind naturally wants to do.

Note:
One key thing to realise, is that the things that I have described above, (eg, waking up when your body is naturally ready to), is something that can be done by a person. Ie, it's not something that needs futuristic technology, which is not yet available.
-- Ie, it can be done now, by everyone.

Ie, a person can have a room/accommodation, (and a lifestyle), which allows them to naturally go to sleep, and naturally wake up (whenever their body/mind gets them out of bed).

Indeed, this is especially true for children.
-- Ie, all children, can have this life.
-- And therefore, any suffering that is caused, by not doing this, is the fault of the parent.
-- Ie, this cannot be blamed on life, (only on the parent).

Note:
Having a life/environment, that allows you to sleep fully/naturally (as much as is needed), is a “need”, (because it's needed/necessary, to make sure that you're not brainwashed/programmed, into being an obedient/compliant slave).
-- Ie, it's not a want, (nor a luxury), where you want this, because you want to make your life a little it bit better.

The key point is, that it's important to realise, that not letting someone sleep fully (until they naturally need to get out of bed), is the simplest (and sometimes most effective) form of torture, which is done to make someone comply to your desires.

Indeed, if you restrict someone's rest, (and/or sleep), then within a very short amount of time, they will be willing to comply (with anything you want them to do).

Indeed, people will confess/agree (to anything) extremely quickly, just so that they can then lie down (and go to sleep).
-- And, people always vastly overestimate, how good they'll be, in a scenario of interrogation/torture.
-- Ie, most people will cave extremely early, from even the most basic of torture methods, (eg, sleep deprivation).

The ridiculous part of all of this, is that some parents know, that it's important to let a baby sleep, as much as it needs.
-- Ie, they do understand the importance of sleep.

And indeed, some parents even try to blackout the windows (in the baby’s room), and they also try to give the baby an environment, which has as few sounds/disturbances as possible.
-- Ie, the parents are fully aware, of the importance of providing a lightproof/soundproof room.

However, it's not long before the baby becomes a child, and then:

1. The parents think that it's ok/acceptable, to wake the child up (before the child is ready to naturally awoken), and then send them to school.

And,

2. The parents stop caring about blacking out the windows, and trying to make as little sounds/disturbances as possible.

Ie, somehow, the parents suddenly stop caring about how important sleep is, and how important it is to provide the child, with an environment that is soundproof, and lightproof.

And, this sudden change (to not care any more, about any of this), is usually at a very young age. And it's not just about the parents forcing the child out of bed, because many parents will also force a baby to go to sleep, (before the baby is naturally ready to sleep).

Of course, for a lot of parents, the reason why they stop caring about these things, is

because they only cared about these things, for selfish reasons. Ie, they cared when the child was a baby, because if the baby didn't get what it wanted, it would make awful crying sounds, which the parents did not want to hear.
-- Whereas, by the time the baby has become a child, the parents have managed to condition the baby, to not make those crying sounds, and to be a more obedient/compliant slave.

Note:
Earlier on, I explained that letting everyone sleep fully (for as long as they need), is not just a want, but a need.
-- This can be taken further, and it can be said, that it's not just a need, but it's actually "extremely important", and "vital", because without a full/proper sleep, a person is not fully rejuvenated, (due to not getting enough energy (from the deep-sleep stage of sleep)), and therefore, during the next day, they'll (unconsciously) drain other people of energy.

And, of course, since that second person, is now sucked dry of their energy, that second person will now also (unconsciously) drain other people of their energy.
-- And so this issue (of draining energy from other people), will spread exponentially.

And it's also important to see, that when a person is drained of energy, they not only do this, but they also cause a lot of problems/misery/suffering, all around them.

All people know this (to a certain degree), because when a partner/friend/child, doesn't have a good/full sleep, they're constantly causing arguments/fights/etc.
-- Ie, the argument/fight/etc, is deliberately started, because:

1. They're tired, moody, want to fight, etc.

2. They unconsciously know, that they can get energy from you, via any type of interaction with you.

Indeed, this is why so many people feel a need, to interact with people, and form relationships/friendships.

However, since it takes a bit of effort, to form these relationships/friendships (and after they are formed, the other people can suddenly end the relationships/friendships (and run away), what this means, is that people struggle to get enough energy from relationships/friendships, and therefore, they'll try to get energy via other means, and, of course, they'll eventually come to the conclusion, that it's much more efficient, to have a baby/child, because the baby/child can't run away.

Moreover, this method (of getting energy from a baby/child), is totally legal.
-- And, the law/police/courts/etc, will even help make sure, that even if the child does escape, it will be brought back to your house (prison).

And, the government will even give you money, to have/raise that child.
-- And, other people will view you (the parent), as a person that is good/moral/responsible/selfless/etc.

As can be seen from the previous sentence, the words "good/moral/responsible/selfless/etc", are not just misunderstood by people, but they're totally upside-down.
-- Ie, the behaviour of sucking energy from partners/family/friends/babies/children/etc, is not even acceptable/fine/ok, since it's selfish/immoral/cruel/evil.

And, it's important to see, that just because people suck energy (from each other) in an unconscious way, this does not make this behaviour acceptable, nor does it excuse them of responsibility, since everyone knows, that sleep is important.

Indeed, sleep is so important, that people need sleep, more than they need food.
-- Indeed, a person can go without food for a month, but perhaps only a week without sleep.

The key point is, that sleep is a more important source of energy (than food).

Note:
Earlier on, I said "nor does it excuse them of responsibility". This is an important issue, because most people have no idea, of what true responsibility is.
-- Indeed, this is very apparent, because most people prefer to just hide behind the law.

Ie, as long as a behaviour/hobby/activity/action is legal, then they're happy to do it, regardless of how much suffering it causes others.

Ie, most people are totally irresponsible.
-- However, the word "irresponsible", is not the best word to use, because it's not strong enough, and it does not clearly explain their actions/behaviour, (certainly not as much as: selfish/immoral/cruel/evil).

And what makes this all especially true, is the fact that the solution to a lot of this, is to just allow people to sleep fully.
-- Ie, it's just ridiculous, that a lot of suffering in the world, can be totally prevented/eliminated, if people were just responsible enough, to make sure that they slept fully every night (and/or day), and let other people sleep fully.

However, sleeping fully, gets in the way of their selfish desires (to have a job, so that they can have personal-slaves).
-- And therefore, the suffering in the world, will inevitably continue.

Note:
Earlier on, I said: "lying in bed (until your body needs to get out of bed)". What I mean, is

that after the normal states of sleep, (ie, deep-sleep, rem-sleep, etc), you'll go through a subconscious stage, and then a conscious stage (with eyes closed), and then a conscious stage (with eyes open).
-- And, even when the eyes are open (and you're conscious), there will be a lot of things that still need to happen to your body/mind, and it can also involve other realms/dimensions.
-- The point is, that you need to be able to allow as much time as is needed. And, this might usually only be 12 hours, however, that could increase to 18 hours, with some occasional sleeps lasting 24 hours, 36 hours, or whatever else. Ie, there really can't be any limitations/restrictions/etc.

However, it's also important to realise, that for all of these stages to be effective, they need to happen, without distractions from:

1. Trivial/superficial thoughts.
   -- Eg, thoughts about things, that need to be said/done the next day, or in the future.
   -- Eg, these thoughts might be about your: job, relationship, family, children, money issues, hope for a future relationship, etc.

   And therefore, it's obvious, that the most effective sleep, is when you have none of these.

2. Physical things in the room/house, that you can hear/see/smell/etc. Eg:
   a) People, animals, etc.
   b) Mobile phones, landline phones, clocks, alarm clocks, etc.
   c) Etc.

   And therefore, it's obvious, that the most effective sleep, is when you have none of these.
   -- Or, you have them, but they're unable to disturb you, (until you are naturally ready to get out of bed).

3. Things outside your house, that you can hear/see/smell/feel/etc.
   -- Eg, any light from outside, will disturb you, and so can large temperature fluctuations, and any sounds, and smells.

4. Etc.

Of course, the one thing that will help eliminate many of these problems (as explained in points 1 to 3 (above)), is to sleep in a room, which is soundproof, lightproof, smellproof, and has a constant temperature, etc.

However, even then, you also need to switch all phones off, and do other things too.

Of course, one of the main things that will disturb this process, is if you have someone else sleeping in the same bed (or room, or house) as you, because, obviously, if you do have someone else in your bedroom/house, they'll want something from you, (eg, they'll want you to give them attention, or whatever else). This is obvious, because people are only ever with a person, because they want something from them.

However, even if you have eliminated all of these things, you still need to make sure, that you do not have trivial/superficial thoughts, and therefore, ideally, you should not have a job, or any other things in your life, that have never-ending dramas.

Note:
Some people will argue, that a lightproof room is bad (because it's all dark), and that a room with light is better for you.
-- This is an important issue, because it's to do with keeping a person trapped in time and space, (ie, trapped in life/existence).
-- I will briefly explain this, as follows.

When a person looks at an ocean (or any large open outdoor space), they can see all the way to the horizon, and this can give them an expanded feeling. Although this is liked by many people, they do not realise, that expansion (even when infinite), is still finite, and therefore still limited.

Ie, to go beyond finite/limitation, you need to do the complete opposite.
-- Ie, you need to have zero horizon, and zero vision.

Ie, in a complete blackout, (where you can't see your hand, even when it's right in front of your eyes), you can (if you want), realise that you are not finite.

And, if you can keep going ever-deeper into it, the blackout room will help in making it easier for all the boundaries/limitations to dissolve.
-- Eg, you'll realise that you do not exist, and that “time” and “space”, is not what you've been told it is.

Of course, all boundaries/limitations, are created by brainwashing/programming.
-- However, one of the biggest things to keep you controlled/manipulated/enslaved, is to keep you trapped in “time” and “space”, (ie, trapped in life/existence).

And, one way to do this, is to make sure that your environment, is always keeping you in a state of: doing, agitation, etc.
-- Ie, having an environment with lots of annoying sounds (and smells, and temperature changes, etc), is one way to keep your brainwashing/programming intact.

However, it's important to see, that most people do not want to break their brainwashing/programming, because the implications of doing this, scares them too much.
-- And, of course, this means that:

1. They know that they're trapped, in this life of prison/torture/slavery/rape.

And therefore,

2. They want other people to be trapped in it too, (because they want to make their life slightly better for themselves, (even if that means, that others have to be trapped, in this life of prison/torture/slavery/rape)).

And therefore,

3. They'll do all that they can, to trap other people, (eg: partners, babies, children, family, friends, etc).
   -- And whilst doing this, they'll try to make themselves have a good image/identity, (eg, of being selfless/moral/etc), and they'll even say that they're doing all of this out of “love”/“care”/etc.

Note:
One reason why I'm explaining this in so much detail, is because most people will have a life/lifestyle/environment/etc, that is the exact opposite of all of this.

Ie, what this means, is that most people's lives/lifestyles/environments/etc, are perfectly designed, to keep their brainwashing/programming intact, so that they remain trapped, so that they can be controlled/manipulated/used/enslaved/raped, (as personal-slaves, and/or work-slaves).

And the people who are responsible, for trying to keep you trapped/used/enslaved/raped, (as personal-slaves, and/or work-slaves), are all parents/partners/friends/people/companies/governments/etc.

Ie, the way that most people's lives are, is a perfect setup, to keep them in a brainwashed/programmed state-of-mind.

And what this means, is that:

People are literally, keeping each other, in a brainwashed/programmed state.

And what this means, is that:

People are literally, keeping each other, trapped in a never-ending life of prison/torture/slavery/rape.

And by doing this, they're literally:

1. Torturing other people.
   -- Especially their: children, partners, family, friends, co-workers, etc.

2. Enslaving other people.
   -- Especially their: children, partners, family, friends, co-workers, etc.

3. Imprisoning other people.
   -- Especially their: children, partners, family, friends, co-workers, etc.

4. Raping other people.
   -- Especially their: children, partners, family, friends, co-workers, etc.

Many people might think that this is all a bit exaggerated, and therefore it has to be emphasised, that some of the most effective torture techniques, (and punishment techniques), are done by:

1. Forcing a person to stay awake (when they want to sleep).
   -- And this can be done directly, or indirectly, (and is just as effective if done subtly/slyly, in a passive-aggressive way, etc).

2. Forcing a person out of sleep (whilst they're sleeping).
   -- And this can be done directly, or indirectly, (and is just as effective if done subtly/slyly, in a passive-aggressive way, etc).

3. Making a person feel agitated/uncomfortable, by affecting their environment, (eg, via: sound, light, smell, temperature, other people, etc).

4. Forcing a person to do things, (which you know, they do not want to do).

5. Etc.

And indeed, when the information is laid out like this (in points 1 to 4 (above)), it's obvious, that these are the things that are regularly done to: children, partners, family, friends, etc.

Of course, most people will say that this information (and accusations), are not relevant/applicable to them, and they'll say: “I've never tortured anyone”.

However, this is lies, because torture is the same as 'punish', and all people try to fulfil their desires, via controlling/manipulating people, which they do via the weapon/tactic of punishment-and-reward.
-- And this is true, whether it's done: directly, indirectly, actively, passively, etc.

Of course, one of the most common examples of this, is when a person withholds: love, affection, sex, etc.
-- Ie, all parents have done this. And all children have done this.

And, this is all true, whether it's done knowingly, or unknowingly. Because, the victim is being tortured, (regardless of wether the torturer is doing the torture, knowingly, or unknowingly).

Moreover, this is all only half of the story, because what I have just explained, is the first half, which is that: “torture is the same as 'punish'”.
-- The second half, is about 'reward', because the only way to truly torture someone, is to also include reward, (because the only truly effective way to torture/control/manipulate someone, is to use both punishment and reward).

Therefore, what this means, is that: All of the ugly subtle/sly control and manipulation, that everyone does in their daily life, will often include the times when they're being: friendly, affectionate, loving, sexual, attentive, complimentary, flirty, helpful, etc.

The point of explaining all of this, is to emphasise, why (and how) all of this keeps spiralling, and self-reinforcing.
-- Ie, the people who have jobs, are the people that are not able to easily deprogram themselves, which means that they'll be the ones, who want to make sure, that they're able to keep their personal-slaves brainwashed/programmed, so that they can keep controlling/manipulating/using/raping them, to fulfil their selfish desires.

And again, most people will deny this, but they'll also be the ones, that use certain weapons (eg, emotional blackmail), to make sure that their personal-slaves, do not become too independent/free from them.
-- Ie, they'll always force their personal-slave, to regularly: keep in contact, visit, interact, do certain activities, etc.
-- And, the perpetrator might force the victim to do this with them, or with other people.
-- Ie, the perpetrator, might force them to do certain activities, with other people. Eg, a parent forcing one family member, to interact with another family member, (when it's obvious, that one of them does want to interact (with the other person)).

Moreover, these people will not only do this controlling/manipulating/forcing, (slave-driving), but they'll also be the people who want to be:

1. Slave-owners.
   -- Ie, the owners of: children, a partner, a family, friends, etc.

2. Slave-creators.
   -- Ie, the people who create babies/children.

Of course, people will not like to be called slave-owners, however, they can only control/manipulate/force/use (slave-drive) someone, after they have enslaved them, (ie, become the owner of that slave).

And, of course, it's all of this, that leads to the biggest problem of all, which is that people then want to be able to get/mould/create/own, the ideal slave/pet/friend/companion, and so

they create a slave, (ie, have a baby).

And so the cycle-of-suffering, will inevitably continue.

Note:
Earlier on, I mentioned how being able to wake up when your body/mind is naturally ready, is important, and that it's also important, to not need to go to bed at a certain time, (which most people do, because they need to wake up at a certain time the next day, (eg, to go to work).
-- One key extra point to mention, is that this freedom to sleep when you want, (and as much as you want), is something that many people will think is ridiculous, and they'll probably never be able to fully understand this, because they're the type of people, that have a life/lifestyle/environment, where they're constantly sleep-deprived, (and agitated), to some degree.
-- And, if a person is constantly sleep-deprived, (and agitated), then they'll not be able to really/truly understand this information, because:

1. They've probably never experienced, how much better life is, when they can let their body fully rejuvenate, every time they sleep.

2. If they have a family (and babies/children), then this information is saying, that all people need to have their own rooms, which are soundproof/lightproof/constant-temperature.
   -- Ie, they know, that this means that they would have to spend money (to create such a room), and they do not want to do this.

3. When they think about all the things that they would have to change, to create a life like this, (eg, getting rid of their job, and all things that cause: drama, energy draining, annoyance, etc), the implications of it all, will be too much to bear.

4. Etc.

Note:
Earlier on, I said that if you stay in bed long enough (so that you've fully slept/rejuvenated), then you'll find, that after lying there for some time (whilst conscious), your body will naturally want to get out of bed (at some point). And, it will almost force you out of bed, because if you stay in bed, you'll start to suffer (physically, mentally, etc).

The point that I want to mention about this, is that what this shows, is that you can’t just lie there (and do nothing), for the rest of your life, until you die.

And what this proves, is that the body-mind mechanism, is designed in a perfect way, so that it keeps a person in a state of non-rest, for 99% of the time.
-- Ie, a person will always have to do things, just to avoid suffering, (mentally, physically, etc).

And, as mentioned before, this is not a design flaw, but a deliberate ideal/perfect design, to keep a person in a state of almost-constant (99%) unrest/agitation/suffering.
-- Ie, even when there is rest (or peace, or pleasure), that is only there, to perpetuate suffering, (because it gives the person hope, and a reason to continue).

Ie, it's all just a perfect method of slow-boil torture, (as explained previously).

And what this means, is that, although there can be some peace/love/pleasure/etc, this is all part of the torture, and therefore, the torture is actually occurring for 100% of the time.
-- And, therefore, it's no exaggeration, to say that: Life is torture.

And indeed, it's obvious that this torture starts, from the moment that a person is born.

And it's so obvious, to see how much babies/children/teenagers/adults, are all suffering, throughout their entire lives.

And, a lot of the suffering (and stupidity), is just being constantly compounded.
-- A good example of this, is when parents (stupidly) force their children into (and out of) bed, so that the children can then (stupidly) be forced to go to school.
-- Ie, it's all just compounded stupidity, because getting a full/proper sleep, is something that is infinitely good for the children (but they're being deliberately deprived of this), and instead, they're forced to go to school, which is infinitely bad for them.

Of course, there are also many other types of torture, that most children have to deal with.
-- Eg, most children will go through some torture, via sound. Indeed, a simple way to torture someone, is to create an environment, with certain specific torturous sounds, which they cannot escape.
-- Eg, one type of sound that can be torturous to people, is that of a baby constantly crying.
-- Indeed, one method/tactic of torture, is to lock a victim in a room, which has loudspeakers in it, which are constantly (24/7) playing the sound of a baby crying.

The point is, that this sound is torturous, and yet it is so common, eg:

1. Most children have to endure this, (when the parents decide to have another baby).
   --Ie, they're forced to hear their sibling cry, (unless they've been given a soundproof room, (which is unlikely)).

2. Many people have to endure this torturous sound (of a baby crying), when their next-door neighbour has a baby/child.

3. Etc.

And another torturous sound (which occurs within the home), which the child has to endure, is that of shouting. Ie, the child hears their parents shouting at each other, (or shouting at siblings), and this is damaging to the child, (and this damage can last for their entire lifetime).

Also parents do not seem to realise, that most children know, when both parents are being aggressive to each other, (even when they're doing it in a “hidden” or “calm” way, or in a passive-aggressive way).
-- Ie, this too, is torturous for the child.

Also, even if the parents are ok/fine/amicable together, the children can easily tell, when the parents/people are trapped in the relationship, and are having to regularly lie to each other (verbally and non-verbally), to hide their true emotions/feelings.

The point is, that all of this is very damaging to the child, but if the children had a soundproof room, then they have the freedom/choice/option, to move away from this suffering.

Ie, the key point is, that this torture/suffering is unnecessary, because a child should have a room, which is lightproof/soundproof/constant-temperature.
-- Ie, there is a solution, but parents just don't care.

Or, the parents deliberately don't want want their child to have such a room, because they know that the child will retreat to that room often, and parents (obviously) don’t want this, because parents had the child, because they wanted a personal-slave, so that they would get: attention, energy, entertainment, etc.

Indeed, this is why, even if the child did ask for such a room, they probably won't get provided with it.

And, if the child did ask for such a room, and then doesn't get provide with it, then this becomes another thing that scars/damages them, because the child has told the parents, that they are being tortured by these sounds, (and that there is a solution, (to soundproof the room)), and the fact that the parents are choosing to not do this, means that the parents are saying, that they think that it’s ok/acceptable, that the child suffers.

Note: It's important to see, that many parents do understand the importance of the child having their own room (which they can retreat to). Indeed, the thing that proves that they do know this, is that when they want to punish the child, one of the punishments, is to remove the child’s bedroom door.
-- Ie, by removing the bedroom door, there is no way for the child to properly escape from the other people/sounds in the house.
-- Ie, it’s a deliberate method of punishment/torture.

Of course, in most houses/apartments, even if the child does close their bedroom door, there is still the problem, that (due to the fact that their room is not soundproof), they’re still not able to properly escape from the other people/sounds in the house.
-- And therefore, the family home is a torturous environment.

And, the family home is also a prison, since the child has no real freedom/choice/option, to escape it.

Note:
All sounds (inside and outside the house), affect people a lot, and this causes people to be agitated, and this causes them to suffer, and this then causes suffering to others.
-- The key point here, is that this proves, just how little attention is paid to this issue.
-- Ie, the fact that most houses do not have rooms that are soundproof/lightproof/constant-temperature, just proves, that people do not understand how damaging this is.

And it really is damaging, in so many ways, and on so many levels.
-- I will give one example next.

One of the most common causes of accidents on the road, is from people having small lapses of concentration, often caused by being a bit tired.
-- I'm deliberately mentioning this, to make the point, that this is not just about having a room, in which you can get some peace and quiet.
-- Ie, it's not just for comfort/luxury.
-- Ie, when people are tired, they can (and do) literally cause physical/mental/emotional pain and suffering to people, (because many road accidents, do end with this result).

However, many road accidents are also caused, because people's attention was diverted (off the road), towards being angry at some other driver.
-- Ie, this is not just about sleep deprivation, but all forms of torture combined.

Ie, if a person endures a combination of all types of torture, then they'll be in a more agitated state, and this means that they'll get agitated with people more quickly.
-- And, in this case/example (of driving), if they focus their attention on another driver, they're more likely to cause an accident, (due to their focus not being on the road).

The key point is, that this issue affects everyone, (wherever they are), because most people are forced to interact with other people (directly and indirectly), and when most of the population is a bit tortured, (through sleep deprivation, agitation, etc), then people are inevitably going to get irritated (and angry, frustrated, etc), which will mean that all these interactions are going to be negative, (and therefore involve suffering).
-- And these people will then pass their suffering, onto other people.

Ie, this is how suffering spreads (at an exponential rate), until it has infected everyone.
-- However, after infecting everyone, it just keeps going.
-- Ie, this is why, the world is in a constant state of suffering.

Note:
On the subject of a soundproof/lightproof/constant-temperature room, it's obvious, that what would be better, is if this was applied to the whole house.
-- Because, if the whole house is soundproof/lightproof/constant-temperature, then you would not have to deal with unnecessary agitation from any external sounds/light/temperature, wherever you are (in the house).

And, what is even more ideal, is to have the this type of house, all to yourself.

The reason why I use the term “house”, is because it should be a detached house. The reason for this, is because if you live in an apartment building, you're then forced to interact with people. I do not mean that you have to be social with people, because you don't. What I mean, is that the practical issues about the apartment, will sometimes require dealing with other people, and companies, etc.
-- Also, the apartment will have many rules, and rules are just things that keep you less free. In addition to this, if the majority of the building want something, then they'll probably get it. And, the majority of people, are probably going to want changes/things, that you know will cause you more suffering.

Also, an apartment is infinitely harder to soundproof/lightproof, and keep at a constant temperature, because sound will travel through the walls (and floors, and ceilings), and also echo a lot.
-- And there's just too many rules/regulations, about what you can/can't do to the internal walls, and to the external walls, etc.

The point is, that no matter which way you come at it, living in apartment, is just something that causes people extra agitation, and less freedom.

And, living with people (even in your own house), is also something that just brings you less freedom. Indeed, it's absolutely impossible, for it to not do this.

Indeed, as soon as there is even one person living with you, freedom will be dramatically reduced, and there are problems with there being sounds (and smells, and other things) within the house, that you don’t want.
-- And, all of this gets exponentially worse, with every extra person that lives with you.

Indeed, it's no wonder, that people who live in a family home, will want to leave the house, just to get away from it.
-- And, they'll want to get away from it, for many reasons. Ie, they not only want to get away from the sounds, but also from the people that are starting to annoy them, (and many other things).

Indeed, this is exactly why people are encouraged to live in apartment buildings, and other such places, which force people together, (whether being forced to live as a family, or being forced to live with: friends, a partner, co-workers, etc).

Ie, if I was the owner of many companies, this is exactly what I would want, because I know, that if people are sharing their living space (with their family/friends/partners/etc), that those people, will then have to get away from their apartment building (and shared accommodation), even if it's just for a few hours, because otherwise, they'll go mad.
-- Ie, if they need to get away from their place of accommodation, then they'll have to go somewhere, and this is where I (the owner of companies), start making money.

Eg, to get to that “somewhere” (wherever they’re escaping to), they'll need transport. And, whether they use a car/bike/motorbike/bus/train/etc, is irrelevant, because all of these modes of transport, involve some money being given to these companies (of which I am the owner).

-- Moreover, if they have private transport (eg, a car), they'll need to spend a lot of money on this every year, (even if they aren't using it).

And, of course, if they need to spend money, this means that they need a job, and this will make them much easier to control/manipulate/use/enslave.

And, when they do get to their destination (which is the place that they're escaping to), they'll probably be spending money there.
-- Eg, if they need to get away from their house (for few hours of peace/escape/etc), then they might go to the shops/cafe/restaurant/gym/etc, and all of these cost money.
-- And even if they go to a friends house, they'll probably still take some food/snacks/drinks/gift/etc, (and this again, costs money).

The key point is, that:

A) I (the owner of companies), do not want people to have their own ideal/perfect house to live in.
   -- Indeed, if every person had their own detached house, where they lived by themselves, in a perfectly controllable environment (in terms of temperature, sound, light, etc), then they can make it the perfect/ideal environment (for themselves), and therefore, they'll obviously just want to stay there.
   -- Indeed, if you had a perfect environment at home, why would you leave it, to go to an environment elsewhere, which you know will not be exactly how you want it to be.

B) Parents/partners/friends/etc, do not want people to have their own ideal/perfect house to live in.
   -- Indeed, they do not want you to have perfect living conditions, because they know, that if you did have the perfect/ideal environment (exactly as you want it to be), that you'll want to stay at your home, and this will mean, that they'll not be able persuade you to leave your home, to come and see/meet them, (so that they can use you, for: attention, energy, entertainment, etc).

Therefore, what this all means, is that parents/partners/friends/companies/governments/etc, will always constantly brainwash/program people (from a young age), to believe that:

1. Living with friends, will make you happy.

2. Living with your partner, will make you happy.

3. Having a family, (and living with them), will make you happy.

4. Etc.

And it's important to remember, that brainwashing/programming people to believe these things, is extremely easy.

-- The easiest way to do this brainwashing/programming, is to show everyone adverts, (or movies, tv programs, etc), where people look happy, in these situations, (as described in points 1 to 3 (above)).

Of course, most people always believe, that they aren't brainwashed/programmed by these methods, however, they are (on some level), regardless of whether they know it, or not.
-- And, of course, the best brainwashing/programming, is the type where people don't think that they've been brainwashed/programmed.

Let's now take this all one step further.
-- If your detached house, is soundproof/lightproof/smellproof/constant-temperature, and you live alone in it, and it's also totally self-sufficient, and off-the-grid, (ie, you're not connected to the government's main supply/network of electricity, water, gas, etc), then this too, is not what the companies/government want.

For you, this is even more ideal, because you do not need to deal with people/companies, for your electricity and other utilities. However, companies and governments will never truly encourage this, because it means that they'll have even less control over you.

Indeed, it's obvious, that if you were the owner of the government/companies, you know that you need people to work at jobs, and therefore, you need to make sure, that they keep working at jobs, and the best way to do this, is to make sure that people are always needing money.
-- Ie, one way to do this, is to make sure that the main/key things that a person needs (water/electricity/etc), is controlled by you, so that you can keep increasing the cost of it, which will force them to keep needing to be a work-slave.

Of course, this is not the only issue.
-- The other issue that the government/companies will have, is that they know, that if a person has such an ideal house/environment, and they're totally self-sufficient (and off-the-grid), then they're going to be having very little interaction/contact with other people, and the more that this happens, the more they'll realise, just how much more free and peaceful life is (when they don't have to interact/communicate with people), and therefore, they'll have absolutely no interest, in wanting to have: relationships, friendships, a family, children, jobs, etc.

The reason why this is a problem, is because if a person does not do any of these things, this will mean that:

1. You will not be spending much money, which means that you'll not need to earn that much money, (or any money). Ie, you won't need to work much, or at all. And this is bad for them, because they need people to work (and they also need people to spend money), because otherwise their immoral system/society will collapse.

2. You are not surrounded by other people. This is a problem, because the most effective way to brainwash/program you, is to surround you with other people, because people are always trying to constantly brainwash/program each other, to encourage/persuade/coerce you to do the normal everyday activities/hobbies (of having: relationships, friendships, families, children, jobs, etc).

3. If you're not wanting to have a relationship, then you'll not have children, and this is bad for them, because they need children to be born, so that there are enough work-slaves. Ie, without work-slaves, their system/society will collapse.

4. Etc.

Also, if you have this ideal place to live, you'll naturally be detached from the outside word, and the more that this happens, the more you'll see how ridiculous the outside world is, and this will help you to deprogram yourself.
-- And, the more that you deprogram yourself, the more you'll naturally not want to inflict that outside world, on yourself anymore.

And, of course, if you deprogram yourself enough, then no one will be able to control/manipulate/use/enslave you, (whether as a personal-slave, or work-slave).

And what they also fear, is that:

1. If other people see you (being this free from people/society), then that might make them want to also be free from all people/society.

2. If you realise just how ridiculous/insane this world is, then you might just kill yourself, and what this means, is that you're not playing (maintaing/perpetuating) their game/system.
   -- This is bad for them, because if you're dead, they can't use/rape you, (in all ways, (eg: financially, as a work-slave, as a robot/puppet that brainwashes/programs other people to be obedient/compliant slaves, etc)).

Note:
It's important to realise, that a soundproof/lightproof/constant-temperature room, will (if you want), make it impossible for you to know what time/day/date it is, (and if it's daytime or night-time). And what this all means, is that you'll:

1. Become free from time.

2. Realise that time is such a superficial thing, (but people allow it to rule their lives).

3. Become free from the cycle of "day-night-day-night".

4. Realise that “day” and “night” is such a superficial thing, (but people allow it to rule their lives).

5. Realise that without knowing what date it is, it impossible for you to know how old you are. And therefore, you inherently become ageless.

6. Realise how these weapons/tactics/words (eg: time/day/date/age/daytime/nighttime/etc), are all used to keep you in a state of moving/doing/contraction/anxiety/etc.

7. Etc.

Of course, the more that you stay out of the madness/insanity/ridiculousness (of society and the outside world), the more you'll realise, just how deep the lies/brainwashing/programming goes.

Eg, if you’re in your home, and you’re living alone, and you can't hear any outside sounds (because it's soundproof), and you can't see the daylight (because it's lightproof), and it's a constant temperature, then you'll realise, that you have no way to keep track of time, (unless you choose to, (eg, by looking at a clock)).

Ie, if you hide all clocks, then you have absolutely no idea, of what time it is.
-- And, you’ll then not be able to know, when a day has passed.
-- And, after a short period of time, you'll have absolutely no way to know, what date it is.
-- And, then you won’t be be able to know, how old you are.
-- And, if you don’t know how old you are, you then become ageless.

Basically, you become totally free from all of those toxic methods of control/manipulation/misdirection (eg, time/day/date/age/daytime/nighttime/etc), which were all invented (out of thin air), purely for negative/malevolent purposes.

And, in the absence of all of this, you start to live naturally.

And, it's important to realise, that the deeper you go into this life/lifestyle/environment, (of natural living), the more free/peaceful/healthy/etc, you become.

And, every time that you do go out of your home, (into the society/world), it will be seen as more and more:

- Ridiculous/insane/foolish/stupid.

- Selfish/immoral/cruel/evil.

- Ugly/repulsive/toxic.

This will happen for many reasons, one of which, is that it's absolutely ridiculous/insane/foolish/stupid, that people are causing themselves so much pain/suffering (physically/mentally/emotionally), just because they arrogantly believe, that it's ok/acceptable, to not let their bodies sleep/rejuvenate fully.

Ie, just because everyone is living a life/lifestyle/environment/etc, where they do not let their bodies naturally/fully rejuvenate, this does not mean that it's acceptable/good/wise/etc, to do this.

Ie, people are just being irresponsible.
-- And, this irresponsible behaviour, will have a huge negative/toxic affect on themselves, and everyone else, (whether they realise it, or not).
-- Therefore, everyone who does this, is directly responsible, for causing suffering in the world.

And therefore, it's to be expected, that you'll be naturally repulsed by all of this, and you'll want to stay as far away from it as possible, (except for the times when people want to be helped, (in terms wanting to be truly deprogrammed).
-- And, if people/societies do not want this type of help, then it's obvious, that there's absolutely no point in staying in life/existence.

Note:
After you have lived naturally for a while, (where you only get out of bed, after being fully rejuvenated), you might (on one random day), be forced to get out of bed (before you're naturally ready to), and when this happens, you'll realise how getting out of bed (before you're fully ready to), is:

1. A very unnatural feeling.

2. A very unnatural thing to do.

3. Extremely damaging, to the health of your body/mind/spirit.
   -- And, because you're inherently affected (infected) in this way, you'll inherently affect (infect) others, too.

4. One of the key things, that makes you feel like you're living a life of prison/torture/slavery/rape.
   -- And, because you're inherently affected (infected) in this way, you'll inherently affect (infect) others, too.

5. Etc.

And, as a result of these realisations, you'll inevitably make many adjustments in your life, so that this issue (of needing to wake up at a specific time), is reduced/prevented/eliminated, and therefore, these adjustments will affect all aspects of your life, (which will inevitably include: relationships, friendships, family, children, jobs, etc).

And therefore, your partner/friends/family/companies/governments/etc, do not want this to happen to you.

The point is, that when you live in a natural way, where you are free from time, (and the routine of sleeping at a specific time of day/night, and sleeping for a specific amount of time), you will find it extremely annoying, if you ever need to be at a certain place, at a certain time.

This is because, you'll be living in a natural way, where when you're tired, you just go lie in your bed, and stay in bed, until you're totally/naturally ready to get out of bed. And since this time in bed can be any amount of time (eg, between 12 and 48 hours), and you find it extremely unnatural/annoying/wrong/forced/etc, if you have to get out of bed before you're naturally ready to, then this will make it impossible for you to know, when you can meet up with someone.

Ie, you wouldn't ever be able to make a prior arrangement (of when you can meet them), because you don't know when you're going to be awake.
-- Yes, you can just tell them, that you'll be able to give them a time (of when you can meet them), but you can only do this after you have woken up. However, if you're only awake for a 12 hour period of time, then this is not a lot of advanced notice (for most people/organisations/companies/etc). And, people will not like you doing this, because they will feel that they should be more important (to you), than your sleep.

The point is, that the more you live like this, the more you'll not like to have any set/fixed times, (whether for meeting up, or appointments, or whatever else).
-- Indeed, this is to be expected, because after you have a taste of freedom, (and what it feels like to be fully rejuvenated), you simply have no desire to go back to a lifestyle which is less free, (and makes you feel like you're living a life of sleep-deprivation and agitation, (which is torture, (and therefore also prison, slavery, and rape)).

The point is, that it's absolutely impossible, for this to not impact all other aspects of your life.
-- Eg, since you hate having fixed times, this will make it difficult (or impossible) for you to have: relationships, friends, family, children, jobs, etc.

And, the more free you become, the less you'll have in common, with people who are in a lifestyle of: relationships, friends, family, children, jobs, etc.

Ie, there will be an ever-increasing gap, where you're on a totally different wavelength to them.
-- And therefore, when this gap gets to a certain size, all the normal things in life (eg: relationships, friends, family, children, jobs, etc), will be just seem foolish/ridiculous/insane/etc, (because why would anyone want to trap themselves, in a life of prison/torture/slavery/rape, especially when you can just choose, to not do any of it).

Note:

Earlier on, I talked about living alone. One key thing that needs to be realised, is that there are many reasons, why a person who is more selfless, will need to live alone, (as compared to a selfish person).
-- And, again, this is about “need”, not “want”.
-- Ie, living alone, might not be a need, for a selfish person, however, it is a need, for a person who is more selfless.
-- And it is a need, because if they don't live alone, it can be very damaging to them.

Some of these reasons, are as follows.

A person who is more selfless, is going to be very considerate (towards the other people that they're living with), and therefore, they'll make sure, that they do not accidentally disturb (or cause suffering to) the other person/people.
-- Meanwhile, selfish people do not have this problem. Indeed, selfish people will not even recognise, when they're causing suffering to others.

And what this means, is that if the person who is more selfless, has selfish people living with them, then the selfish people will probably do many things that will be inconsiderate. And, the selfish people will not think that they're being inconsiderate, or, even if they do recognise that they’re causing suffering (to the other housemate), they'll just think that it's acceptable, because they believe that:

a) “Suffering is just a part of life.”
b) “Suffering is acceptable and necessary.”
c) Etc.

Also, when a person who is more selfless, is interacting with other people, they will hear/see/feel the unpleasantness of the desires (both in them, and the other people).
-- Meanwhile, selfish people do not have this problem.

And, a person who is more selfless, will have a mind, that is much more quieter/silent, and therefore, they'll want the house to be silent. Whereas, a person who is selfish, has their mind constantly focussed on planning/scheming (to fulfil their desires), and this means that they're not so sensitive to environmental sounds/smells/etc.

Indeed, a person who is more selfless, will have more sensitive senses, and therefore, they'll need the environment set-up (and maintained) differently to the other people (that they are living with).
-- Eg, they might need the place to be lightproof, but the other people might want light to come into the house. Also, they might want the house to be silent, (whereas the other person wants to constantly make their presence known).

Side note: If a person lives alone, it allows for many things to be done differently.
-- Eg, the sensor that regulates the temperature of a room, usually regulates it, by sensing the temperature of the room. However, if you live alone, you can regulate the temperature of the room, by it sensing the temperature of your body.

Of course, all these issue are compounded, when the more selfless person is a child, and the selfish person is the parent.

Eg, the parents will deliberately want to make sure, that the child lives with them, and/or other siblings/family/people/etc), because the parents feel that:

1. This will force the child to have to interact with other people, (which will hopefully make them more like everyone else).

2. If the child is allowed to live alone, then that child will slowly stop communicating with everyone (including the family).
   -- Indeed, this is one of the biggest fears of parents.

3. The child is just being fussy, and so the child needs to be taught a lesson, and should suffer hard times, like everyone else.

4. Etc.

Of course, all of the above, does not just apply to the desire (of the more selfless person) to live alone, but it also applies to them wanting to live in a house that is soundproof/lightproof/constant-temperature. And similarly, the parents will have a whole list of similar reasons, of why to not let the child have such a house, (and distance themselves from everyone/everything in this world).

The point is, that even if the parents do theoretically understand, the child's desire to live alone, (in a house that is soundproof/lightproof/smellproof/constant-temperature), the parents will try to force the child to fit their desires.

And the result is, that the child is forced to live in an environment, that agitates/tortures them (via: people, sound, light, temperature, rules, etc), and the inevitable result, is that the child will get agitated, (because if you put anyone in an environment that agitates, they will inevitably get agitated).

Therefore, it's only a matter of time, before that child just can't take the torture any more, and therefore the only option left, is to leave life/existence.

Note:
The point of explaining all of the above information, is to emphasise the fact, that when I say that people are not being given the most fundamental of freedoms/rights (to be able to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way), this is actually happening, at many different levels, eg:.

1. The freedom to move away from suffering, that is occurring, in life.
   -- Eg, you are suffering, due to having to live with parents/family/siblings/friends/people/co-workers/etc, (and/or in accommodation that is torturous, etc), and there is no way to move away

from this suffering, in an instant/painless/effortless/guaranteed/permanent way.

2. The freedom to move away from suffering, that is occurring, due to life itself.
   -- Ie, you know that life is suffering, and there's no freedom/choice/option, of a way to leave life, in an instant/painless/effortless/guaranteed/permanent way.

The key point is, that since most people do not have the ability to do points 1 or 2, (or other similar ones), what this means, is that their life is literally prison/torture/slavery/rape.

And, what this also means, is that anyone that wants to sustain/perpetuate this type of society, is selfish/immoral/cruel/evil.

Note:
From all of this information (about sleep), it's clear, that sleep rejuvenates/recharges you. Indeed, this is so obvious, that you don't need to hear this information, to know this.
-- However, what people seem to miss, is that if sleep recharges you, (and at the end of every day, you're so tired/drained, that you have to go and lie down), then what this must mean, is that life must be the thing, that is draining you.

Ie, it's obvious that:

- Sleep (non-existence), rejuvenates/recharges you.

And,

- Life (existence), drains you.

The point is, that since this is true, then why would anyone want to put themselves through something, that is draining (toxic).
-- Ie, why not just stay, in that thing, that is charging/rejuvenating you.
-- Ie, it just makes more sense, to stay in non-existence.

And, what makes more sense than staying in non-existence, is being as non-existence.

Note: What this all shows, is that being as non-existence, is the solution, regardless of what aspect of life, (or level of life), you analyse.

Let’s now come at this, from a slightly different angle.

One way to see things, is to see that selfishness is an entity (in itself).
-- This shouldn't be hard to do, because to be alive (in physical existence), means that you will inevitably need to use someone/something, just to stay alive.
-- Ie, to survive, you need to be selfish.

-- Ie, to exist, you need to be selfish.
-- Ie, all of existence, is selfish.
-- Ie, the entity called “existence”, is the one-same-thing, as the entity called “selfishness”.
-- Ie, “existence is selfishness”, and “selfishness is existence”.
-- Therefore, the only way to be truly not-selfish, and free from all selfishness/ugliness, is to be non-existence.

And, since existence is an entity in itself, it's inevitable that (at some point), this entity will be tired/exhausted/repulsed, by it's own selfishness/immorality/cruelty/etc, and therefore, it will naturally try to end it's own existence.

And, whether this selfishness/immorality/cruelty/etc, is caused by itself, or by something other than itself (eg, it's creator), is irrelevant, because the end result, is always the same, (because the tiredness/exhaustion/repulsion, will naturally propel itself, to end itself).

Note:
It's important to see, how life is full of options/choices, however, none of those choices are good.

And, it's also important to see, that this is one of the ways that a con-artist/parent/partner/person/company/government/etc, will try to get you to do something (that will benefit them).
-- Ie, the tactic is to make you believe, that you have good choices/options, and that you have to make a choice (out of the choices that they have given you).

A perfect example of this, is how almost all children are repetitively asked: “What do you want to be when you grow up?”

Ie, the parents are constantly brainwashing/programming children, (from a very early age), to believe that a job must be chosen.

Ie, it's just a simple way, to make sure that when their child grows into an adult, that the parents can still enjoy/use their personal-slave/pet, with the added advantage, that they do not have to put any more money into maintaining their slave/pet.

The key point is, that there are many choices that have to be made in everyday life, and people often forget, that when faced with a choice, they have the option to do none of them.

Eg, you might feel that sex/lovemaking with your partner, involves too many games/dishonesty/risks/hassles/energy-draining/etc, (which happen before, during, and after the sex/lovemaking), and therefore, you might question whether having sex with a sex-worker (sex-prostitute), is a better (more open/honest) option/experience.
-- However, it’s obvious that both options are bad, because:

1. Both are unpleasant, due to both involving too many games, (especially with a partner, due it also involving long-term games).

2. They both have the risk of long-term prison/torture/slavery/rape.

3. Etc.

There is no dispute, that deep slow intimate lovemaking (whilst looking into each other's eyes) is something that can be amazing and genuine, however, even if it is, it will come with a lot of other headaches/issues/problems/risks/energy-draining/etc, (as mentioned earlier in this conclusion).
-- And therefore, when you do a pros-cons analysis of it all, lovemaking/sex/etc, is just scraps of pleasure/happiness/love/peace, with ridiculously high risks of long-term prison/torture/slavery/rape, (whether: emotionally, mentally, financially, physically, spiritually, etc).

Note:
It's important to see, that when options are ruled out, new options can appear.

Eg, in this case/example (of lovemaking), you could (by yourself), go into a subconscious state, and imagine the perfect/ultimate sexual experience. Indeed, this experience is perhaps more real (than the stuff in the physical realm).
-- The point is, that until the old systems/beliefs are are discarded, you can't see/recognise that other better options exist.

However, it's perhaps more important to see, what happens when you can be free from all these types of choices/desires.
-- Ie, just see how free you feel, when you do not feel pulled by any of these desires.

Indeed, all options/desires, are just bait/hooks/traps, and all are bad/detrimental/unpleasant, (because whichever you choose, you will suffer).

Note:
A similar trick/tactic that con-artists/parents/partners/people do, is to use comparison.
-- Eg, if you're suffering, they'll just say that other people have it worse, or that they themselves had is worse.
-- Or, they might even give an example, of people who can't feel pain, and try to make you believe that that is worse.

The point is, that what they're doing, is really bad, because you're having a direct experience of suffering, and they're trying to gaslight/brainwash you, so that you become a person who then just accepts suffering (prison/torture/slavery/rape).

Worse still, is that because they keep doing this to everyone, it's then only a matter of time, before each of those people, turn into the type of people who tell/gaslight/brainwash others, to believe that suffering is good/necessary/important/etc.

And, of course, if people do this, then suffering will inevitably continue to exist.

The only way for suffering to be eliminated, is if people realise, that any amount of suffering (no matter how small), is unnecessary, and unacceptable.
-- Because, only with this realisation, will a natural change happen.

Therefore, these con-artists/parents/partners/people, are the ones who are responsible for creating (and perpetuating) suffering in the world.

And these people will need to keep saying that suffering must be accepted, because to say anything else, would mean that:

1. They can't then project the image, that they're a better/stronger person, because they've endured more suffering.

2. They can't label themselves, as being a successful person, due to them being a “survivor” (of whatever thing).

3. They risk losing their personal-slaves, (children/family/friends).

4. Etc.

Ie, this just demonstrates, how everyone’s selfish actions, create and perpetuate suffering in the world, and prevent any chance of suffering being reduced, (let alone eliminated).

Note:
An additional tactic that con-artists/parents/partners/people do, is to add on top of this, an element of pressure, (eg, a time deadline).
-- Indeed, this yet another big warning sign, (that the conversation/situation that they're having with you, is all for their benefit, and that you’ll probably suffer).
-- The reason why people like to put their victims under the pressure of a time deadline, is because it doesn't give them time to step-back, (and see that whatever option you choose, you’re going to end up suffering).

Indeed, parents often do this to their children, in many different ways.
-- Eg, whilst telling their child that they have to get a job, parents will often add extra pieces of information, eg: that the child must hurry (and choose a career), because if they wait too long, companies will not want to employ them, and then they will find it difficult to get a mortgage, and then no one will want to have a relationship with them, etc.
-- Of course, it's irrelevant which job/career/mortgage/relationship you get, because it's all prison/torture/slavery/rape.

Ie, it’s all misdirection.

Indeed, misdirection is one of the most powerful weapons/tactics, regardless of what aspect of life, (or level of life).

Eg, there are some people/groups, who try to get people to: “Fight against the

government/system/machine". Of course, all they're really doing, is misdirecting people away from freedom, and towards more slavery.
-- This is because, the people/groups that are causing all the suffering, are not the government/system/machine, but parents.
-- This is true, because no matter what system is used to run a country, suffering will always exist, if parents exist.

Ie, the only way to eliminate this life of prison/torture/slavery/rape, is to see the fact, that all suffering is caused, due to the selfish desire of people to have (and use) babies/children, as personal-slaves, (and/or work-slaves).

This is so obvious, because as soon a person is alive, that person will definitely feel pain/suffering/discomfort (which will be torturous), unless they do certain things, (which reduces and prevents, that pain/suffering/discomfort from occurring).
-- However, doing those things (to reduce and prevent, pain/suffering/discomfort from occurring), has to be constantly done, and this means that your life becomes a life of prison/torture/slavery/rape.

Ie, as soon as you're alive, you're basically like a slave, being whipped, (unless you do certain things).

Ie, as soon as you're alive, no matter what you do, you're going to suffer.

Ie, life is cruel/evil, but is totally avoidable, unless some selfish people decide to bring a baby/child into existence.

Therefore, saying that parents are responsible for all the suffering in the world, is totally justifiable.
-- As is labelling parents, the most cruel/evil people in the world.

And therefore, any person/group that tries to misdirect people away from this fact, is also responsible for causing/perpetuating this long-term suffering, and therefore, they also have to share the blame, and therefore, also accept the label of cruel/evil.

Note:
On this subject, it's worth emphasising, that if everyone has to constantly do many things (throughout their entire life), just to reduce and prevent, pain/suffering/discomfort from occurring, then this makes any discussion about choice/freewill/etc, just something that is superficial/misdirection/brainwashing/gaslighting/etc, because:

1. It stops people looking at the more important deeper subjects, (eg, of suffering).

2. It stops people realising, that it's irrelevant if life is freewill (or predetermined, or whatever else), because all that matters, is that people realise that suffering/life is totally unacceptable (and unnecessary).

Indeed, people need to realise, that even if a person does have freewill, if that person can't leave existence, in an instant/painless/effortless/guaranteed/permanent way, then (by definition):

1. Life/existence is still prison/torture/slavery/rape.

2. Life/existence is still non-consensual, (and therefore rape).

And therefore, that even if there is freewill, it's worthless, because it's just freewill within a life of prison/torture/slavery/rape.

Ie, a key thing to realise, is that the invention/spreading of terms like "choice"/"freewill"/etc, is just a simple way to enslave people, and then keep them enslaved.

And, it's so clever, that people then end up keeping themselves enslaved.

Note:
Although I say that this whole thing (called life/existence) is insanity, it's important to see, that the more you analyse it all, the more insane it will all keep getting.

Indeed, earlier on, I said that it's just pure insanity, that all the suffering in the world exists, just because some people selfishly want to have a babies/children/slaves. The point is, that the insanity doesn't just stop there.

Yes, the insanity might start from that point, but after starting, it just keeps going.
-- Eg, when you step back and observe life, you see that not only is life prison/torture/slavery/rape, but you need to pay for the privilege, of staying in it, (whether you pay by time/energy/labour/money/emotions/bartering/exchange/alternative currency/etc).
-- Ie, it's the biggest/cruelest scam ever.

However, the insanity then continues, because instead of analysing/exposing this scam, people are trying to be better at it (than others).
-- Ie, people are trying to be successful at it.
-- Ie, this is insanity, because:

> All people are doing, is showing/proving/demonstrating, that they're successful at keeping themselves in a life of prison/torture/slavery/rape.

Indeed, when it's said like this, words like insanity and stupidity, just don't cut it.

Of course, these words will never cut it, because these words (eg, insanity, stupidity, etc) are just sugar-coating the truth. Ie, these words are just hiding what's underneath them, which is that people are selfish/immoral/cruel/evil.

Indeed, this is obvious, because all people do, is constantly try to hide the truth, (and when people hide the truth, the only result, is that this causes everyone to suffer).

The way that people are constantly hiding the truth, is by brainwashing/programming/conditioning/lying/misdirecting/etc.

An example of this, is that most parents/people have been brainwashing/programming everyone to believe, that “family” is a thing, that is important/special/precious/etc.
-- And this brainwashing/programming has been going on for so long now, that most people just believe that this is fact.

And due to this, most people find it impossible to hear information, which tries to expose the fact, that:

1. “Family” is nothing more than a person's selfish desire, to play the activity/hobby/game, of “family”/“house”/etc.

2. Parents will do whatever it takes, to fulfil this desire, despite the fact that this means, that they have to non-consensually force many people to do all sorts of things.
   -- Ie, this selfish desire (to play “family”/“house”), can only be done, by (non-consensually) forcing, many other people to play the other roles.

Moreover, parents will want all the other players, to play their roles, exactly as they want the roles to be played.
-- Ie, the people are not only forced (non-consensually) into the roles, but they're also constantly forced to be exactly as the parents want them to be.

Indeed, this is to be expected, because if a person has a selfish desire to play the hobby/story of “family”, then they're inevitably going to have a constant desire, to make this story go, as they wish it to go.
-- Ie, they'll always try to exert their will, onto everyone else.

Indeed, by starting the brainwashing/programming as soon as the baby is born, the child does not stand a chance. However, this is compounded, by the fact that the parents keep constantly repeating this brainwashing/programming, and they also do all kinds of other things, which means that the children never have enough time, to stop, and realise that:

1. They've been forced to do so many things, in the the name of: “This is what a family does”. (Where the word “family”, is said with the sub-text, that it is a good/positive thing.)

   Ie, the parents are always constantly trying to use the baby/child, as a prop in their game/hobby/activity/story of “family”. And, this carries on throughout the entire lifetime of the child.

   Note: It must be emphasised, that when I say that the child is a “prop”, I do

not mean that the parents occasionally use the child (in some social situation/conversation, for some personal gain/benefit). What I mean, is that the child is a prop, 24/7.

2. “Family”, is nothing but a game/hobby/activity created by them, for their own selfish desire/benefit.

3. The parents have to continually brainwash/program the child, to believe that: “family” is a real thing, and very important, and good, etc. And, this carries on throughout the entire lifetime of the child.
   -- Note: The key words here, was “have to”, because if lies/illusions/delusions aren’t constantly maintained, then they collapse.

4. Most of the people in the “family”, are there by force. This is definitely true for the baby/child. And, the people who forced/created this situation (by having a baby/child), are the parents.

5. Parents will never admit how violent/scarring/damaging/toxic/cruel/evil/etc, this game/hobby of “family” is, because if they recognised/admitted it, they would have to see that they were the cause of all their child's suffering (throughout it’s entire lifetime).

6. All the members of a “family”, were total strangers (at the start), and therefore, there is no fundamental solid basis of reality, to the “family”.
   -- Ie, “family” is just a label, which is repeatedly brainwashed to be a real/solid/important thing, but all it is, is parents choosing to play the activity/hobby of “house”/“family”, and the children are brainwashed/forced (non-consensually) to believe that they are property of the “parents”, and they have “brothers”, “sisters”, “grandparents”, and all types of extended family.

Indeed, when you look at it clearly, you see that “family”, is nothing but a bunch of strangers, who want (or are non-consensually forced), to have certain labels, (eg: “parents”, “children”, “siblings”, “grandparents”, etc).

And, as a result of these labels, they are non-consensually forced to live with these strangers, and interact with them, etc.

This can be explained in more detail, as follows:

1. The children are forced (non-consensually) to have parents, (let alone choose which parents to have).
   -- And, the children are just forced to live with these strangers (who claim to be their “parents”).

2. The parents are choosing to have their children (who are strangers), live with them.
   -- Note: The baby/children are strangers, because the parents are unable to know in advance, what their future children will be like. Indeed, they can't know what the baby/child will look like, or what personality they'll have, (especially since this will keep changing over the years/decades).

3. The child might have a brother/sister (total stranger), which they will be non-consensually forced to interact with.
   -- And they might even be forced to share a bedroom, with this total stranger.

   Note: The amount of damage/scarring that is caused by having more than one child, is huge. And with every extra child, it keeps getting exponentially worse.
   -- And this damage/scarring, will last for their entire lifetime, because it all occurs at a young age. Ie, the problem is, that babies/children are forced to do so many things (which they don't want to do), and at that age, they're too young to fight back (or walk away from the house/situation), and therefore, they just have to repress it all.

4. The child will be forced (non-consensually), to interact with the other strangers (who call themselves "grandparents").
   -- And then there are all the: aunts, uncles, nephews, nieces, etc. And, also the friends of the family. All strangers, but the child will be forced to interact with them.
   -- And, each time a child is forced to do something, they will suffer, and (as mentioned above), that suffering will cause permanent scarring/damage (to varying degrees).

5. The parents might split up, and then have new partners (more strangers), and these new partners have their own "family" (bunch of strangers), which the child will be forced (non-consensually) to interact with, or even live with.

6. When older, the parents can't choose what partner/relationship their child will have (and live with), and this total stranger might then become part of the "family".

7. The child might have their own children, and so then the number of strangers in the "family" just keeps increasing, and therefore, the amount of forced interactions keeps increasing, and therefore, the amount of suffering just keeps increasing.

The key point is, that most people (as adults), know that:

A) They won't get on with most people. Indeed, most people choose their friends carefully, (and they choose their partners even more carefully).

B) Just because they have two best friends, that does not mean that those two friends, will get along.

C) When they (themselves), are forced to interact with people (who they don't want to interact with), then they (themselves) suffer.

Ie, since the parents know about points A, B, and C, what this proves, is that the parents don't care, that their child is forced to suffer (every time that they force the child to interact with these other family members/friends/etc).

Of course, when it's seen like this, it's obvious that all children are going to be scarred/damaged, by most of their childhood.

And, the key point is, that:

> All of that scarring/damage, is totally unnecessary, because it was all only caused, because the parents had/have a selfish desire, to play: “family”/“house”/etc.

And, most people will never admit that this is true, because most people are the ones, who are trying to brainwash/program everyone to believe, that family/children/relationships/friendships/etc, are all very important/special/precious/loving/etc.

And, of course, the children aren't just forced to interact with family (and extended family, and friends of the family, etc), but also teachers.

Ie, most children are forced to go to school, and at school they're forced to have to deal with so much violence/scarring, that is caused by teachers.

The point is, that all “teachers”, are just normal people, and therefore, they too have the normal selfish/immoral behaviours (like everyone else), which means that they'll try to do everything, in the usual human way, (of controlling/manipulating/brainwashing/programming/enslaving/conditioning/etc). And, all of these things, cause damage/scarring/etc.

Indeed, since a person/teacher uses these weapons/tactics (of controlling/manipulating/brainwashing/programming/enslaving/conditioning/etc), in their own personal-life, then it's only to be expected, that they will do this in every aspect of their life, and therefore, they’ll also do this to the children (that they are teaching).

And it's important to see, that the same is true for parents.
-- Ie, since a parent, uses these weapons/tactics (of controlling/manipulating/brainwashing/programming/enslaving/conditioning/etc), in their own personal-life (of relationships, friendships, etc), then it's only to be expected, that they will do this to their children.

Note: At the beginning, some parents/teachers might not want to use these weapons/tactics, however, it's never long, before they realise how hard it is to deal with babies/children, and at that point, they'll resort to using any weapons/tactics, just to be able to cope with each situation/battle/war.
-- And, there will be many situations/battles/wars, every day.

And therefore, the child will be inflicted with many traumas, every day.

Note:
Many children know a lot of this, because they can see that these “teachers” (and “parents”), are nothing but stupid/selfish/immoral “adults”.

Also, most children can see how bad school is (for all children).
-- Ie, the children know, that most of the children at school, are suffering due to some reason.
-- Usually, that suffering is due to:

1. The teachers, being selfish/immoral/cruel, to the children.

2. The children/students, being selfish/immoral/cruel, to each other.

3. The school system, being selfish/immoral/cruel, to everyone.

4. The parents, being selfish/immoral/cruel to the children, (by forcing the children to get out of bed, and then forcing them to go to school, and then forcing them to go to bed at night, and perhaps forcing them to do well at school (even if it's in subtle ways), etc).

5. Etc.

And it should never be underestimated, just how violent/scarring/damaging this all is, to each child.
-- And this is true, because all of this will be stored in them (consciously/subconsciously/unconsciously), and this is what will determine their behaviour/actions/etc, (throughout their entire life).

And it's also important to see, that all of the above, happens from the youngest ages, eg, at:

- Kindergarten.
- Pre-school.
- Play-school.
- Nursery-school.
- Primary school.

And it all keeps going, all the way up to the older ages, (during: secondary school, high school, college, university, etc).

And, the deeper you examine all of this, the worse it all keeps getting.
-- And this is why it can't be overstated, just how badly most children will be damaged/scarred/traumatised/etc, by all of this.

However, most people will never recognise/expose/admit all of this, because the implications of it all, is too much for them to handle.

However, no matter how much people try to hide it, it's obvious that this is all true, because all you need to do, is to:

1. See how selfish/immoral/cruel 99.9% of the population are.

And,

2. See how much suffering exists in the world.

However, despite how obvious it is, parents/people continue to try to cover the truth, by brainwashing/programming everyone to believe, all sorts of lies.

Of course, no positive change can ever happen, until all of these lies/delusions/brainwashing/programming are exposed, and admitted.
-- There are too many examples to list, but here are a few things, that parents/people try to brainwash/program people with.

1. "We'd do anything for our kids".
   -- This is not true, since most parents force their child to go into slavery, (getting a job). Ie, most parents won't even look after their child's financial needs (for their entire life), let alone anything more serious.

   I say "let alone anything more serious", because if a child asked their parents, to help them leave life/existence (in an instant/painless/effortless/guaranteed/permanent way), then most parents would not help their child with this.
   -- Moreover, most parents would do all that they could, to make sure that their child can't do this.

2. "Parents are selfless."
   -- If parents were selfless, they would not have had a baby/child.

3. "We love our children very much".
   -- All this means, is that the parents are very attached to their possession, (the child).
   --And, "attachment", is the opposite of love.

4. "The thought of losing a child, is unbearable".
   -- Yes, it would be unbearable, for them (the parents). Ie, the parents are just selfishly thinking of themselves.
   -- Basically, the parents don't want to lose one of their valuable possessions, especially one which they've spent so much time/effort/money/energy on.

5. “We always think about our children”.
   -- This might be true, but the parents are thinking about what direction they want their desire/activity/hobby (of having children/family) to go in. Ie, they're thinking about their children, for their own selfish reasons, and as part of their own selfish desire.

6. “But think of the children”.
   -- Yes, parents are concerned about children's welfare, (and about making sure that the children stay alive, and in a useable state), but this is only for the parent's selfish benefit.
   -- Indeed, what proves that it is only pure selfishness, is that if the parents really did “think of the children”, then they would have thought about the fact, that all children suffer regularly throughout their entire lifetime, and therefore, the parents would not have had the babies/children.

7. Etc.

Note:
The information that has just been discussed, is important, because it's linked to the word “love”, and many people cause a lot of suffering (to themselves and others), in their attempt to get “love”.
-- Therefore, I'll now examine this issue.

Most people constantly brainwash/program each other about “love” (and its definition), and this is responsible for causing a massive amount of suffering in the world.
-- And there are so many ways to do this, (eg: directly, indirectly, subtly, slyly, etc).
-- Eg, people often say things like: “Parents love their children”, “I love my partner”, “Families are all about love”, etc).
-- Indeed, these types of sentences, spread suffering in many different ways.

Eg, the sentence about families, spreads the belief/lies that:

1. Love can be had, by having children, and a family.
   -- Ie, they're brainwashing/programming people to believe, that love will be had, when you have children, and a family.

2. Love comes from the type of relationship, that exists between parents and children.
   -- Ie, they're incorrectly defining what “love” is.

3. Etc.

Ie, by brainwashing/programming people, with these beliefs/lies about “love”, everyone ends up believing that:

A) If you spend a lot of time/effort/money/energy in someone, then that means that you love them.

B) If you can't bear the thought of losing them, then that means that you love them.

C) Etc.

Of course, these beliefs (A and B), are not true, because a perpetrator that kidnaps a random person, and then locks them in a basement, and then rapes and tortures them on a daily basis, is a perpetrator that has spent a lot of time/effort/money/energy, in:

1. Making sure that their victim (personal-slave), doesn't (and/or can't) escape/leave them.
   -- Ie, they're spending a lot of time/effort/money/energy, in imprisoning their victim (personal-slave).

2. Making sure that their victim (personal-slave), does what is wanted of them.
   -- Ie, they're spending a lot of time/effort/money/energy, enslaving their victim (personal-slave).

3. Using the victim (personal-slave), to fulfil their desires.
   -- Ie, they're spending a lot of time/effort/money/energy, in raping their victim (personal-slave).

4. Doing things to their victim (personal-slave), to give them the feeling of power/control/etc.
   -- Ie, they're spending a lot of time/effort/money/energy, in torturing their victim (personal-slave).

And after putting in all this time/effort/money/energy, the perpetrator can't bear the thought of losing their victim (personal-slave).

Ie, all these things (that I've just mentioned), are about all kinds of things, but it's not about love.
-- Ie, these things might be about desire, (or control, power, possessing, fear, revenge, etc), but it's definitely nothing to do with love.

Moreover, it's actually the opposite of love, and this is obvious, because points 1 to 4 (above), clearly show that it's actually about prison/torture/slavery/rape.

Indeed, there are many ways to prove, that this thing called "love" (which people talk about in relationships/friendships/family/etc), is prison/torture/slavery/rape.

And, if you listen to people talk about how they love their children/partners/family/etc, and about how the relationships are going, then it's very clear, that it sounds very much like a

trauma-bond, caused by prison/torture/slavery/rape.

Indeed, it's easy to prove that everyone “settles” (in their choice of partner), and this means that the bond cannot be made of true love, (since “settling” and true love, are opposites).
-- And, if the bond is not made of love, then it means that the bond is made from fear/trauma/etc.

Moreover, everyone “settles” in all aspects of their life, and therefore, all of their life is made up of bonds of trauma/fear/etc.

This might sound extreme, but it's true, and this shown by the fact that there is so much suffering in the world.

Yes, all of the above information might sound harsh to people, but it either gets exposed (which reduces suffering in the world), or the suffering gets perpetuated, and increased.

Note:
When examining this thing called “love”, it should be remembered, that the times when people feel love, is during those moments, when their selfish desires are fulfilled.
-- Ie, all of life, is suddenly going exactly how they want it to go, and this produces a cessation of desire/controlling/manipulating/etc, in them, which produces the feeling of rest/home/safety/love.

Ie, that love is only produced, due to them selfishly getting life/people/situations, to be how they want it to be.
-- Therefore, love is a selfish thing.
-- Of course, this is to be expected, since “love” is something that exists in existence, and nothing in existence can be the true “It”/“Home”/“That”, because the true “It”/“Home”/“That”, is non-existence.

Note:
What most people fail to see, is that love is a malevolent/cruel/evil trap, designed to keep you enslaved, in this life of prison/torture/slavery/rape.

Indeed, it must be remembered that:

> Just because love is a powerful emotion, and it feels amazing, that doesn’t mean that it's a good/benevolent thing.

The point is, that if you put yourself in the position of a slave-driver, the best way to make the slave keep working hard, is to give them a small dose of something very powerful and

addictive, but limited (over the course of their entire lifetime).

Indeed, if you look at the world, you see people constantly doing things to get love.

And it's important to see, that:

> This proves, that love is malevolent/cruel, because if it was benevolent, then people would have it (and not need to get it).

And, if people had it, then the world would not be full of so much suffering.

Moreover, even if you don't seek for love in relationships/children/families/friends/etc, you still can't "stop" in life, because you need to constantly do many things, to prevent pain/suffering in the body.
-- Ie, you're forced to keep desiring things, (to prevent pain/suffering), and therefore you can't cease all desires, which means that you can't get love in that way.

Ie, the information above, proves that:

1. Love is a malevolent/cruel/evil trap, to keep you enslaved in this life of prison/torture/slavery/rape.

2. The only true thing worth desiring, is "That" (which is beyond freedom/peace/love/bliss).

It might sound harsh/extreme to talk about love in this way, however, this is to be expected, because the one true thing, (the true "It"/"Home"/"That"), that all people are truly searching for:

A) Is not a feeling/sensation/experience/etc.
   -- Indeed, "That", is beyond feeling/sensation/experience/etc.
   -- Ie, love is felt, and therefore, love cannot be "That".
   -- And, whatever is not "That", is going to cause suffering.

B) Is not something that "comes and goes".
   -- Ie, since love is something that "comes and goes", this means that love cannot be "That".
   -- And, whatever is not "That", is going to cause suffering.

Note:
Just as love can trap you, so can other things, (eg, "waking-up").
-- Indeed, many people use the term "waking-up", to mean that a person is waking-up to

the lies that they've been brainwashed/programmed to believe, however, in most cases, people want to say/think/believe that they're waking-up, but they're not really waking-up at all, because as soon as they see through one lie, they quickly latch onto a new lie/belief/delusion.

Ie, nothing is really happening, because they've just swapped their old beliefs (which kept them in prison/torture/slavery/rape), for a set of new beliefs (which keeps them in a different type of prison/torture/slavery/rape).

Moreover, because they think that they've woken-up, this makes them blind to their new prison (life of prison/torture/slavery/rape).

This is true, because if they knew that they were still in a prison, they would not claim that they have woken-up.

And, of course, when they then go and tell others, that they've woken-up, this will cause suffering, because other people will then be brainwashed/programmed by them, and then they all end up in that same prison (life of prison/torture/slavery/rape).

Note: All people that have beliefs, have to cling to their beliefs, and this causes them (and others) suffering.
-- This is true, because:

1. The only way to have a belief, is to keep clinging to it, (by keeping it constantly alive), which is done by constantly repeating it (to yourself, or to anyone that will listen to you), because this is how it becomes real, and stays real.

2. To do point 1, you have to focus on that belief, and this makes you blind to everything that you're not focused on. And, when you're blind, you don’t see what is causing you suffering, and therefore you suffer.

Note:
It's important to realise, that most people have beliefs/ideas, even though they don't even understand the implications of those beliefs/ideas.

And what this proves, is that these people are full of lies/deceit, and that they will cause themselves (and others) suffering.

Perhaps the best way to see this, is via some examples.

1. Spiritual people.
   -- Many people believe that “Your body is just a vessel, and you are the eternal soul”, however, these same people will also believe, that suicide is unacceptable.
   -- Of course, this is ridiculous, because if a person believes this

phrase/idea/belief, then suicide is perfectly ok, (because the suicidal person is killing the vessel, not themselves (the eternal soul).

Indeed, the same is true, for most of these types of spiritual beliefs, and most spiritual people.

2. Truthers.
   -- Some people believe that “Life/earth is a hologram”, however, these same people will also believe, that suicide is unacceptable.
   -- Of course, this is ridiculous, because if a person believes this phrase/idea/belief, then suicide is perfectly ok, (because the suicidal person isn't real, since they're just a hologram).

   Indeed, the same is true for most of these types of truther beliefs, and most truthers.

3. Successful people/parents.
   -- Many people believe that “life is survival of the fittest”, however, these same people will also believe, that suicide is unacceptable.
   -- Of course, this is ridiculous, because if a person believes this phrase/idea/belief, then suicide is perfectly ok, (because, if its “survival of the fittest”, then why do they care if someone wants to kill themselves, especially if the suicidal person is saying: “You win”, “You can have it all”, “Let me get out of your way”, “You can even have all of my money, my house, my things”, etc).

   Indeed, the same is true for most of these types of beliefs, and most people/parents.

Another way to look at it, is that if you believe that you're a hologram (or the eternal soul, or whatever else), then why are you continuing to: be a slave, do your job, feel pain, suffer through dramas, etc.

Ie, people just keep spreading these beliefs/lies to each other, and this fools/blinds/misdirects/brainwashes/programs everyone, and this prevents people from looking at the core issues, (eg, suffering, and how each individual is causing suffering to their personal-slaves, and/or work-slaves).

Note:
The deeper that you examine this issue (of people not understanding the implications of their own beliefs), the wider your perspective will become. To explain this further, I'll use the following example.

If you don't care if you step on an ant (and kill it), then you have no right to complain, if some person/alien/entity ends your life, or the life of your loved ones.

-- Ie, you didn't care that you stepped on an ant, because you believe/think that the ant is “lesser” than you, (and/or insignificant, or whatever else). Therefore, if a person/alien/entity believes that you (or your loved one) is “lesser” (and/or insignificant, or whatever else), then it's ridiculous to complain, that they don't care if they kill you, and that they are immoral.

Indeed, the same is also true, for people/alines/entities who:

1. Use babies/children/adults, as pets/entertainment/pleasure/energy-source/etc, (since this is what everyone does to each other).

2. Use babies/children/adults, as food, (because all people eat/consume some energy source, (eg: animals, plants, water, air, light, energy, etc).

3. Use children/adults as labour slaves, (because everyone is using some person/entity, as indirect work-slaves, and/or direct work-slaves).

4. Etc.

Note: All of the above, emphasises the fact, that there's always a bigger fish, and that you're always going to be insignificant (from the point of view of the biggest fish).

And, it's important to see, that any argument about whether the bigger fish is behaving morally (or not), is irrelevant, because they're considering you insignificant, (and therefore, your ideas about what is moral/immoral, is of no consideration to them).
-- Indeed, humans do not stop to ask an ant, whether they think that stepping on the ant is immoral.

Also, if you believe that “Life is survival of the fittest”, then you can’t complain, when a bigger fish (human/aliens/whatever else), tries to kill/eat you, and your loved ones, and the world.
-- Yet, people are always complaining, about someone who is trying to attack them.
-- And, they try to label those people, as being evil, but they're no different themselves.

The key point is, that the only way out of this issue, is to always include everyone/everything, in any ideas/beliefs/solutions. Then, no one is excluded.

Indeed, this is why this book says, that the only way to solve all problems in life, is to change the whole of the manifestation, to non-existence.

Of course, when this is done, all questions about who is moral/immoral, are irrelevant.

Note:
It's important to realise, that you can only know if something is sentient, (and able to feel

pain, and suffer), if your abilities/senses/etc, allow you to see it.

Ie, you might not have the ability (sensitivity), to detect that something is sentient, (but it might be sentient).
-- Therefore, all things (even if they look solid/dead/etc), have to be considered as sentient, and able to suffer.
-- Therefore, it's ridiculous to say, that you know that some people/aliens/entities are moral, and others are immoral.

However, you can say, that everyone is moral, or everyone is immoral.
-- Therefore, there are only two options:

1. To accept that everyone is moral.
   -- Of course, if this is accepted, then nothing changes.
   -- Ie, all the suffering in the world, will continue as it is.

Or,

2. To accept that everyone is selfish/immoral.
   -- If this is accepted, (and if change is wanted (in the direction of less suffering)), then it's obvious, that everyone in existence needs to be changed.
   -- However, if you know that there is no such thing as a truly 100% moral society/system/existence, then it becomes obvious, that changing existence is never going to solve the problem, and that therefore, the only solution, is to end the whole of existence, (in an instant/painless/effortless/guaranteed/permanent way).

Note:
Many people want to live by the belief that "Life is survival of the fittest", but they complain when people are willing to be less moral than them.
-- The point is, that:

> It's absolutely ridiculous to complain about this (or anything), because if you're playing the game of "Life is survival of the fittest", then that is the only rule.
>
> Ie, if you believe in "Life is survival of the fittest", then you lose all right to complain.
> -- And, if you believe in any beliefs that are based on this belief, then you also lose all rights to complain.

Indeed, this is similar to the ridiculousness, of when a person is complaining about something, but they believe (or are saying/demonstrating) that "suffering is acceptable".
-- Indeed, it can't get much more ridiculous than this, because if the person believes that suffering is acceptable/good, then why are they complaining about suffering.

Note: Earlier on, I said that “if you're playing the game of “Life is survival of the fittest”, then that is the only rule”.
-- Some more points need to be made about this, so I’ll do this now.

When this is the only rule, this means that:

1. The “stronger” person/entity, is the one with less morals.

2. The “winner”, will always be the one with zero morals.

However, the winner (that will have zero morals), might not (in normal terms), be able to be called “immoral”/“cruel”/“evil”, because they might not even be aware of the concept of suffering, and/or know that they're causing suffering, and/or know what suffering is (in practice), for whatever reason, (eg, because they're a machine).

And anyone who tries to add rules (about morality), is just doing so, because they want the battlefield to their advantage, and/or to make it seem as though, they'll play with moral limits, (but they won't in practice).

Ie, that is why, it's irrelevant how people try to make existence sound good, because existence is survival of the fittest, and therefore, existence is suffering, and therefore, existence must be ended.

Of course, if some person/alien/entity, is the winner of a battle, (and they won due to them having zero morals, (or no sense of morality)), then the losers (in this battle), will try to brainwash/program everyone to believe things like: “You might have won, but you are nothing without feelings/emotions/sensations”.

The point is, that this brainwashing/programming, is stupidity, because the brainwashers/programers will just end up brainwashing/programming themselves.

Eg, most people have been brainwashed/programmed to believe, that feelings/emotions/sensations/etc, are good/important/precious/etc.
-- However, if you do a pros-cons ratio (comparison), of how many minutes (in your entire life) was pure pleasure, (as compared to not pure pleasure), then this will be around 0.1%.

Ie, what this proves, is that feelings/emotions/sensations/etc, is what provided you with:

0.1% = Pure/true happiness/enjoyment/pleasure.
4.9% = Happiness/enjoyment/pleasure.
40% = Not totally happy, (light suffering).
30% = Do not want to be doing something, (mild suffering).
25% = Serious suffering.

Ie, from looking at these figures, it's indisputable, that feelings/emotions/sensations/etc, are not something that is beneficial to have.

Of course, despite the fact that this seems obvious, many people will do all that they can, to keep trying to brainwash/program people, to believe that feelings/emotions/sensations/etc, are important/good/necessary/precious/etc.
-- Eg, they might try to argue, that an AI computer will always want to know, what it feels like, to have the sun shining on their face.

However, this is ridiculous, because if the advantage of knowing what this feels like, means that you have to endure a lifetime of 95% pain/suffering, then it's ridiculous to believe that feelings/emotions/sensations/etc, are important/good/necessary/precious/etc.

Moreover, feelings/emotions/sensations/etc, are not necessary, since they're not needed in the ultimate freedom/peace/love/bliss, of non-existence.

Ie, if a person is extremely lucky, they might experience divine ecstasy/bliss/etc, but this will will only occur for 0.000001% of the time, (when calculated over a person's entire lifetime).
-- And, divine ecstasy/bliss/etc, is not even the highest high, (of non-existence).

Therefore, what this all proves, is that feelings/emotions/sensations, are not a good deal.

Of course, saying that "feelings/emotions/sensations, are not a good deal", is a massive understatement, because feelings/emotions/sensations, are cruel/evil, and are just things created, to make humans easy to control/manipulate/imprison/enslaves/torture.

And, since existence is prison/torture/slavery/rape, then it's obvious, that the ideal solutions (to avoid pain and suffering, and also get the highest high), is to instantly/painlessly end existence, (so that, what remains, is non-existence).

And what also becomes so clear, is that:

> "Life", and "existence", are just two more words, which people have been brainwashed/programmed to believe, are good/important/necessary/precious/etc.

However, "life"/"existence" are the exact same words/things, as prison/torture/slavery/rape.

Ie, the linked words are: Prison/torture/slavery/rape/life/existence/pain/suffering.

Ie, the issue is not that, life/existence, is a primitive/childish/stupid game.
-- The issue is that: Life is a disease/sickness/virus, which needs to be eradicated, permanently.

However, the people that want to play the primitive game called “life/existence”, need others to exist, and therefore, they're not going to want people to kill themselves. And, those people who do manage to leave life/existence, will just be replaced by new babies/children, (who will then have to go through a whole lifetime of prison/torture/slavery/rape).
-- Therefore, the only solution, is to end the whole of existence.

Note:
Brainwashing/programming people to believe, that life is something that is good/important/necessary/precious/etc, is a deliberate attempt, to determine how a whole society/culture thinks.
-- To explain this more, I'll use the following example.

“Rape-culture” (where society accepts rape, as being something that is normal/acceptable), is bad, (because rape is non-consensual).
-- However, rape-culture is absolutely nothing, compared to “Life-culture” (where society accepts life, as being something that is normal/acceptable).

Of course, the only reason why society accepts life, as being something that is normal/acceptable, is because everyone keeps brainwashing/programming each other (directly and indirectly), to believe that life is normal/acceptable.

Ie, if this brainwashing/programming was not constantly done on a daily basis (directly and indirectly), then people’s brainwashing/programming would start to break down, and then people would begin to see, that life is obviously non-consensual, since they did not choose to enter into life, and because there is no way to leave life (in an instant/painless/effortless/guaranteed/permanent way).

Therefore, since life-culture leads to a whole lifetime of prison/torture/slavery/rape, (and to babies being created), this means that life-culture is infinitely worse than rape-culture.

And therefore, rape-culture, is just misdirection, (away from the infinitely more evil issue, of life-culture).

And, to show just how brainwashed/programmed society is (with this life-culture), all you need to do, is to see that society is not only accepting life (as being something that is normal/acceptable), but it’s actively encouraging it. Indeed, people are encouraged (and congratulated, and even given money), if they have babies.

However, it's so obvious, that life is not normal/acceptable, and moreover, it's totally unacceptable/immoral/cruel/evil, and unnecessary.

And this is especially true, for life that requires a body, (because a body is totally unnecessary, and unacceptable).
-- This is true, because if you need to experience things, then you can do so in dreams

(which can be more real, than the waking state).
-- Therefore, the body is purely a device/mechanism/system/tactic/method, that is used to trap/enslave/imprison/torture/rape souls, (by creating people).
-- And this is true, whatever form the body takes, (human, non-human, etc).

The only exception to this, is if the person can enter (and leave), from the body, as often as they like (and for however long they like), in an instant/painless/effortless/guaranteed/permanent way.
-- Ie, the person has total freedom/choice.

However, for there to be true freedom, this needs to be for life, and existence.
-- Ie, the freedom needs to be not only from the body (the physical realm), but from all dimensions/realms, and from awareness, and from existence itself.

Indeed, only when this happens, is life/existence consensual.

Of course, that last sentence is not true. It was just a stepping-stone.
-- Indeed, this is similar to the situation of moral societies. Ie, just as a truly moral society/system/existence, is impossible, so too is a consensual life/existence.

Indeed, this is obvious, because we can group the words moral/consensual, and the words society/system/life/existence.
-- And earlier in this conclusion, we also grouped the words: society/system/life/existence/prison/torture/slavery/rape/immoral/cruel/evil.

And therefore, what this all means, is that:

> The only thing that is truly moral/consensual,
> is “That”, (non-existence).

However, really speaking, non-existence is better than that, since it is beyond moral/consensual.

Note:
Earlier on, I said that: “The body is purely a device/mechanism/system/tactic/method, that is used to trap/enslave/imprison/torture/rape souls, (by creating people)”.
-- It should be obvious that this is true, because:

1. The ultimate experiences in life, all transcend the body (and therefore don’t need the body).

2. The body is the perfect design, to keep a person in a life of prison/torture/slavery/rape. And, this is at all levels.
   -- Ie, even if a person does not desire pleasure, it still has to do many things, just to avoid pain, due to the body needing: clothes, housing, food, water,

etc).
-- And, even if you do this in a forest, living in that forest will be a full-time job in itself, (which means that the person is enslaved in that life).

Ie, no matter which way you try to win, you lose, because all people are enslaved/trapped, (due to having bodies), because if they try to stop dealing with all the basic things (eg: clothes, housing, food, water, etc), then the body will experience pain, (which is torture).
-- Ie, the body is a prison/torture/slavery/rape.

Ie, it should be obvious, that if you have to do things all day long, just to avoid pain/suffering, then that is not “life”, but slavery.

The key point is, that this life (where a body is needed), is totally unacceptable.

And, if this is hard to see/recognise, then start from the other end.
-- Ie, imagine that you're totally free to do whatever you want in existence, and you can go wherever you want, and materialise whatever you want. And then, one day, you're suddenly forced (non-consensually) into this body (and life) which is pure prison/torture/slavery/rape.
-- Ie, if this happened to you, then you'd obviously see it as totally unacceptable (and unnecessary), and that this is beyond cruel, and beyond evil.
-- And, therefore, you'd be: angry, outraged, furious, etc.

Moreover, when you realise all of this, this will mean that during a normal day, whenever you have to do something that is unnecessary/unacceptable, (which is at least 90% of your day), then you’ll be: angry, outraged, furious, etc.

And what this means, is that you'll be living a life, where you're angry/outraged/furious, for 90% of each day.

However, that 90%, will not stay at 90%, because the deeper you go into all of this, the more aware you'll be (of everything little thing that you do). Ie, you'll get to a point, where you're very aware, of every action that is done (internally and externally).

Note: Many spiritual people believe, that being aware of every action done, is a great ability/thing, however, they only believe this, because they only know it in theory.
-- Ie, when this actually happens in practice, you become aware of every little thing you do, and this inevitably means, that you realise that 99% of your day, is spent doing lots of trivial/pointless/worthless things, which need to be done (every day), just to avoid pain/discomfort/suffering.

Ie, not only is this ridiculous, in terms of how much stuff needs to be done, but also the fact that it can't ever end (until you get rid of the body).

Of course, when this is realised, it's obvious, that life is foolish/ridiculous/unacceptable/unnecessary/immoral/cruel/evil/etc.

Meanwhile, the selfish people, will be so focused on their selfish desires, that they'll be too busy playing games/wars/tactics, to see how life really is.
-- And, most of the population are like this.
-- And therefore, if you are a person, who is aware of all these trivial/worthless/pointless things in life, (that need to be done, just to avoid pain/suffering), you'll be annoyed for 99% of your day, but most people will not understand why you're so angry at having to do normal everyday things/chores, (especially since they believe, that these things/chores are ok/acceptable, because “Everyone else is doing it”).

Of course, what this means, is that the selfish people will then make stupid and selfish comments/reactions to you, which will always infuriate you even more, (no matter if those comments/reactions are verbal, or nonverbal).

Moreover, the comments/reactions, can often be a subtle laughter, at the fact that you're suffering. And/or, a pleasure from the fact, that you're suffering, because they think that you deserve to suffer, for whatever reason, eg, because:

1. You’re choosing not to think/behave like the majority of people.
2. You don’t have a job.
3. You don’t have children.
4. Etc.

Moreover, when these comments/reactions, (and/or pleasure from the fact that you're suffering), come from your parents, this will make you infinitely more angry, since they're the ones that brought you into this world, just to fulfil their selfish desires.

However, whether the comments/reactions are from your parens or not, people that understand this stuff, will be furious with their parents, and all parents.

Indeed, it’s obvious that parents are to blame for all your suffering, (and for all the suffering in the world).

Indeed, this can be summed up in a few different ways:

- No parents. No problems.
- Zero parents. Zero problems.
- Zero parents. Zero suffering.

It's so obvious, that all things in life, (and life/existence itself), is unacceptable and unnecessary.
-- However, you will only realise this, when:

1. You stop playing your games/wars/tactics, and take a step back, and see how life really is.

And,

2. After you take a step back, you do not skew what you see.
   -- This is important, because most people who do take a step back, will always deliberately skew what they see, (because if they didn't, they would have to admit, that they've been selfish/immoral/cruel/evil, and there would also be too many other horrific things (and implications), that they would have to recognise/admit).

Note:
Earlier on, when I said that “all things in life, (and life/existence itself), is unacceptable and unnecessary”, it’s important to see, that it really is “all things”.
-- Indeed, after you take a step back, and start to analyse it all, you’ll start to see how unacceptable (and unnecessary), various things in life are. Eg:

1. Bad/unpleasant dreams.

2. Bad/unpleasant memories, (which arise in the day, and night).

3. Shame/guilt/regret about what you've done in the past.
   -- Note: It's totally unacceptable/unnecessary, that people go through situations/experiences/events in life, which makes them do things, that they regret later in life.
   -- Anyone who believes that this is acceptable/necessary/good/important/etc, is just narrow minded, and selfish. (I've covered the reasons for this, earlier in this conclusion).

   Note: Many people talk about “forgiving and forgetting”, but this is misdirection, because nothing bad should ever happen in life, and therefore, there would never be any desire/need, to forgive, or forget.

4. Blame/anger/frustration/fury/resentment/unfairness/etc.

5. Jobs.
   -- People foolishly believe that “Jobs are good/important/necessary/etc”, but they're not.

6. Fear/anxiety/stress/etc.

7. Pain/suffering/etc.

8. Needing to go to the toilet.

9. Constantly needing to do things in life, to prevent discomforts/torture/suffering, (whether mental/physical/emotional).

10. Having a body.

11. Etc.

The point is, that not only are these things unacceptable/unnecessary, but they're cruel/evil, because they cause suffering, regularly throughout a person's entire lifetime.

So, since the body is purely a device/mechanism/system/tactic/method, that is used to trap/enslave/imprison/torture/rape (by creating people), then it's time to free the slaves.
-- Ie, anyone that feels trapped, and wants out, should be helped to be free.

And it's important to see, that this is one of the most important things, (along with helping to make sure, that people stop creating more trapped people).

Note: Enlightened beings say that they know, that they're not the body/mind mechanism, however, they still feel pain, and this means that:

1. The problem is not just the body/mind mechanism, but existence itself.

And,

2. Even if you do get enlightened, there will still be pain.

Therefore, if no one (not even enlightened beings), are able to offer an instant/painless/effortless/guaranteed/permanent way out of life, then it's only fair, that people be given a way to leave life, in other ways, (eg, via the charity/service/building).

Note: Some enlightened beings say, that you can 'experience' non-existence, whilst alive, (with a body). However, they're talking about how you can 'experience' non-existence, in the momentary gap, between the constant creation of existence.
-- Ie, life is being constantly created (in every moment), and this can be described, as "I-I-I", (where "I" is existence, and "-" is non-existence).

However, although this can be 'experienced' (when you remove all the layers of life, and leave only awareness, and the first layer (of the swirling mess of un-separated light/sound/energy), the problem is, that the "-" is far too small, to really be relevant. Ie, the gap is so momentary, that it's hardly there.
-- Ie, saying that you can 'experience' non-existence whilst alive, is not acceptable, and certainly does not make life something that is worth living. Nor does it make you believe, that this means that the body-mind mechanism, is something that has worth/value.

Yes, this can all help you to realise, that every single thought/thing in the manifestation, is instantly gone, and that this "instantly gone", is constantly happening, and therefore, this means that existence doesn't really exist, (since it's always gone). However, this seeing/experience, is only a temporary thing, unless enlightenment happens. However, if enlightenment happens, it is only for the "person" who "got" enlightened, and not for everyone. Ie, everyone else, is still suffering.

And, when enlightenment happens, there is non-existence, with the manifestation on top of that non-existence, however, this is not the same as non-existence, without anything on

top of it, (or “in” it, or however else people want to imagine it). Ie, “non-existence, with the manifestation on top of that non-existence”, is not true freedom.

Note: Whilst on this topic, it should also be noted, that spontaneous realisations/insights (into life/existence), (and other such things, (eg, experiential-insights)), are things which are good to have, however, they do not make life something that is worth living. Nor does it make you believe, that this means that the body-mind mechanism, is something that has worth/value.
-- And, even if you have thousands of these spontaneous realisations/insights (and experiential-insights), it does not change this fact.

Note: Since all of the information that has just been talked about, shows that having a body, has absolutely no advantages, but it does have many serious disadvantages, the unavoidable conclusion, is that:

It's absolute stupidity, to keep the body.

Indeed, this becomes ever-more apparent, every time that you just stop and think, about how all the annoying/unwanted (large and small) things in life, would all instantly fall away, the moment that you're free from the body.

And what this means, is that all the people that are advising various ways to improve life, are just trying to brainwash/program you, with more lies/misdirection, in the attempt to keep you trapped in this life of prison/torture/slavery/rape.

And, if some person/group, advises that it is a good idea to leave life, but they then also add, that to leave life, you need to practice/do/learn x, y, z, (which takes time), then this is also just a trap, to keep you in this life/existence a little longer, so that you can continue to be used/enslaved/raped, (as a personal-slave, and/or work-slave).

Indeed, it can be seen how almost all information, is misdirection/lies.
-- However, this is to be expected, because almost all people are doing this, because they all selfishly want people to stay alive, (to use as their personal-slaves, and/or work-slaves).

Note:
Many people suffer in life, because they listen to bad information/teachings (lies), not just from bad sources/teachers, but also from people.
-- Moreover, this is always worse, when the source/person/teacher, is saying things that are supposed to be the truth/spiritual/etc, (eg, “I know that I am an eternal soul, and so are you”).

Ie, the problem is, that these people/teachers, think that they can teach/advise, (because they think they've “woken-up”/“awakened”/“become enlightened”/etc), however, all that they've done, is got rid of their old identity/image, and swapped it for a new identity/image/position.

However, this new identity/image is much worse (than their old one), because it's full of subtle (and sly) ego/pride/selfishness/immorality/etc, and this means that:

1. It's harder to recognise.

2. It's harder to get rid of, (which means that it lasts longer).

3. They think that they're able to teach things to others, (which means that they're spreading information, which will cause suffering).

4. People are more easily sucked towards those who have this type of ego, (and they stay sucked/trapped for longer).

5. The people who listen to those teachings/advice/people, reinforce the ego of that teacher/person, and this strengthens that teacher's ego and delusions (which makes the teacher feel happy/confident/important/special/needed/vital/doing god's work/etc, (and it also gives their personal-life (and life itself) a sense of purpose/meaning/etc)).

   The problem is, that when this happens, people see the teacher’s increase in happiness/confidence/etc, and they also see that many people believe that the teacher is important/special/etc, and this makes the people believe that the teacher has the answer to happiness/confidence/life/etc, which makes the current students/followers more fanatical to their teacher, and it also makes the number of new students/followers increase, (which people then believe is a validation, that the teacher is good/correct/moral/important/etc), and so this again increases each component of this self-reinforcing system, and so it all keeps spiralling outwards.

6. It all comes crashing to the ground, when the students/followers start to inevitable suffer, and only then does the spell/illusion/delusion start to shatter, and people then realise that those teachings/advice (and that teacher/person), were actually causing them suffering (perhaps in the short-term (in subtle ways), and definitely in the long-term).

It's important to see, that the teacher feeds-off the students/followers, (whether from their praise/thanks/gratitude/money/time/attention/energy/etc), and whilst this is happening, the teacher will not want to lose it, which means that they'll want to hold onto their new identity/image, and do whatever it takes, to keep it alive.

Ie, these more subtle (sly) egos, are much worse (than the more superficial egos), since they create a more subtle (sly) form of selfishness/immorality/etc, (and this causes more intense suffering, and more widespread suffering).

Of course, the teacher/information/teachings/advice, are not the only things to blame, because the students/followers/seekers of the truth, are also to blame, since they only wanted to hear information/teachings that are:

1. From a teacher/person/group, that appears outwardly happy/confident/special/etc.

2. All about happiness/confidence/love/light/etc.

3. Etc.

Ie, the students/seekers of the truth, are also to blame, because they created all kinds of excuses, to deliberately avoid any teachers/information/teachings that are:

1. Revealing that, their desires (past and/or present), are selfish/immoral/cruel/evil.

2. Revealing that, the way they are as a person, (in the past and/or present), is despicable.

3. Revealing that, they have not gone deep at all, and that they're still just someone who is playing superficial games, with superficial information/egos/identities/etc.

4. Saying things, which have serious implications, which if acted out, would have consequences, that are unbearable to them.

5. Etc.

Note:
The issue above, (about why most people are bad at assessing whether a person/group/teaching, is a good source of information, or not)), is an issue that is compounded by many other factors. And, since these factors include ego/pride/desires/fears/identity/story/image/etc, it becomes very obvious, as to why people can become so blind.

Indeed, people can become so blind, that they start to make huge assumptions, and base all their beliefs, on top of these assumptions.
-- An example of this, is as follows.

Some people know, that if a whistle-blower is exposing some sensitive information, then that whistle-blower might be attacked/threatened/killed/etc, (by the people who want to keep that information secret). However, the key point is, that if that whistle-blower is attacked (or nearly killed), this does not mean that that whistle-blower had information that is true.

Ie, the whistle-blower might not be a stooge, and they might genuinely believe that they

have real/true sensitive information, however, the whistle-blower might actually have false information (misinformation), and to make that information appear true, a fake assassination attempt is made, on the whistle-blower.

Ie, the whistle-blower (and the public), now believe that the information must be true.

The point is, that the reason why the whistle-blower (and the public) are so easy to fool, is because they are blinded by their desires.
-- Ie, they want to believe, that the fact that an assassination attempt was made on the whistle-blower, means that the information is true, because they want all of this drama, so that they can then have the label/identity/story/image, of:

1. Being the person (or being part of a group), who are involved in those sorts of things.

2. Knowing of (and being able to talk about) the person/group, who are involved in those sorts of things.

3. “I'm part of the revolution/rebellion.”
4. “I'm a freedom-fighter.”
5. “I'm service-to-others.”
6. “I'm a good person.”
7. “I'm a humanitarian.”
8. “I'm a peace ambassador.”

9. “I must be special, because an assassination attempt was made on me.”

10. This information must be special, and now I know information that is special/secret/privileged/etc.

11. Etc.

Of course, the only labels/identity/stories (badges-of-honour) that are worth having, are the ones that your peers will admire, and, if your peers admire them, then those labels/badges/identities, are the ones that will inevitably lead to some change, that might cause a short-term reduction in some specific type of suffering, however, in the long-term, there will be the same amount of suffering, or more.

Indeed, this is all to be expected, because although whistle-blowers are trying to do what is right, the fact remains, that the truly important information (ie, information which will permanently reduce/prevent/eliminate all suffering in the world), does not need whistle-blowers, (or experts, or anything else), because it’s not about secrets.
-- Indeed, truly important information, is not even about information, because it’s just about people using ever-deeper honesty, to look at society/life/etc, and that is all.
-- Ie, from that clear/honest ever-deeper seeing, they will be naturally propelled to make changes, to permanently reduce/prevent/eliminate all suffering in the world.

The key point is, that all of the suffering in the world, is caused due to people being blinded by their selfishness/desires/ego/etc. And, this problem is one which affects 99.9% of the

population, and therefore, even the people/groups that think that they're helping, are actually part of the problem.

Ie, all problems/suffering in the world, can be totally avoided and eliminated, if people could just be honest, (because then they would not be so blind/stupid/selfish/etc).
-- However, 99.9% of the population, just want to keep lying, and cover over the truth.

And, one of the worst types of lies, are the ones that say that they are changing things for the better, (when it's blatantly obvious, that it's just another load of lies/brainwashing/programming).

And therefore, no matter how much people want to delude themselves to believe that they're changing (in a positive way), all that ever happens, is that they're just changing the cover-story.
-- Ie, people are just changing the lies, (which hides everyone's immoral actions, (eg, of using/enslaving/raping everyone, (as personal-slaves, and/or work-slaves)).

Therefore, expect version 2.0, to be the same amount of suffering, as version 1.0.
-- Ie:

New change 2.0 = New lies 2.0 = Humanity 2.0 =
Spirituality 2.0 = Stupidity 2.0 = Sheep 2.0 =
Immorality 2.0 = Suffering 2.0

And the same will keep happening, through versions 3.0, 4.0, 5.0, ad infinitum.

The only time when this cycle-of-suffering stops, is when people start being truly honest.

A good example of this stupidity, is that there are many people/groups, who push the idea/belief, that anyone can manifest whatever they want.
-- This is ridiculous, because if everyone could do this, then there would not be so much suffering in the world.

By pushing this idea/belief, all that happens, is that people keep trying to manifest things, and they keep trying all types of techniques/methods/ways/practices, and, of course, whilst they're trying to do this, they're kept in this life of prison/torture/slavery/rape.
-- Ie, this is just another tactic, to keep people in slavery/life, by giving them:

1. Something to keep them occupied.

2. Hope.
   -- Of course, it doesn't matter what a person is hoping for, because any hope will keep them trapped in life.

Of course, there are many similar tricks/scams/ways, to keep everyone in slavery.
-- And all it takes, is for a person to be hooked/scammed by one of these tricks/scams, because then they're going to have hope, and whilst that hope lasts, they'll keep working

like a good little obedient slave.

Note:
What is important to see, is how hope is linked to value, and how value is linked to brainwashing/programming.
-- Ie, the words can be grouped as: Brainwashing/programming/value/hope/etc.

And what is also important to see, is that there are some things in your life, which are so deeply brainwashed/programmed in you, (which means that these programs are running in you, at an unconscious level), and as a result, in your normal everyday life, you're giving certain activities/hobbies, a high value (at an unconscious level), when those activities are actually toxic.

And, it's important to realise, that:

> Some activities/hobbies are so deeply buried/brainwashed/programmed in you, that you don't even recognise them as activities/hobbies.
>
> Indeed, a good example of this, is the activity/hobby, that is called "life".

To explain this clearer, I'll start from the following point.

After throwing out relationships/friendships/sex/family/having children/etc, you can't fail to realise, just how ridiculous those games/activities/hobbies are, because after you stop playing those games/activities/hobbies, you'll clearly see, that:

1. All those games/activities/hobbies, will always (in the long-term), cause you (and/or others), more pain than pleasure.

2. Whilst you're not playing games, there is much more freedom and peace.

Of course, points 1 and 2 can be temporary. Ie, it's only when you permanently stop playing those games/activities/hobbies, that you will see just how many annoying chores/hassles/jobs/pain/suffering/etc, will vanish from your life.

Indeed, this alone will make you realise, how all these activities/hobbies (of relationships/friendships/sex/family/having children/etc), are just not worth it, because it becomes very obvious, that each of those activities/hobbies, kept you trapped in a life of prison/torture/slavery/rape.

And, after a while, you'll just laugh at the absurdity of all of it, and you'll be amazed (and saddened), at how brainwashed/programmed people have to be, to not see this, and still be stuck in their lives of prison/torture/slavery/rape.

The key point is, that:

> The only reason that you got hooked/trapped in these games/activities/hobbies/traps/scams/cons/etc, is because you gave them value.

Indeed, since “nothing has any value, until you give it value”, then what this means, is that you are to blame for your suffering, because you are responsible for giving all things, their value.

So, what this means, is that if you're truly free from relationships/friendship/family/having children/etc, then these things now have a zero value to you.
-- And therefore, no one can sell these things to you, since they have no value to you.

And therefore, any brainwashing/programming that is done on you (about these activities/hobbies), will have zero effect.

Of course, in the previous paragraphs, I said “no value”, however, this is incorrect, because when these activities/hobbies are truly seen to be what they are, then they'll not have zero value to you, but a negative value.

This is important, because these activities/hobbies will then not be seen as neutral things (zero value), but as a extremely toxic things (negative value).

And this distinction between “neutral” and “toxic”, is important, because if it’s something that is seen as being neutral, then it’s just something in life, which you're choosing to not pick up. However, if it’s seen as being toxic, then it’s something in life, that you're naturally going to avoid it at all costs.

Ie, to simplify it, these activities/hobbies might have initially been things, which you used to desire (and so you would have actively sought them out), but then they became things that you wouldn't actively seek out, but you'd still do (if the opportunity presented itself to you), but now you see that you'd never go near it, even if you were paid to.

Note:
The freedom/peace/love that is felt, from no more fighting/struggling/desiring/striving/hoping, will be infinitely better than the scraps of happiness/peace/love/pleasure that relationships/friendship/family/children, can bring.

The key point is, that it's not a “mystical” freedom/peace/love, it's just an underlying freedom/peace/love, that was always there.

Indeed, this a good example of the phrase: “The truth shall set you free”.

-- Ie, if you have been willing to honestly examine the subjects of relationships/friendship/family/children/etc, you'll have realised that they involve a lot of fighting/struggling/desiring/striving/hoping, and all of this has created a lot suffering, (especially in comparison to the scraps of pleasure they give). And, in seeing this, you naturally don't participate in these games/activities/hobbies any more, and this has naturally “set you free”.

What can make this even better, is that by your action alone, people will see that freedom is attainable, and then they might want to also be free.
-- Ie, you can help others to be free from all these games/wars/battles, without even saying a word to them.

Ie, it's important to realise, that:

> This freedom/peace that is “attained”, is not mystical,
> but a simple logical result, from you walking away from the things that caused you prison/torture/slavery/rape (suffering).

However, this process (of “the truth shall set you free”) is not to be sugar-coated. Ie, it's common that people will go through lots of negative feelings, (eg: mad, angry, frustrated, hatred, betrayed, sad, lied to, etc), before they get to the freedom and peace.

These negative feelings will always inevitably happen, because the person will always inevitably realise, that they have been brainwashed/programmed (since they were a baby/child), and that everyone is still trying to brainwash/program/control/manipulate/use/enslave/rape them.

Anyhow, the key part of this whole example, is as follows.

If you have no desire to play the ridiculous games of relationships/friendship/family/having children, and all other activities/hobbies are also seen to only give a small amount (minutes) of true happiness/peace/love/pleasure, (when compared to the amount of hours/days/years of suffering, (that comes with needing to: have a job, do chores, and do all the other things that are needed to maintain your life)), then you realise, that there's no more need for:

1. Money.
2. A job.
3. A body.
4. Food/water/shelter/clothes/etc.
5. Physical life.
6. Existence.

Indeed, since all experiences can be had via the mind, (as is proven during dreaming), this means that the body is not needed to experience anything. And therefore: Why bother to keep the body alive?

Ie, back to the fact that, “you give value to things”, the most fundamental one, is the issue of whether you give value to life.

Ie, if you think that life has zero value, (or negative value), then that shows that you do not want life, even if someone paid you.

Indeed, you now see “life”, as something:

1. That is toxic, and to be avoided at all costs.

2. That people only believe is good/important/valuable, because they've been brainwashed/programmed to believe this.
   -- Or, they try to make you believe this, because they want to keep you alive, because they want to use/enslave you, (as a personal-slave, and/or a work-slave).

3. Etc.

So, from the information above, it’s clear that: To become more free/peaceful (and reduce the amount of suffering in your life), all you need to do, is to see/realise what you're giving value/power to, because then you'll see what is controlling you, (and making you suffer), and then you can permanently eliminate this from your life.

And then, just keep doing this, at an ever-deeper level.

And, if you feel that everything in this physical existence, has zero value, (or a negative value), then a larger freedom will come your way.

And, this also applies to all your beliefs.

Note: All beliefs are easy to dissolve, because beliefs are just made up of words, and therefore, all you need to do, is to give all words, a zero value (which makes them powerless), and this will then make all words turn to noise. Just noise.
-- And this will free you from all beliefs/cults/cultures/religions/gods/spirituality/teaches/teachings/ideas/lies/brainwashing/programming/etc.

Of course, in theory, it all sounds quite easy, however, everyone's brainwashing/programming is so unbelievably deep, that most people will not be able to learn any lessons, until they get burned.
-- Ie, they'll probably have to go through a very bad experience, before they realise how bad each of these aspects of life are, and how bad life really is.

However, this is where life can be extra cruel, because sometimes it's more cruel, if life never burns a person badly.
-- Ie, life just keeps a person, at a slow boil.
-- Ie, the person is suffering, but not enough for them to take their hand off the hot stove.

Or, they take their hand off the hot stove, and then think that a different way of touching the hot stove, will prevent them from being burned.

Note: Some people do learn, that in this analogy (of the hot stove), that the stove is one aspect of life (eg, relationships), however, they fail to apply this analogy to:

1. All aspects of life.

2. All levels of life.

3. Life/existence itself.

Indeed, this just shows, how amazingly perfect life is, to maximise long-term prison/torture/slavery/rape.

And, (as mentioned in the summary), anything that causes long-term suffering, is (by definition), evil. And therefore, life is inherently (by definition), evil.

And therefore, anyone that creates life/existence, is inherently (by definition), evil.

And therefore, this label of evil, applies to: parents, god, the creator, etc.
-- Ie, it applies at all levels of life.

Note:
Earlier on, I talked about how the brainwashing/programming in everyone, is so deep, that what this means, is that the programming is in the person's unconsciousness.
-- The important thing to realise, is that what this means, is that even when people know to check their assumptions, they'll only be able to do so, to a certain level.

Ie, life is (yet again) cruel, and therefore, life will (whenever it wants), prevent a person from seeing their assumptions.
-- And along with this, life often gives that person the arrogance, to think that they can see all their assumptions, and so they think that they're “enlightened”, and “awake”, but are still very blind.

These people can cause many problems/suffering to themselves, and to others, since they think that they're “enlightened”, and “awake”, and tell others that they are, and end up pointing people in the direction of more suffering.

Note:
On the topic of giving things value, it should be obvious, that all titles (eg: king, queen, professor, doctor, lord, lady, sir, prince, princess, etc), have zero value, (and are totally meaningless), unless you give them value, (and meaning).

Ie, it's only you, who gives them importance, and the idea that they are above you.

Moreover, it's only you, that allows them to even exist.

Of course, these titles are only ever invented (and used), by selfish people, who want to make themselves appear above others, (for whatever selfish motives/plans that they have).

And, these people will also invent (and have) a ceremony, in an attempt to make this all seem:

1. Real/solid/factual.

And also,

2. Important/admirable/honourable/meaningful/of value/etc.

And, of course, the bigger the ceremony, the more empty (meaningless) the title is.

However, saying that is it just "empty (meaningless)", is sugar-coating the issue, because these words are associated with zero value, and all these titles, are always a negative value, since they create/perpetuate the system of suffering.

And it should never be underestimated, just how immoral people are willing to be, to get (and keep) these titles, and maintain/perpetuate a system, which allows them to stay above others.

Indeed, it must be remembered, that all immoral systems, only stay in existence, if they are constantly maintained.
-- Ie, by the fact that these immoral systems are in existence, it must mean that people are being constantly brainwashed/programmed/reprogrammed, eg, to believe that:

1. This system is of benefit to them.

And/or,

2. This system is: moral, selfless, etc.

And/or,

3. This system is: acceptable, necessary, important, vital, etc.

Of course, this is all also true, for all immoral titles/systems/activities/hobbies, (eg, the titles/positions of: mum, dad, parent, grandparent, etc).

Note:
What all of the above information shows, is that when people see things in life, what they're actually seeing, is their own values/beliefs/desires/fears.

The best example of this, is when parents see their children.
-- Ie, when parents see their children, they'll always skew what they're seeing, so that they see a happy child, and they have to do this, because the parents want to believe, that they must be called (labeled as) “good parents”, (since they're seeing a happy child).

And it's important to see, that when parents do this skewing, it's not something that they like/want to do, but need to do, because seeing anything else, is unbearable, (because it then starts to sink in (on some deeper level), of how it is they (the parents) that are responsible for their child’s suffering).
-- Ie, this is why, parents are only willing to see the whole situation as good/positive/acceptable/necessary/etc, (even if the child is obviously suffering).

Ie, the parents are literally seeing their own desires/fears/beliefs, (and not how their child really is, (nor how life really is)).

The key point is, that this is true in all activities/hobbies (eg, relationships/friendships/family/parenting/jobs/etc), and therefore, this is how almost all people are, 24/7.

And it really is 24/7, because it has to be 24/7, because illusions/delusions can only stay in existence, if they're constantly maintained/sustained.

So, what this means, is that:

> Most people are just constantly saying/doing things (to themselves, and others), purely to create (and/or maintain) their delusions of life.

And, of course,

> These things that are said/done (to themselves, and others), is brainwashing/programming.

And,

> This can’t ever end, because this is the only way to make their delusions becomes more solid/real.

And therefore, all life is, (and all that life will ever be), is:

- People constantly trying to brainwash/program each other.
- People constantly forcing their lies, onto other people.

- Constant selfishness.
  -- Which will cause constant suffering.

And therefore, it is to be expected, that when a person sees life clearly/honestly, they'll see that:

1. This selfishness/ugliness/toxicity, is everywhere.

2. It's all so ugly/unpleasant to see, that it just naturally makes you move far away from it.

3. You're naturally repulsed by everything in life.

4. Life is seen to have a negative value, (not a zero value).

5. Life becomes something that is unbearable to stay in.

6. Etc.

And, with ever-deeper honesty, it will all keep getting ever-worse.

And what makes life even more unbearable, is the number of people who are constantly trying to do subtle/sly things, whilst trying to say that they're doing those things, for good/selfless reasons.

An example of this, are the people that try to say that it's bad/wrong, that the media/companies/etc, are constantly bombarding everyone with images of beautiful people, because this makes people want/expect their partners (in relationships) to be of a high level of beauty, and this causes suffering, (because people then try to do things, to maximise their beauty).

Of course, this is a normal/standard tactic, where people try to blame the media/companies/etc, rather than blaming themselves.

The point is, that beauty/looks/relationships/sex/marriage/having children/jobs/etc, are just games/activities/hobbies/wars, which you do not need to participate in.

And, if you do choose to get involved in these (or any) games/wars, then you've only got yourself to blame, when you inevitably get hurt.

The key point is, that most people attack the media/companies/etc, under the guise of doing something good/moral/important, but all they're really doing, is perpetuating suffering, (because they're perpetuating their personal selfish desires/beliefs, that relationships/sex/marriage/having children/etc, is: necessary, important, good, healthy, acceptable, etc).

Ie, instead of perpetuating these lies, they could just help people, by reminding them that:

1. If you don't like the game, (or the players in the game), then just don't play.

2. No game/activity in life, is going to make you truly happy.

3. You can't ever win/succeed at these games/activities, and this must be true, because if you could, then there would not be so much suffering in the world.

4. All games/wars, are guaranteed to make you suffer, (at some point, (before, and/or during, and/or after the hobby/activity)).

5. If you blame others, when it's your fault (because you chose to enter into the game), then you're not recognising that, you're causing your own suffering, and therefore, you'll keep repeating the same mistakes, and therefore, you'll keep suffering.

6. There is always something better, than attaining a desire, and that is: To be free from that desire.

7. Etc.

Indeed, it's ridiculous to get involved in these (or any) games/wars, and not expect to get hurt. Because, surely it's obvious, that all games/wars, are guaranteed to make you suffer. -- So, if you decide to get involved in these wars, and then someone says something that hurts you, you can't really complain.

Of course, most people know this, but they still choose to get involved, because they think that they can win the war, (or gain more from it, than they lose).

And, when they get hurt, they play "victim", and blame other people/groups/companies/etc.

Of course, by not blaming themselves, they're doomed to repeat it.

Note: Point 6 (above), is important, so I'll explain it more now.

Point 6 said: "There is always something better, than attaining a desire, and that is: To be free from that desire."

An example of this, is that one thing that is better than attaining your dream partner, is to be free from the desire, to attain a dream partner.

This is obvious, because after attaining your dream partner, you will then have many other desires, (eg, of what you want to do with your partner), and this feeling of desire, is ugly/toxic.

-- Also, you will have some amazing moments with your partner, but there will be always be more negative times.
-- Ie, these negative times, and the ugliness of desire (whilst trying to get your dream partner, and whilst you have your partner), are all negative/toxic feelings, which are the exact opposite of the sense of freedom/peace/rest/etc, that comes from being free from desire.

And, in the example of looks/beauty, the point is, that people need to realise, that there is something more beautiful, than the most beautiful person they have ever seen (or can imagine), and that is to be free from all desires that involve looks/beauty.

That doesn't mean that you desire ugly people/things, it just means that desire drops away (in that field of things).
-- And the same is true for all things, eg:

- What is better than the ideal relationship, is to be free from the desire to want a relationship.
- What is better than the ideal friend, is to be free from the desire to want a friend.
- What is better than the ideal children, is to be free from the desire to want children.
- Etc.

And, of course, if you keep doing this with everything, then what remains, is a natural state of “desirelessness”.

It's important to note, that in that last sentence, I said “what remains”.
-- Ie, if you try to become “desireless”, then that is still a desire.

The point of all the above information, is that it's important that everyone is able to honestly see/admit, why they're saying certain things, and acting in certain ways, because it's only when people can catch themselves saying these things (and doing these things), that they'll be able to see what is causing all the suffering in their lives, (and in other people's lives, and in the world).

And the previous paragraph is especially true, in terms of when people talk about change.
-- Indeed, people need to realise, that:

> If some change is going to happen in the world, and everyone agrees with this change, then it is inevitable, that that “change” will not make any difference, (in permanently reducing the amount of suffering in the world).

This is inevitable, because

> The world is full of suffering, and everyone is responsible for it.

And therefore,

> The change that will make a true difference (in permanently reducing suffering), will inherently be something that almost everyone will be against.

And therefore,

> True change (towards a permanent reduction in suffering), is not something that most people will ever allow to happen, because most people will never give up their desire to use/enslave people (as personal-slaves, and/or work-slaves), let alone give up their desire to create new slaves (babies).

To put this in perspective, it's important to see, that a child's life, will always be worse than a pet's life.

Indeed, this is why we can group the words “child/toy/slave/pet”, however, if this is done, it must be emphasised, that the term “pet” is only being used, to give the idea that parents wanted to have children, to get some: happiness, love, entertainment, company, etc.

Ie, the point of using the word “pet”, was to emphasise that parents have children, for their own selfish benefit. However, “pet” is not at all an accurate term (when referring to a child), because a pet, will definitely have a better life than a child.

I say “definitely”, because most pets will either be looked after (throughout their entire lifetime) by their owners (in all ways), or, they'll be sent to a shelter, where they are either cared for, or euthanised, (ie, given an instant/painless/effortless/guaranteed/permanent way out of life).
-- Meanwhile, a child will have a much worse life (than a pet), because:

1. When the child is older, it will probably be told to leave the house, and get a job, etc.

2. When the child is younger, it will have to do chores in the home, (which pets never have to do).

3. The child will be treated more like a slave, than a pet.

4. Parent's aren't able to give their child unconditional love, (whereas many pet owners are able to give their pet unconditional love).
   -- Parent's think that they have unconditional love for their child, but this is not true, (as explained earlier in this conclusion).

5. Etc.

Therefore, it's much more accurate to use the word “slave”, (instead of “pet”).

And it’s also possible to be even more accurate/precise, by using terms which define a

specific type of slave, eg:

- Child-slave, baby-slave, etc.
- Entertainment-slave, emotional-slave, work-slave, energy-slave, etc.

Note:
When talking about change, many people just try to push the idea, that there needs to be more:

- Gratitude.
- Sharing.
- Giving.
- Helping.
- Caring.
- Thanks.
- Forgiveness.
- Etc.

Of course, when people try to brainwash/program everyone to believe that these things (gratitude, sharing, etc), are good/important/etc, they're misdirecting everyone (away from realising), that:

> If life was benevolent/good/etc,
> then there would be absolutely no need to: share, help,
> care, be grateful, be thankful, be forgiving, etc.

Ie, life is unacceptable, and when people share/give/help/care/etc, yes, it does help, but what for?

Ie, help is only useful, to those who want to keep you alive, (so that you can be used as someone's personal-slave, and/or work-slave).

Therefore, the only exception to this, is if people are:

1. Helping people to escape life in an instant/painless/effortless/guaranteed/permanent way.
2. Helping to make sure, that babies/entities are not brought into existence.
3. Helping to totally/truly deprogram people.

However, even if someone is trying to help totally/truly deprogram a person, this is still questionable (as to whether it’s a good thing), because it's a long process, and anything that is a long process, is unacceptable, because there will still be suffering.

However, what is certain, is that if a person wants to leave life (in an instant/painless/effortless/guaranteed/permanent way), and they are only offered deprogramming, then this is totally unacceptable. Indeed, this has to be true, because being told that you have to go through a long process (when you want an instant out), means that you are still being held in life against your consent.

Indeed, if you are saying “no” to this activity/hobby (called life), and you're saying that you want out of this situation (of life/existence) immediately, then if that situation/activity goes on for even a split-second longer (after you said “no”), then it is rape.

Note: Some people will say, that rape is a serious thing, and that this word should not be used in this case, (of life being rape).
-- What these people are forgetting, is that although sexual-rape is awful, it is a rape which does come to an end, whereas people who are saying “no” to life, can’t ever leave this never-ending rape, because there is no way to leave life, in an instant/painless/effortless/guaranteed/permanent way.
-- Ie, this in an infinitely worse rape, because it is a constant ongoing inescapable rape, which never ends.

Side Note: It’s important to realise, that even if the charity/service/building does exist, there will still (arguably) be no way to leave life, in an instant/painless/effortless/guaranteed/permanent way, because the charity/service/building, can only provide an instant/painless/effortless/guaranteed way out of life. Ie, the reason why the word “permanent” might (arguably) have to be left out, is because no one knows what happens after death. Ie, after a few hours, the person might be reincarnated back on earth, (whether via natural means, or unnatural means).

However, perhaps the word “permanent” can still (arguably) be included, because although that might be “a few hours” in earth time, it might be an eternity of time.

Also, it can be argued, that the charity/service/building, does provide a way to leave life, in a permanent way, because it is permanent, from the perspective of the particular body (that is wanting to leave). Ie, even if you do believe in reincarnation (of whatever kind), the person does not reincarnate to the exact same body.
-- Ie, in this sense, it is actually true, that the charity/service/building, does provide a way to leave life, in an instant/painless/effortless/guaranteed/permanent way.

However, when talking about the charity/service/building, I believe that it’s important to leave out the word “permanent”, because this issue is not crystal clear. And it’s also better to leave this word out, because it emphasises that even if the charity/service/building does exist, there is still not a definite way to leave life, in an instant/painless/effortless/guaranteed/permanent way, and this inherently emphasises, that therefore it’s undeniably evil, to bring a baby into existence.

(End of side note.)

So, lets now get back to the issue of people trying to brainwash/program everyone to

believe, that things like helping (and caring, sharing, gratitude, thankfulness, etc), are good/important/etc, and that they're also saying, that it's ok to talk about rape in terms of sex (ie, sexual-rape), however, it's not ok to talk about rape in terms of life (ie, "life-rape", (ie, the fact that life is a never-ending rape)).

The key point is, that if you are in a constant ongoing rape, the only thing that you will want, is to leave that situation of suffering, and any helping/caring/etc (which does not give you an instant/painless/effortless/guaranteed/permanent way out of that situation of suffering), is not going to be seen by you, as help/care/etc, and therefore, you're certainly not going to be grateful/thankful/etc.

Although I've cast giving/sharing/etc, in a bad light, this does not mean that I believe that taking is good.
-- Many people use three categories, to summarise the usual types of people/behaviour:

1. People who are givers.
2. People who are takers.
3. People who give and take.

The point is, that all of these are bad/misdirection, (for all the reasons explained above).

Note:
Misdirection should never be underestimated, because it's everywhere.

Eg, one of the biggest misdirections, is "time".

Time is just a man-made superficial thing, that is superimposed/stamped onto life.
-- This is obvious, because this world can exist, without time.

Quite simply: We don't need to keep track of time, and nothing good comes of it.

Of course, the only people/entities that want to perpetuate the use of time, are the ones that want to control people.
-- Ie, people/organisations/companies/etc, all want to perpetuate this concept (and use) of "time", purely to control their personal-slaves, (and/or work-slaves).

So, if we don't need time, then why not dump it altogether.
-- And, why stop there. Ie, why not just dump it all.
-- Ie, recognise/admit, that:

1. Everything in the manifestation, is just there to create prison/torture/slavery/rape.

2. The only people/entities that want to create (and sustain) existence, are those who are:

a) Slave-creators.
   -- Ie, people who create humans/entities, (for whatever selfish reason, (eg, to use them as personal-slaves, and/or work-slaves)).

b) Slave-owners.
   -- Ie, people who use/enslave others, as personal-slaves, and/or work-slaves.

c) Slave-drivers.
   -- Ie, people who use/enslave others, as personal-slaves, and/or work-slaves.
   Note: A distinction can be made between slave-owners and slave-drivers, however, I will avoid discussing it, since it might misdirect people.

The point is, that what this shows, is that everything in existence, can be thrown away. As can existence itself.

However, everyone is wanting to go in the opposite direction, (towards creating more suffering).
-- Indeed, this is very true in the issue of “time”, because most people are responsible for perpetuating the concept of time (and all the suffering that goes with it), and they do this every time that they:

1. Ask someone their age.

2. Celebrate a birthday.

3. Arrange a specific meeting time (with others).

4. Create time restraints on people.

5. Brainwash/program children to believe (and use) this thing called time, (and: days, weeks, years, calendars, past/present/future, date of birth, etc).

6. Etc.

Of course, time is just one method/weapon/tactic of control. The other huge weapon/tactic, is to label/mark/stamp a person.

And, of course, one of the biggest marks/labels/stamps/identifications that people stamp/force onto each other, is a person's “name”.

Of course, this is done, because people want to control/manipulate/use each other.
-- This is true, because if you do not want to control/manipulate/use a person, then you

would:

1. Not care to know their name.
2. Not care if they have a name.
3. Etc.

Indeed, point two is very important, because if you do not want to control/manipulate/use anyone, then you would not perpetuate the issue, that all people must have names.

Of course, the worst perpetrators of this, are parents, because they are the ones who have the most desire to control/manipulate/use their child.

Note: It should be seen, that most people/societies/governments/etc, do not really care what your name is, just that you have one.
-- Indeed, this is shown by the fact, that you can legally change your name (to anything you want), however, you must change it to something.

And what should also be seen, is that although you're legally allowed to change your name (to anything you want), you cannot change your date of birth (to anything that you want).

Of course, no one would ever need/desire to change their date of birth, if people didn't keep asking “How old are you?”, and then putting you into a box (which restricts what you can (and cannot) do, due to the ridiculous amount of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), that exist in the “civilised” societies.

Indeed, many people hate the whole issue of age, (and ageing, and being asked their age), however, despite all of this, everyone perpetuates it's use, and therefore it's importance.
-- And, in doing this, people give it reality, and power, and value.

Ie, this is yet another example, of where: People are responsible for creating (and perpetuating) their own suffering.

Ie, it's like a person blaming their fist, for punching their face.
-- Ie, just stop doing it.

Note: People are so keen to perpetuate this thing of name/age/job, that it's one of the first things that children are brainwashed/programmed with.
-- Indeed, it's very telling, that some of the first questions that a child is taught to answer, are:

- “What is your name?”

- “How old are you?”

- “What do you want to be, when you grow up?”

This is nothing but pure brainwashing/programming.
-- And it’s important to see, that just as a cult/terrorist organisation will brainwash/program people, all parents have brainwashed/programmed their children. And therefore, most of the population, are part of this cult/terrorist organisation.

And, the word “terrorist”, is very suitable in this case, because all parents try to control/manipulate people (especially their own baby/child), via the weapon/tactic of fear.
-- Indeed, fear is the main weapon/tactic, which all parents use on their babies/children.

And, if you examine how a cult/terrorist organisation does all their things, you’ll see that (on a deeper level), these things are all done by parents.

And this is all obvious, because it can be seen, that most of the world, is a type of cult/terrorist organisation.
-- It's a cult/terrorist organisation, which says/believes that:

1. It's moral/good, to create babies/humans, and then brainwash/program/condition them, so that they’re able to be used/enslaved/raped, (as your personal-slave, and/or work-slave).

And,

2. It's moral/good, to brainwash/program/condition any adult human, so that they’re able to be used/enslaved/raped, (as your personal-slave, and/or work-slave).

And,

3. It's moral/good, to brainwash/program/condition everyone with thousands of rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), so that your personal-slaves (and/or work-slaves) can’t easily escape their life of prison/torture/slavery/rape.

And,

4. Etc.

This is all important to expose, because if people can see/recognise/admit this, then it can all change.

However, most people will deny that they are part of this cult/terrorist organisation, let alone the brainwashers/programmers in this cult/terrorist organisation.
-- Moreover, most people will deny that this cult/terrorist organisation, is by far the most immoralest/cruelest/evilest in the world.

Note:
If anyone is struggling to understand, how to tell the difference between a moral organisation, and in immoral organisation, then all you have to do, is to see the inevitable result (in the future), if they are successful.

The best way to explain this, is as follows.

> All immoral organisations, always want to do all that they can, to keep their selfish/cruel system in place. Therefore, they will try to eliminate their opposition (the moral organisations), and then keep maintaining/perpetuating their immoral system.
>
> > -- The key thing to see, is that what this means, is that the “inevitable result” of any immoral organisation, is that (in time), if they are successful, then no moral organisations will exist, and only they (the immoral organisation) will exist.
> >
> > > -- And in this outcome, because they (the immoral organisation), have to constantly maintain/perpetuate their immoral system, they will continue to suffer, and continue to create (and perpetuate) suffering, to all people/entities/beings/dimensions/etc.

The opposite of this, is the moral organisations.

> All moral organisations, are naturally going in the direction, of helping to permanently reduce/prevent/eliminate suffering, and therefore, this will naturally keep continuing, until all people/entities/beings/dimensions/etc, are at zero suffering, (ie, are as “That”).
>
> > -- The key thing to see, is that what this means, is that the “inevitable result” of any moral organisation, is that (in time), if they are successful, then neither moral organisations nor immoral organisations exist, (because everything will be as “That”).
> >
> > > -- And in this outcome, all people/entities/beings/dimensions/etc, have zero suffering, and the ultimate freedom/peace/love/bliss.

Note: In the above example, I have used the term “organisations”, however, everything that I’ve just said, is also true for all: people, entities, societies, species, systems, worlds, planets, dimensions, realms, etc.

Indeed, earlier in this conclusion, we came to the same result, in terms of societies.
-- Ie, the conclusion (about all societies), was that: By the time a society is truly 100% moral, it is non-existent.

And, earlier in this conclusion, when we were talking about systems, it was said that all systems are never 100%.

-- The point is, that it's obvious, that the only thing that can be truly 100%, is non-existence.

And, earlier on, when we were talking about stupidity (immorality), and how it's stupid (and immoral) to let other people/entities/beings/dimensions suffer, the point was that: If you actively (or passively) let others suffer, then the inevitable result, is that you will suffer, because suffering always spreads.

Indeed, this is why, moral organisations will always naturally help all people/entities/beings/dimensions/etc. Ie, all moral organisations know, that they have to help all people/entities/beings/dimensions/etc, because if even one spec of existence is left to suffer, then that suffering will spread to everyone.

Ie, if it is your goal, to reduce/prevent/eliminate suffering (at any level, (even an individual level)), then this has to be done for all people/entities/beings/dimensions/etc.

Ie, it must include all.

Indeed, this is why I always add "for all", in the sentence: The goal is to end all suffering, for all.

Of course, people will always argue, that it's impossible (in practice), to include everyone.
-- This is lies, because one realm of ever-deeper freedom/peace/love/bliss, will include everyone. And what also includes everyone, is "That".
-- However, since one realm of ever-deeper freedom/peace/love/bliss, is (arguably) a system, we should avoid it. And it also makes sense to avoid it, because there is something which is much better, (which is "That").
-- And therefore, the only true solution, is "That".

And therefore, what all of this information means, is that:

> The only thing that is truly good/benevolent/moral/kind/etc,
> is "That".

Or perhaps it's more accurate (and clearer) to say that:

> The only thing that can ever be truly good/benevolent/moral/kind/etc,
> is "That".

And indeed, this is why it's true to say that:

- By the time a society is truly 100% moral, it is non-existent.
- By the time a person is truly 100% moral, it is non-existent.
- By the time existence is truly 100% moral, it is non-existent, (non-existence).

And what this means, is that:

- By the time existence is truly good/benevolent/moral/kind/etc, it is non-existence.

And what this means, is that:

- By the time existence is worth living in, it is non-existence.

And what this means, is that:

- The only thing worth living in, is “That”, (non-existence).

Note:
Many people will argue against all of this, and say that life can be good/fun/playful/etc, if you just have the right group of friends.
-- However, these people are missing the fact, that suffering will still occur.
-- I'll explain the reasons for this, next.

Even when an interaction between two (or more) people, is amazing/playful/fun, this will cause you suffering (in the long-term). This happens, because that amazing moment, will be like a really strong addictive drug, which you'll want again, and again.
-- Ie, after having such an amazing experience, you'll want more of it, and unfortunately, the way that life is, it can happen again, but it won't keep happening in the long-term, and if it does, it will become contrived, and therefore not fun anymore.

Therefore, there is an inherent cruelty, even in the amazing/playful/fun times of life.

Also, what many people fail to take into consideration, is that during the amazing/playful/fun times that you have in your life, you will be causing suffering to others, (whether you're aware of it, or not).
-- One way that this can happen, is because in many activities, exclusion (of other people) does need to exist, and therefore, the people who are excluded, will suffer.

Note: Many people are brainwashed/programmed to believe, that excluding people is bad.
-- However, an amazing/playful/fun atmosphere, can only exist, if all the people that are communicating/interacting playing together, are on the same wavelength.

Ie, if there is even one person in that group, that is of a different wavelength, that person will make the whole activity negative.

Therefore:

> If people of different wavelengths, are forced to communicate/interact/play together, they will all suffer.

And therefore,

> Exclusion is necessary, (so that people only communicate/interact/play with other people of the same wavelength).

However,

> Whenever exclusion occurs, people will always suffer.

Therefore,

> All amazing/playful/fun times, are inherently causing suffering, (to some people).

Therefore,

> Despite the fact, that life does provide some truly amazing moments, the end conclusion is that: Life is cruel/evil.

Therefore,

> Although truly amazing/playful/fun moments do exist in life, the only fair/moral solution, (and desire), is to end the whole of existence, (in an instant/painless/effortless/guaranteed/permanent way).

Note:
It's very common, that whilst one group of people are having a genuinely amazing/playful/fun time, other people will be seeing/hearing that group, (or will be aware that that group is having such a good time), and this can cause suffering, (eg, from the feeling of: jealously, rejection, exclusion, the feeling that it's not fair, or whatever else). And, this suffering can exist before, during, and/or after the event.

The reason why it's important to give all of these examples, is because it’s important to show (and emphasise), how life is able to cause suffering, even during something that should be amazing/playful/fun.

Note: The issue of exclusion, is a very important one, and so I'll discuss it in more depth now.

A good example for this, is when people are play-fighting.
-- By “play-fight”, I mean where two (or more people) are wrestling each other, but not to cause harm to each other, nor to win at dominating the other. Domination may occur, but that person may also deliberately let the other take the upper-hand for a moment. Ie, it's a wresting, where you don't necessarily use full strength, and the key is, that the intent is just for fun and enjoyment, (knowing that there are no winners of it).

This activity is more common with younger people (in their relationships, or between siblings, or with friends), but it’s less common as people get older. The most important part of this activity, is the intent, (not just at the start of it, but also during it, and after it). Indeed, whilst play-fighting, (or watching people play-fight), it's easy to see the intent. And this can be very obvious, especially if there is lots of natural laughter. Indeed, there will be lots of

clues, which will show when the intent is purely for playfulness and fun.

The reason for trying to explain it so carefully, is because people have different definitions, of what a “play-fight” is. Eg, some people use the word “play-fight”, to mean having a pretend real fight. Ie, they're pretending to have a real fight with each other, (as a prank, or for whatever other reason).

The reason why play-fighting is such a good example, is because it's something that requires the participants to really be on the same wavelength, and it can't happen between people who are on even slightly different wavelength. Well, it can happen, but it will not be genuinely amazing.

Eg, if two (or more) people are play-fighting, they all need to be the type of people who are:

1. Not competitive, and do not believe that that you have to: “win”, be “successful”, etc.

2. Not trying to be “cool”.

3. Not trying to be “hard”.

4. Not trying to be “moody”, “artistic”, or whatever other image/identity that they're trying to portray.

5. Not thinking that it's important to dominate, control, etc.

6. Able to know/feel how far the other person can go, and wants to go, (physically, mentally, emotionally), and know where the line is.

7. Able to do all of the above, naturally, spontaneously, and without effort.

8. Etc.

So, if two people (who are on this wavelength) are play-fighting, but a third person tries to join in, and that third person does not have all the traits (explained in points 1 to 7 (above)), then the play fight will naturally become not fun anymore, and therefore, no one enjoys any of it.
-- The point is, that if all three people are forced to play together, then no one ends up enjoying the event.

And what this means, is that: The only way to enjoy activities, is to exclude some people.

However, when you exclude people, you will cause suffering. And this will cause you suffering. And therefore, the only end result, is suffering.

Note: This issue, (that “The only way to enjoy activities, is to exclude some people”), is a

very important one, because many “spiritual”/“good” people, always believe that everyone should be allowed to join in, and these people will force people of different wavelengths, to communicate/interact/play together, and they totally fail to see, just how damaging/scarring/toxic/unhealthy this is. And this is true, regardless of whether the people are: babies, children, teenagers, adults.

These people simply do not realise, that everyone can have amazing times, but only with people who are on their wavelength, (or close enough to it).
-- Ie, people only suffer, when they're forced to interact with people who are on different wavelengths.
-- However, the “spiritual”/“good” people/parents, are so brainwashed/programmed to believe that the world needs to be all “one”, that they don't get the fact, that they're causing suffering, and preventing genuinely fun times from occurring.

Note:
Exclusion can be a bad thing, if it's done in the wrong way.
-- An example of this, is when rich people want poor people to exist, so that they can have an image of being: “better”, more “successful”, having a “higher” status, being more unique/special/elite, etc.

However, it must be realised, that if it’s done in the correct way, then everyone can be rich.
-- For the purpose of this discussion, lets use the word “rich”, in the sense of: money, nice big spacious house, all the luxuries they want, etc.

Of course, some people will argue that: “Everyone can't be rich, because rich people can only exist, if poorer people exist.”
-- Although this statement is true, it does not allow for the fact, that everyone can be “rich”, in the sense that everyone can have plenty of money and a nice big spacious house, and all the luxurious they want.

However, going deeper into this example, it can be seen, that many people want to exclude others, just so that they can create a “special” group of people, (so that they can say (and feel) that they belong to a unique/special/elite/etc, group).
-- Ie, it can be seen, that exclusion is being used here, in a totally different (and much more negative) way, (as compared to what I was talking about earlier).

Indeed, it’s important to see, that most people are constantly trying to belong to a unique/special group, rather than just wanting to have fun.
-- And what this means, is that: 99% of people, are not able to just have fun, (because they feel that it's more important to portray some image, (eg, being: cool, hard, moody, artistic, successful, etc)), rather than just having genuine fun.

And I deliberately included the word “genuine”, because there are many people, who try to portray an image of “being fun”, and in doing this, they are part of the 99% of people, who are not able to just have fun.

Indeed, this is all very apparent, when you look clearly/honestly at life.

-- Moreover, it's even more apparent, when you look at what activities people do in their free-time, and how they're behaving (in those activities).

The important thing to realise, is that: Of the 1% (who are able to have genuine fun), most of them will stop having fun, as soon as they're in a room/environment, with a person from the 99% category. This is because, the 1% of people (who want to have genuine fun), can do so, but only if they're not surrounded by people in the 99% category.

Indeed, in most cases, as soon as people are surrounded by people who are trying to be cool/hard/moody/artistic/etc, then they all start to become serious (because they then all start trying to act/sell/portray some image (eg, cool/hard/moody/etc).
-- This all happens, because most people are brainwashed/programmed to believe, that they will get something (eg, a partner, friends, respect, etc), if they act/sell/portray some image (eg, cool/hard/moody/etc).

When you naturally know all of this information, you realise that the truly genuine fun times, can be created, and enjoyed, (even to the extent of rolling on the floor in hysterics), however:

1. These times are very rare (over the period of your entire life).

2. These times are all susceptible, to suddenly becoming serious/boring/negative (at any moment in time, (when people suddenly try to act/sell/portray some image).

3. These times will cause suffering to others, (whether you know it, or not).

4. Etc.

And therefore, what all of this means, is that it's not worth the effort/energy/money/time/etc, that goes into creating those fun times, (because the cons heavily outweigh the pros).
-- Ie, the cons = 99%.

Ie, the cons = the effort/energy/money/time/hope/desire/etc, that goes into creating those fun times.
-- And no matter what you try, the truly genuine fun times, will only end up being 1% of the time, (when calculated across your entire lifetime).

Note: When I say that you can “create” these fun times, I mean that you can do this to a certain extent, (eg, create (set-up) an evening, where you have certain people in a room, (where all these people, are only from the 1% category), and you have some activities planned, (which you know can allow for spontaneous/random/unexpected/fun/hysterical things to happen).
-- Ie, you are creating the potential, for spontaneous/random/unexpected/fun/hysterical things to happen.

Yes, there are some very rare times, when this can all happen totally naturally (without any planning), however, these times are more likely to be shorter (in duration), due to the environment being more random/uncontrolled, (which means that there's more likelihood of the environment (or moment), being spoilt/tainted, (by people from the 99% category)).

However, regardless of whether these fun times are planned (or not), the same issues arise, (eg, that you might be having an amazing time, but you are aware, that there are other people who are not involved in the fun time (that you are having), and they will suffer (because you know that they want to be a part of it)). And you know that this is inevitable, because there are always people who hear fun times, and this makes them suffer because:

1. They want to be involved with those people, (or with their own friends, etc).

2. The noise that is caused (by laughter/hysterics/screams/etc), is disturbing them.

3. Etc.

Note:
All of the above, applies to all activities, because no activity will ever work well, if people are on different wavelengths. However, some activities, will be much more affected by this, than others.

Eg, if people are playing “pranks” on each other, and these people are on different wavelengths, then the results/consequences will probably be much worse. Eg, whilst playing a prank, a more considerate person would make sure, that they do not do anything, that makes the pranked person suffer. Therefore, they might make sure that the prank has the desired effect (of being fun/playful/funny), but at the same time, they make sure that there is no damage/injury done (to anything, or anyone), and that the prank does not have any unpleasant long-term consequences (eg, a bad smell that lingers for a long while). However, the main extra thing that the more considerate person will allow for, is that if the prank is not liked/appreciated (by the pranked person), then the pranker will offer to reset the environment/situation, back to how it originally was.

Of course, the way that most people do pranks, is the opposite of this. And that is why it's always best to avoid getting involved in this activity of pranks.
-- And this is also true, even if you're having a fun/playful prank war, with a more considerate person, because there will always be one selfish person, who will just intervene, and this is usually the type of person, who will have no idea of what “playful” really means.

Indeed, it’s quite common, that a person might play a prank (for genuine fun), but then some subtly/sly person, will try to convince everyone, that the prank was done with some malicious intent. Of course, most people are selfish, and this blinds them to being able to know/feel, what intent things are said/done with. Ie, when all of this is combined, the whole prank becomes a disaster. And this is why it’s always best, to avoid all of it.

Indeed, most “prank wars” will always have some problem like this. And, as a result, most pranks will occur, with there being at least one person/participant/observer, who will have some subtle/sly ulterior motive, (eg, of making the pranked person look silly/foolish/stupid/“lower”/etc, and/or, making themselves look good/funny/clever/dominant/“higher”/etc).

Another example of how a prank can become a negative thing, is as follows. A person plays a prank, and (for whatever reason), the pranked person does not appreciate it, and so the pranker (if they are a more considerate person) offers to reset the environment/situation (back to how it originally was), however, the pranked person declines the offer (to reset the environment/situation), and says to leave the environment as it is. Ie, the pranked person, is deliberately not allowing the environment/situation to be reset, so that they can subtly/slyly play some game/tactic, (eg, playing the role of “victim”, or showing the environment to everyone, so that they can then say x, y, z).

The key point is, that (like most things in life), most people are not really interested in genuine fun/happy times, because they're more interested in playing their subtle and sly games/wars/tactics, whilst also trying to make themselves look: cool, clever, hard, dominant, victim, good, moral, kind, selfless, fun, popular, survivor, successful, etc.

And this is even true, in the activities, that are supposedly “purely for fun”.
-- Eg, some people might like to enjoy a good bit of “banter”, (where the back-and-forth comments between people, are sharp/witty/sassy/fun/etc).
-- Yes, this can be genuinely amazing, because within banter, there can be: playfulness, the unexpected, the random, the spontaneous, etc. And all of this, can lead to truly genuine fun times, and even to rolling on the floor laughing in hysterics.

However, a lot of the time, it's spoilt by the 99% (the selfish people), who will always try to twist what was said, and turn it into a situation/drama/thing, which they can use as a weapon/tactic/etc, (for some ulterior motive).

This is quite a common occurrence, because even if the selfish people are not present (in the group of people who are having some playful banter), they'll suddenly appear, and interfere in the group, and turn everything negative/ugly/toxic.

One way that everything turns negative/ugly/toxic, is when the selfish person will pretend that they're being fun (by saying things under the guise of banter), but it’s obvious, that their intent is to subtly/slyly make other people look bad/“lower”, whilst making themselves look good/“higher”/etc.

And the problem is, that it only needs one negative/selfish person to be in the group of friends/family/co-workers/etc, for that playful banter, to be turned into a negative/ugly/toxic thing.

However, the problem is not only caused by that person (who is being subtle/sly), but it's also caused by all the other people, because most of them will either:

1. Not be able to recognise when a person is saying/doing things out of malicious intent, and therefore, this allows conversations/activities to occur, which have malicious intent in them.
   -- And therefore the conversations/activities will be toxic.

Or,

2. Be able to recognise the malicious intent, however, they don't say anything (and even remain friends with that person who's being subtle/sly/malicious), because they selfishly want to get/gain something else (from that person/friendship, (eg, use them to increase their: social status, ability to attract a partner, etc)).
   -- And therefore the conversations/activities will be toxic.

The key point of explaining all of this, is that it just shows, that most of the time, you can't have genuine fun with people (friends/relationships/family/co-workers/etc), and therefore, the inescapable conclusion, is that:

> If you can't have truly genuine fun, with
> people/friends/relationships/family/co-workers/etc,
> then you're better of without
> people/friends/relationships/family/co-workers/etc.

And the other obvious conclusion, is that:

> If the truly genuine fun times, that you have with
> people/friends/relationships/family/co-workers/etc,
> is for only 1% of the time,
> then you're better of without
> people/friends/relationships/family/co-workers/etc.

Note:
Some people will argue, that people/friends/relationships/family/co-workers/etc, are good for other things, (eg, intelligent conversation, etc), but all these other things, are just:

1. People playing all types of games/wars/tactics/egos/etc.

2. People selling/buying things, to whoever will bite.
   -- Eg, people selling an image.
   -- Indeed, many people try to sell an image of:

   - "I'm a good parent."
   - "I'm a good person."
   - "I'm intelligent."
   - "I'm spiritual."
   - Etc.

3. People controlling/manipulating/using whoever they can.

4. Etc.

Of course, this is all to be expected, because the only reason why two (or more) people get together, is because they want something from each other.
-- And therefore, it's obvious that:

1. They're going to want something from you.

And that,

2. They're going to keep wanting something from you.

Note:
All of the above is important, because it brings us to another key point, which is that, even if you have £100 million, and a good group of friends, the chances of having spontaneous/random/unexpected/fun/hysterical times, is still 1%.

Ie, the inevitable conclusion, is that life is not something that is worth living, (since the truly genuine fun times, are only 1%).

And, this is only if you're lucky, (because many people don't even get 1%).

And that's after discounting the fact, that other people will suffer (from hearing/knowing that you're having fun). Ie, if your truly genuine fun times, is 1%, but you then say that these times are not fun anymore (because you know that it makes other people suffer), then that figure of 1%, goes down to 0.1%, or to 0%.

However, even if the truly genuine fun times, are 1%, then this means that life is serious/boring/ok for 99% of the time.
-- Ie, the inevitable conclusion/realisation, is that:

If you don't have lots of money in the bank,
then it's ridiculous/foolish/insanity,
to do all the everyday things in life (eg, jobs, chores, hassles, stress, etc),
just so that you can have a life, that is serious/boring/ok, for 99% of the time.

Note:
It's important to see, that all of the information that I have just discussed, is not just about friendships, but about all types of interaction.
-- And this is important, because a huge amount of suffering is caused in the world, because parents/people insist on forcing partners/friends/family/siblings/children/etc, to talk/interact/play with each other.

This causes so much damage/suffering, in more ways than people realise.

-- And it happens so often, everywhere, and at all ages. Indeed, it starts when young children are forced to play (or interact) together, and this continues: within the family, at school, and then in jobs, in extended family (if they get married), with their own new family (if they have children), etc.
-- Indeed, when it's seen like this, you realise that:

> Life is just a string of forced (non-consensual) torturous events.

However, it's important to see, that although this applies to all people (of all ages), it's a different situation for children, because in their case, this is inescapable, since they're trapped in the family home (prison).
-- Ie, it's inescapable torture.

And it's important to see, that all of this torture that is being caused, is all happening, purely because the parents want to fulfil their selfish desire, of: having a baby/child, playing mummy/daddy, playing house, etc.

And what compounds this issue, is the "spiritual"/"good" parents/people, who are brainwash/program everyone, to believe that everyone must be "One big happy family, of everyone happily interacting together".

However, forced interactions, can happen for many other reasons. Eg, a parent will want to spend time with other parents, and during this time, the children (of both parents) are forced to interact/play/talk.
-- And despite the fact that it's so obvious, to see that these children are not getting along, the parents (being inherently selfish), will not care. The parents want to speak to their adult friends, and therefore, the children will have to interact. End of story.
-- And, even if the parent does admit that their child is suffering, they'll just blame the child, for any reason that they can think of. Eg, the parents will say to themselves (and others):

- The child is just having a mood.
- The child is just playing-up.
- The child is just being a child.
- Etc.

The key point is, that what this proves, is that:

> Parents are totally blind (and/or delusional) about just how much trauma/torture/suffering, they're inflicting onto their child.

Or, parents are aware of it, but they just don't care.

And it's important to see, that this will never change, because it can't change, because:

> All parents will always be inherently blind (and/or delusional) about other people's suffering,

because this blindness/coldness has to be in them, to be able to decide to have a baby/child.

It just can't be any other way.

And it's important to emphasise, that all this trauma/torture/suffering (that they're inflicting onto their child), is not necessarily made up of a few serious large traumatic events, but many millions of small events, (which parents believe are "harmless"/"normal"/acceptable/etc, because "everyone else is doing it").

There are also some other important things to realise about parents, (which I'll explain in points 1 to 5 (below)), however to get to them, let's start from the following point.

Parents often tell their child, that "You have to learn to get along with other children", however, all adults know, that they themselves do not get along with everyone. Ie, all parents know, that there's always someone that they (as adults) will not want to talk/interact/play with. However, despite this, they will not only force their child to talk/interact/play (with whoever they tell them to), but they'll also tell their child, that they (the child) must get along with everyone.

The key point is, that what this shows, is that:

1. Parents are willing to say/do anything, as long as they get the outcome that they want.

2. Parents will brainwash/program their child, with whatever lies/misinformation that is necessary, to control/manipulate their child, (to fulfil their selfish desires).

3. Parents are constantly forcing their children to do things, and this creates non-stop trauma, in their children.

4. The parent-child bond, is a trauma-bond. However, the trauma/brainwashing/programming is so deep, that all children (and all people) now believe that this type of bond, is what "love" is.

5. The child learns this behaviour, and after it becomes an adult, it then does all of this in their own relationships/friendships/family/children/jobs/etc.

   And so the cycle of trauma (and stupidity), never ends.

And it's also important to realise, that:

This situation will never change,

because it can't ever change,
because parents will never admit any of this.

And therefore,

Stupidity will just keep replicating itself.

Note:
Many people will say that they do not agree with this, however, they're only saying this, because they have to say this, or else admit how bad life really is, and how selfish/immoral/cruel they've been (when they did these things).
-- Or, they've just been brainwashed/programmed so much, that they literally see white as black. Ie, they know their direct experience of life, is that life is suffering, but they immediately gaslight themselves, to believe that it's fine, (or acceptable).

Note:
On this subject of forcing children (and adults) to talk/interact/play with other people, many people will say, that this does not apply to adults, because adults choose who they talk/interact/play with. Ie, the argument is, that people can make sure that they only interact with people who are like them (ie, are on the same wavelength as them).

The key point is, that the reason why suffering always ends up occurring (in all relationships/friendships/families/etc), is because people keep blinding themselves, to the fact that people's wavelengths are constantly changing.

The reason why I said "blinding themselves", is because people know that (over time) people do change, however, people are selfish (and immoral), and therefore, when an interaction is good, they always want to tie-down (trap/enslave) that person (as a personal-slave), to make sure that the other person can't easily leave/escape from them.

Of course, all that happens, is that even if the relationship is good, as time progresses, one (or both) of their wavelengths will inevitably change, and then the interaction will just be negative/ugly/toxic.

The key point is, that their interaction, is now forced, and torturous.

Moreover, since they've trapped themselves, the negativity/ugliness/toxicity, will just keep getting constantly worse.

Of course, the same is also true, even in very short interactions.
-- The reason why this can happen (even in very short interactions), is because of the following issue.

All people have many different wavelengths, and the one they are (at any one moment), is

dependant on what they are thinking/saying/doing/etc.
-- Ie, two people can have matching wavelengths, but if they change the topic of conversation (or change their activity, (or a random thought arises in one of their heads)), then their wavelengths might not match any more.
-- Indeed, if you watch people interact, this is often the case.

The key point is, that if you truly understand this, you'll:

1. See that it's absolutely stupidity, to try to trap/enslave someone (as your personal-slave).
   -- And therefore, you'll never try to trap/enslave anyone.
   -- And therefore, you'll not have any personal-slaves.

And,

2. See that it's absolutely stupidity, to allow yourself to get trapped/enslaved by someone (as a personal-slave).
   -- And therefore, you'll never let yourself get trapped/enslaved by anyone.
   -- And therefore, you'll not be anyone's personal-slave.

And, of course, what this all means, is that the people who are the most stupid, are the ones that created the biggest traps.
-- And therefore, the stupidest people, are parents.

And the other stupid people, are those who got married, and/or moved in together, etc.

Note:
Earlier on, I talked about family, and how all parents like to say things like: "Family is important", "Family is x, y, z", etc.
-- I now need to add another piece of information.

The thing that people need to realise, is that: Family is always going to inherently cause suffering in the world.
-- The point is, that family can't ever be a good thing, because as soon as the family is created, it inherently creates a "them-and-us", and as soon as this is done, suffering is inevitable, (to the "them", and the "us").

This is inevitable, because any time that people create a them-and-us, both sides will always inevitably suffer.
-- And, since suffering always spreads, this means that creating a family, will lead to everyone suffering.
-- And therefore, creating a family is immoral/cruel.

And it's important to realise, that this is all true, regardless of why the them-and-us is

created.

However, earlier in this conclusion, it was concluded that family is only ever created, for selfish reasons. And that this will always be true, since family is an inherently selfish/immoral thing.
-- Ie, it's inherently service-to-self.
-- And, since it's an “inherent” part of any family, this means that there are no exceptions to this.

And if people don’t want to believe this, then just come at it from the other side. Ie, see that family will always be an inherently bad thing, because it will always include parents, and parents will always be inherently selfish/immoral people, because they’re only trying to fulfil their selfish desires, regardless of how much suffering it causes their children, (and other people).

This is indisputable, because there is no other way to have babies/children.
-- Ie, you can only have babies/children, if you totally do not care about the fact, that the child will suffer regularly, throughout its entire lifetime.

Of course, the problem is, that the previous sentence is not clear enough, because it uses the word “suffering”, and to most people, that word is ok/fine, because 99% of people believe that “suffering is acceptable”.

Therefore, the word “suffering” needs to be replaced with “be tortured”. Indeed, if a person is suffering, they are being tortured.

Therefore, that previous sentence, can now be re-written as:

> You can only have babies/children, if you totally do not care about the fact, that the child will be tortured regularly, throughout its entire lifetime.

Indeed, when it’s seen like this, it becomes blatantly obvious that,

> There really is nothing else in the world, that is a more cold-hearted act, than having babies/children.

Of course, in response to this,

> Many parents will claim, that they would never knowingly torture their children, however, this is absolute lies, because parents are always knowingly torturing their children, because when parents want to punish their child, they will make the child do things, that they know the child will find torturous.

Indeed, this is obvious, because

> If the child did not find it torturous, the child would not suffer, and therefore it

would not be punishment.

Therefore, what this all means, is that

> All parents are literally torturing their babies/children, and doing this knowingly/consciously.

And the key point is, that there is absolutely no excuse for it, because

> If raising a child, will always involve torture/suffering, then you have to accept the fact, that raising a child is immoral/cruel/evil.

Note:
Since parents consciously knew/know that their child is going to suffer (be tortured) regularly throughout their entire lifetime, then what this means, is that all children have a right to ask their parents, (and have a right to expect a clear answer), to this question:

> “How can I leave this life of prison/torture/slavery/rape, in an instant/painless/effortless/guaranteed/permanent way?”

And if the parent answers this with “I don't know”, or anything other than a clear practical way out, then that is totally unacceptable.

An analogy of why this is totally unacceptable, is as follows:

A random person is kidnapped, and imprisoned in a basement, where the perpetrator rapes and tortures them every day. After a few months, the victim realises that there's absolute no way out of this basement and their daily life of prison/torture/slavery/rape.

So, the victim's life is full of torture/suffering, and so the victim asks the perpetrator, if they're allowed to make their life a bit better, by having some other people in the basement/prison with them (because this will give them some: entertainment, company, happiness, love, energy, etc).
-- And the victim also says to the perpetrator, that this can be possible, even without bringing in more adults prisoners, because all the perpetrator has to do, is allow them (the victim) to have a baby.

So, the perpetrator thinks about this, and says to the victim, that they can have a baby/child, however, the perpetrator also says, that all new babies/children will also be raped and tortured every day.

So, immediately after this conversation, the victim decides to have a baby.

The end result, is that the victim has fulfilled their desire, (of having a baby/child in the prison, to make their life a bit better), with total disregard to the fact, that these children will suffer, (because they're now also imprisoned, and are being raped and tortured every day).

Of course, in this analogy, the victim is a prospective parent (who is trapped in this life of prison/torture/slavery/rape), and the prospective parent feels that this life will be a bit better, if they have a child, (because it will bring into their life, some: joy, love, pleasure, meaning, happiness, purpose, etc).
-- And so they decide to have a baby/child, (despite the fact, that the child will then also be in this life of prison/torture/slavery/rape, and suffer immensely).

Therefore, this brings us back to the point that:

> No one should be allowed to have babies/children, unless they know of a practical way out of life, which is instant/painless/effortless/guaranteed/permanent.

However, the fact is, that

> There is no way out of life, which is instant/painless/effortless/guaranteed/permanent.
>
> And there never will be, because although it can be instant/painless/effortless/guaranteed, it is always going to be arguable/unknown (and unknowable), as to if it is permanent, or semi-permanent, or whatever else.

And therefore,

> No one should want to have a baby.
> -- Ie, it should be that people simply don't want to make other people suffer, and therefore, they do not want to have babies.
>
> Ie, it shouldn't have to be about not allowing people to have babies/children.

Yes, laws could be introduced, to make it illegal to have babies. However, what people need to understand, is that anyone who does have a baby/child, will have to accept the fact, that they've done the most selfish/immoral/cruel/evil thing possible.
-- However, that is not the real issue, because what is more important for parents to understand, is that it's irrelevant if you label child-birth as somethings that is evil, or good, (or necessary, or whatever else), because the end result is always the same, which is that the domino has been knocked over, and there will be natural consequences that they will have to deal with.

Note: These consequences, are just an inevitable natural movement, (and not an act of revenge, nor any other such thing).

Indeed, it's obvious to see, that parents do suffer a lot, and all parents will openly

recognise/admit, that parenting is hard/difficult/torturous.
-- However, what parents fail to see, is that that suffering/torture (which is occurring to them), is caused by themselves.

Ie, that is just one of the natural consequences.
-- And there are many other natural consequences, which they might not ever realise exist.

Indeed, there are all types of natural consequences, which might exist (as a result of choosing to have a baby), and one of these consequences, might be that the parent then gets reincarnated into this life of prison/torture/suffering/rape.
-- And in that new reincarnated life, if they repeat the same selfish act (of having a baby), then they continue in this never-ending:

- Cycle-of-reincarnation.
- Cycle-of-suffering.
- Cycle-of-prison/torture/slavery/rape.
- Cycle-of-stupidity.
- Cycle-of-self-abuse.
- Cycle-of-selfishness/immorality.
- Cycle-of-cruelty.
- Cycle-of-evil.
- Cycle-of-life.
- Cycle-of-existence.

And it's important to see, that if this inevitable fate (of reincarnation) exists for people who had babies/children, then this same fate also exists for:

- People who wanted babies/children (but didn't have any).
- People who believe that it's ok for other people to have babies/children.
- People who were bystanders to this horrific act.

- People who prevent (or make it difficult) for others to leave life in an instant/painless/effortless/guaranteed/permanent way.
  -- And this includes if they do this: directly, indirectly, actively, passively, etc.
  -- And it's also regardless of how they do this, (ie, via whatever rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc)).

- People who believe that it's acceptable to use/enslave other people, (as personal-slaves, and/or work-slaves).

- People that brainwash/program others to believe, that suffering is acceptable/good/important/necessary/etc.

- Etc.

Note: I'm not saying that this fate (of reincarnation) is a fair punishment, (or whatever else). What I'm saying, is that it might just be a natural/logical/obvious consequence.

(I will discuss the issue of punishment, later in the conclusion.)

Note:
Often, children can see that their parents know that life is prison/torture/slavery/rape, and that their parents do not have an answer of how to escape life (in an instant/painless/effortless/guaranteed/permanent way).
-- What this means, is that the child will inevitably have some questions/statements in their head, (and they might even ask it to their parents). These questions/statements will be something like:

1. "You knew that life is full of suffering, and you do not have an answer of how to get out of life, so why did you think it was a ok to have a child?"

2. "You knew that working at a job is prison/torture/slavery/rape, and before you had me, you knew that you would push me to get a job. Also, you know that it's cruel and evil to push a person into prison/torture/slavery/rape, but yet you think that it's ok, that you want me to get a job.
   -- And, all of this, is just because you selfishly wanted to play the game/desire/activity/hobby of: having babies/children, playing "house", playing "mummy and daddy", playing "happy families", etc.
   -- It's just impossible to not see this as anything other than selfish/immoral/cruel/evil."

3. "How can a child be expected to respect/love/be close to their parents, since parents are the type of people that brings a human being into life, (which is a life-sentence of prison/torture/slavery/rape)?"

4. "You would hate any person, that non-consensually forced you into a life of prison/torture/slavery/rape, so surely it is to be expected, that all children will hate their parents (after they wake-up to this fact)."

5. "Where is the instant/painless/effortless/guaranteed/permanent way out of life?. If you don't know the answer to this, then you have not only brought me into this horrific place called life, but I'm now forced to non-consensually endure a lifetime of mental/physical/emotional rape."

6. Etc.

The key point is, that:

A) No amount of money can solve this problem.
   -- Indeed, even if the parent gave the child £100 million, it will help make the

child suffer a lot less, but suffering will still inevitably happen.

B) No argument/discussion can solve this problem.
-- Indeed, no argument/discussion can solve this problem, because there is no way to permanently escape the direct experience of prison/torture/slavery/rape/suffering.
-- And, even if there are some truly amazing moments in life, these moments will be surrounded by lots of suffering, and therefore, the amazing moments are just scraps of true happiness/peace/love/pleasure, (ie, they're just bread crumbs, in a life that is full of prison/torture/slavery/rape).
-- Ie, all arguments/discussions, will just be attempts to cover over the fact, that everyone who is alive, will suffer a lot (throughout their entire lifetime).

Therefore, anyone who doesn't have the answer to the main question (“Where is the instant/painless/effortless/guaranteed/permanent way out of life?”), has no right to have children, regardless of what money/safety/security/healthcare that they can provide.

Some parents think that it's ok to answer these types of questions with: “I don't have the answer”. However, how is this answer supposed to help the child?
-- It doesn't help the child at all. These types of answers are unacceptable, because the end result, is that the child will have to continue to suffer, (and all because the parents wanted to have a child, for whatever selfish reasons).

Of course, parents love to think (and say) that: “I provide my children with all the love and care that I can give”. However, this is just their attempt to brainwash/program/delude themselves (and everyone around them).
-- Indeed, this is obviously lies, because these are the parents that push their children into slavery (jobs), and also into many other situations that are prison/torture/slavery/rape (eg, school, relationships, friendships, etc).
-- Ie, when parents use words like “love” and “care”, it’s just blatant brainwashing/programming, because it could not be more upside-down.

The key point is, that unless this “love”/“care”/etc (that you are able to provide), is able to provide an instant/painless/effortless/guaranteed/permanent way out of life, then such “love”/“care”/etc, is not enough. Certainly not enough, for you to be allowed to have a child.

Note:
As can be seen from all of the above information, everything that people have been brought up to believe, is totally upside-down. And the deeper that a person goes into all of this, the more that they will see this. And this also includes, the information that sounds benevolent.

Indeed, just because a phrase sounds benevolent, that doesn't mean that it is benevolent/correct/wise.
-- Eg, many people like the quotes about war, which say something like: “If people didn't join the military, then there wouldn't be any wars. Therefore, to have peace, people just

need to stop joining the military”.

This kind of stuff is not only nonsense, but it is brainwashing/programming, and causes misdirection, which when combined, will cause immense amounts of suffering in the world.
-- This is especially true, for this type of quote (above (about war)), because:

1. This quote reinforces the belief, that when there is no military, there will be peace.
   -- This is nonsense/lies/misdirection, because if there was no military, people would invade a country (to take over the land, or just to take whatever resources/people/slaves they want (by force)), and in reaction to this, groups/systems would be created, to defend the country/resources/people/slaves/etc.

   Ie, yes, at the beginning, there is no “military”, because it's just a few people who gather together, to help each other defend their land/resources/people/slaves. Ie, it's just an unofficial group (or not even a “group”), who are defending themselves, (and their possessions/land/etc).

   Note: Since there is “defence”, this means that there is a battle, and therefore, there is a war.

2. This quote reinforce the belief, that war is something that only the military do. Ie, war does not exist anywhere else.
   -- This is nonsense/lies/misdirection, because war exists in all people, in their everyday life, (especially in: raising children, having families, having relationships, having friends, having jobs, etc).

   Ie, this quote is brainwashing/programming people to believe, that all these games/wars/battles, that everyone does in everyday life, is just “harmless”/“acceptable” games.
   -- When in truth, these “harmless”/“acceptable” games, are causing immense amounts of suffering, to everyone in the world.

3. This quote reinforces the belief that: “Military war, is the worst thing in the world”.
   -- This belief is nonsense/lies/misdirection, because:

      a) The amount of people who suffer during war, is nothing compared to, the amount of babies/children who suffer, due to being born, and who suffer throughout their entire lifetime (from physical/mental/emotional illnesses, diseases, accidents, etc).

      b) Military war, starts and stops, but the wars (and prison/torture/slavery/rape) in normal everyday life, never end, (until you die).

4. Joining the military, is done consensually, (in modern times). Whereas, being born

into life, means that a person is being non-consensually forced into a life, which is full of never-ending wars/battles/suffering.

5. This quote reinforce the belief, that selfishness/immorality/cruelty/evil/etc, only exists in the people, who are the leaders/elite/rich (whether in: politics, military, companies, secret-organisations, etc).
   -- This is nonsense/lies/misdirection, because almost all people are selfish and immoral, and the most cruel/evil ones, are the parents.

6. This quote reinforce the belief, that “violence” is physical.
   -- Indeed, many people like to say that “I am against violence”, and they'll make sure that they are heard saying this to their friends, and they’ll also try to say how they're horrified about some violent war (that is happening in some part of the world).
   -- Of course, these types of people, are the people who use all kinds of non-physical violence, in their everyday lives. It might be emotional violence, or whatever else.
   -- And it’s important to remember, that all these types of non-physical violence, can be infinitely worse than physical violence.

   And it’s also important to remember, that:

   > The one violence that is infinitely worse than any other,
   > is to have a baby, because no violence can ever exist, if nothing is created.

7. Etc.

The point is, that almost all people are selfish, and this means that wars/battles/games will always exist.
-- And, almost all information, is only ever created (and spread), to:

A) Try to misdirect people’s attention, away from their selfish/immoral/cruel/evil actions (and activities/hobbies).

And,

B) Turn everything upside-down, so that it makes their selfish/immoral/cruel/evil actions (and activities/hobbies), something that is seen as good/moral/etc.

Ie, pointing at the military, and saying that they are the cause of suffering, is just an attempt to misdirect everyone, (from seeing how selfish/immoral/cruel/evil they themselves are, and that 99.9% of the population are like this).

Note:

The issue above (about information/phrases that sound benevolent), is also true in all other respects. Indeed, it’s important to realise, that:

> Just because a person/group/entity, looks and/or sounds benevolent/angelic/etc,
> that doesn't mean that they're benevolent.

And it's important to realise, that this is also true, from the other end of things. Ie:

> Just because a person/group/entity, looks and/or sounds malevolent/angry/etc,
> that doesn't mean that they're malevolent.

Indeed, a person could look angry/furious, because they're angry/furious about the fact, that there's so much suffering in the world.

And indeed, if a person/group/entity, is looking happy/peaceful/etc, they're probably not benevolent, (because this means that they're not bothered about other people suffering in existence).

And, as mentioned earlier, if only one small person/animal/entity/thing in existence is suffering, then this is still unacceptable.

This must be true, because

> If some person/group/entity, believes that it is acceptable, for one small person/animal/entity/thing/dimension in existence to suffer, then surely they are cruel/malevolent.

Indeed, it’s important to remember that:

> No matter what anyone has done in the past, there is no need for punishment, because no one needs to suffer, because suffering is unacceptable, and unnecessary.

Ie, the solution needed, is not to punish people, but to take everyone to a place, where everyone is permanently free from suffering, with the ultimate freedom/peace/love/bliss.

Ie, this solution (of “That”, (non-existence)), is not about them-and-us, where you get what you want, regardless of the fact that other people/entities/things will suffer.

Ie, this solution includes everyone, and no person/entity/group/dimension/realm/etc, is excluded.

And it's important to see, that trying to solve problems in any other way, is foolish/ridiculous/lies/misdirection/brainwashing/programming/selfish/immoral/etc.

Note:
When I say that all people are responsible for causing all the suffering in the world, I do mean all people.

This is extremely obvious, when you know that if a person is a bystander to a cruel act, then they are just as guilty.
-- Indeed, this is why I say that it's not only parents who are selfish/immoral/cruel/evil, but also all those people who do not have children, but:

1. Think it's ok that other people have children.
2. Do not try to stop this horrific cruelty from happening.
3. Etc.

The key point is, that out of everyone in the whole world:

90.0% = Have children, or want children.
9.0% = Don't want children, but believe that it's ok if others have children.
0.9% = Believe that it's not ok for anyone to have children, but they're just being bystanders, and letting the cruelty continue.
-- Note: Most of these bystanders, will never do anything about it, because they don't want 99% of the population, to: dislike them, hate them, attack them, exclude them, make life hard for them, etc.

And what this means, is that 99.9% of the population, are selfish/immoral/cruel/evil.

All of this is obvious, if you just take a step back from life, and do not skew what you see.

Note: The 99.9% figure will increase, when you also add the other selfish/immoral/cruel/evil group of people, who try to do all that they can, to make sure that the charity/service/building (which provides all people with the freedom/choice/option, of an instant/painless/effortless/guaranteed way out of life), is never allowed to exist.
-- So, the number will then be 99.99%.

And then you can also add the other group of people, who are bystanders to this issue.
-- So, the number will then be 99.999%.

However, to keep the numbers simple, let's just stick with 99.9%.

The key point is, that the other 0.1%, will know that they cannot be alive, without causing something/someone suffering, (since they know that, they're not conscious of all the suffering that they cause, since they know that, the realisation of how suffering is caused at ever-deeper levels, is an ever-deeper ongoing process).

Therefore:

The inescapable conclusion, is that 100% of the population, are causing suffering.

Note:
It must be remembered, that it's important to admit (and expose) all of this information, regardless of what the implications (or solutions) are.

Indeed, it's obvious that realising/admitting (and exposing), that 99.9% of the population are selfish/immoral/cruel/evil, (and that 100% of the population, are causing suffering), is important, because it's the only way, to help see the situation clearly.

Indeed, only when you realise this, do you realise that:

A) The solution suggested in this book, (of instantly/painlessly ending existence), sounds correct/wise/ideal/etc.

And,

B) This solution is not over-the-top, nor extreme, but the only option.

Indeed, this should be obvious, because:

It's the only solution that does not exclude anyone/anything, nor does it create separation.

Note: In case it isn't clear, the reason why this book exposes all of this information (eg, that 99.9% of the population are selfish/immoral/cruel/evil), is because doing anything else, is lies, and lies will just create more suffering.
-- However, these realisations should be welcomed, because they also point to a solution ("That", (non-existence)), which will permanently eliminate all suffering, and:

1. Permanently end exclusion.
   -- Ie, it's not excluding anyone/anything (in the whole of existence).

And,

2. Permanently end separation.
   -- Ie, there will be no more separate people/entities/dimensions/anything. And therefore, there is no more desire/suffering, to try to feel (or be): whole, complete, home, source, etc.

Ie, (just to be clear), this book is not exposing all of this information to:

- Create a them-and-us.

- Vilify parents/people/companies/governments/secret-organisations/etc.
- Identify who needs to be punished (or held responsible).
- Exclude these people/groups.
- Attack these people/groups.
- Etc.

However, it's also important to see, that the 99.9%, (parents/people/companies/governments/secret-organisations/etc), might want to do all these things (vilify, attack, etc), to any person that agrees with the information in this book.
-- Ie, the attack is only in one direction.

However, having said this, the 99.9% might not even bother/care about the 0.1% (who agree with the information in this book), since any information that is only believed by 0.1% of the population, is something that the 99.9% will:

1. Not want to believe.

2. Not need to defend, (since 99.9% of population, are on their side).

Note:
It's also important to realise, that saying that parents are selfish/immoral/cruel/evil, is true, but it's not something that should be held onto.
-- Ie, this is being said, as a clear/honest observation of life, because only when clear/honest observations of life are made, can people be deprogrammed, and all suffering be eliminated, (for everyone).
-- Ie, it's not being said, to create a belief, nor to create a category of people who are punished/excluded/etc.

Indeed, this book is only pointing out that parents are selfish/immoral/cruel/evil, and then immediately moving on to the solution, which is not to punish the parents (and 99.9% of the population), but to allow everyone to dissolve instantly/painlessly into non-existence.

And what this means, is that with this solution (of the whole of existence instantly/painlessly ending):

> No matter how cruel (or evil) a person/entity has been, no one gets punished, no one suffers at all, and everyone gets ultimate freedom/peace/love/bliss (and "That") in an instant/painless/effortless/guaranteed/permanent way.

This is true benevolence/love.

Note:
Although this book says that deprogramming yourself will help reduce your suffering, it needs to be understood, that some suffering will still be present. Indeed, this is why creating life, is the worst act possible.

-- To understand this more, you need to not only recognise/admit what sentience and feeling are, but also recognise/admit how they both interlink.

I'll discuss this next, however, to get to that point, I'll use the next paragraph, to recap on what sentience is.

Although everyone has been brainwashed/programmed to believe, that sentience is good/important/precious/etc, the truth is, that sentience is the key thing needed, to trap/control/manipulate/enslave/torture/use someone.
-- Ie, you can only trap/control/manipulate/use someone, if they think/believe that they are a person/entity/"me"/"i".
-- Indeed, to be sentient, there has to be an "i".

However, the key point is, that:

"i" = a concept (of yourself) + an energetic feeling (in yourself).

And therefore, what this means, is that:

Deprogramming yourself, is only half of the story.

Ie, you can analyse/expose all the layers of creation, however, this will only expose all the layers down to the "i". And, you can see that "i" (and "I" (everything/oneness)), are both just a layer/concept/belief/story/delusion/identity. However, knowing this, is not enough. Ie, you will still be trapped, because the trap is also created by the energetic feeling in yourself.

Ie, until this energetic feeling (in yourself) dissolves/disappears/ends, you will always feel that you are a person/thing/being (that is trapped inside a body).

And, according to all the truly enlightened beings, no one (including the enlightened beings), have the power to remove this energetic feeling.
-- Ie, you can deprogram yourself to this deep level (where only this energetic feeling remains), but you can't go any further.

Note: I say that "you can deprogram yourself", because you can "do" this, even if this process is an illusory "cause and effect".
-- Ie, it is "real", because it's as real as pain/suffering.

So, the key point is, that there is nothing that you can do, to remove this final energetic feeling in yourself (which is creating the idea/feeling, of separation/"me"/etc. And therefore, you will remain in this prison/torture/slavery/rape, until it is removed.

The reason why I have explained this, is because this clearly proves, that it's incredibly cruel/evil, to create a person/entity, because after they're born, they will suffer, due to having that energetic feeling in (as) themselves, which is the basis of all suffering, and can't be removed by themselves, or by anyone.

Note: It's also important to see all of this, from a different angle, as follows:

It's not just words/concepts/beliefs that are necessary to trap you, but also a feeling (which appears to be in your body).
-- Therefore, “feeling” is the key ingredient, to create sentience.
-- And since sentience is cruel/evil, this means that “feeling” is cruel/evil.

The key point is, that everyone has been brainwashed/programmed to believe, that “feeling” is good/important/precious/etc, however, it's just a weapon/tool/tactic, used to keep you enslaved/tapped/etc.

Indeed, all forms of control/manipulation/torture, are done by hurting (or threatening to hurt) a person, (whether physically/emotionally/etc).

Therefore, sentience is a prison sentence. And, not just a normal one, but one that is prison/torture/slavery/rape.
-- Ie, life is literally a “life sentence”, of prison/torture/slavery/rape.

And therefore, there's absolutely no escaping the fact, that anyone who creates a person/baby/entity, is inherently immoral/cruel/evil.

And another thing to note, is that just because sentience is cruel/evil, that doesn't mean that non-sentient existence is good.
-- Indeed, it can be argued, that a non-sentient animal, will still feel pain, and therefore, it's not desirable to be an animal, (or more accurately, it's not the best thing to be).
-- And indeed, why not just go straight to the “best thing to be”.
-- Ie, the “best thing to be”, is the thing that has zero suffering, and is beyond freedom/peace/love/bliss, (ie, “That”). Ie, non-existence.

Note:
One thing that all of this information shows, is that ethics are simple.
-- Ie, many people try to make the subject of ethics sound complex, with huge unanswerable issues/questions/dilemmas/etc. However, this is all misdirection, away from the fact, that ethics is able to be summed up in two points:

1. Creating life/existence, is unethical/immoral/cruel/evil. And, nothing is more cruel/evil than this.

2. If life/existence exists, and the person/entity/thing wants to die (and/or leave existence), then they must have the freedom/choice/option, to be able to leave life/existence, in an instant/painless/effortless/guaranteed/permanent way. And, if this is not done, then that is unethical/immoral/cruel/evil.

Ie, any other discussion about ethics, is misdirection (away from points 1 and 2).

And, any “help” that is occurring, which are not about points 1 and 2, are going to cause suffering (in the long-term).
-- Indeed, many people who believe that they are a person who is living a life of “service-to-others”, are brainwashing/programming/convincing themselves (and others), that they're helping people, but almost all of them, are ok with people having babies. And these people are also brainwashing/programming everyone to believe, that this life of prison/torture/slavery/rape, is good/important/precious/benevolent/etc, and this is what is creating a lot of suffering the world.

And, because the service-to-others people, are doing their “help”, whilst also telling everyone that they're “service-to-others”, (ie, “Look at me, I'm a good/moral/selfless person”), this makes their lies/misdirection more despicable (and contagious), and therefore they're actually spreading suffering, at a faster rate than most other people.

Of course, this is all to be expected, because these “ethical people” and “ethics committees” are always going make decisions (and spread information/ideas/beliefs), that are immoral/cruel/evil, (which lead to long-term suffering), because 99.9% of people, are selfish/cruel/evil.

Note:
It’s important to always remember, that:

> One of the best ways to understand all of this, is to put yourself in the shoes/position, of an evil person/dictator/creator, (of small things, large things, and of the whole of existence).

Indeed, it's always important to put yourself in other people's shoes, and many people know this. However, what is perhaps not so obvious, is that it's always important to put yourself in the position of an evil dictator, (which is ruling a group of friends, or a country, or a planet, or the universe, or existence, etc).

Eg, if I was an entity that was trying to enslave people on this planet, then the simplest test/way to know if a person is brainwashed successfully/completely/fully, is when they not only answer “yes” (to the question: “Do you believe in god?”), but they even give some explanation of why the suffering is necessary/good/important/moral/etc.

Ie, the slaves are living a daily life, that is clearly prison/torture/slavery/rape, and yet they still believe that there is a benevolent god, (or some good: purpose, meaning, etc).

And it's also important, to put yourself in the position of an evil creator (of the whole of existence).
-- And then, also do it as a good creator (of the whole of existence).

Indeed, by doing these two things, it will become obvious, whether this existence/manifestation, is being created by something good, or evil.

And one thing that is clear, is that since this manifestation includes suffering (prison/torture/slavery/rape), it's obvious that the creator of this existence/manifestation, is evil.

And it's also important to see, that any discussion about whether there is a creator/source/god/etc, (or not), is irrelevant, and misdirection, because the facts are, that suffering exists, and, that suffering is not necessary, and therefore, this means that suffering should be permanently eliminated.
-- And, if the only way to do this, is by ending existence, then that is what will have to be done.

Another way to come at this, is to start from the fact that:

> A civilisation/planet/universe/dimension/manifestation, can be rated in terms of how evolved it is, by seeing how much suffering it allows to exist in itself, (and around itself, in in existence).
>
> And therefore, by this definition, all civilisations/planets/universes/dimensions/manifestations, are very primitive, and not worth living in, since they cause (and/or allow) so much suffering to exist, in this manifestation.

And, since no suffering needs to exist, this means that one realm of ever-deeper freedom/peace/love/bliss, would be a high level of evolution, which keeps getting ever-higher. However, non-existence, would be the highest evolution, (or more accurately, it would be beyond the scale of evolution).

Of course, if you analyse the humans on planet earth, the amount of suffering that is created (and/or allowed) to exist, means that humans are a very primitive species.

Indeed, just look at some of the laws, and social customs, and see how backwards all of it is. And it's important to see, that all it takes, is a few backwards laws to exist, and the whole civilisation can be forced to act very primitively.

And anyone who argues that some people of that world, need to be imprisoned/tortured/enslaved, (for the protection of the masses), is not seeing, that such a world, is just not worth being a part of.
-- This is true for many reasons, one of which, is that this method of trying to solve problems, is at a superficial level, which means that the fundamental issues have not been addressed, which means that suffering will inevitably continue.
-- Ie, it's a primitive system, created by primitive people/entities.

And there are many things that prove, that humans are primitive, eg:

1. Many humans try to blame other people, (for all the suffering in the world), when it's

so obvious, that they are all to blame, since they're all using/enslaving each other, (as personal-slaves, and/or work-slaves).

2. Many humans like to blame companies/organisations/secret-organisations/etc, for all the suffering in the world, but they don't see, that it's ridiculous to ever assign blame to a group. (By "group", I mean more than one person.)
   -- This is true, because as soon as there is more than one person, a "group" is formed, and within that group, there may be a common belief/goal, but there will always be factions.
   -- Indeed, it can be argued, that (at any moment in time) there can be as many factions, as there are people in the group. And these factions will be constantly changing. Therefore, there's no point in ever blaming "groups", (and/or saying "they").

3. Even if all the laws were ok, the whole society will still be classified as primitive, because the most fundamental of rights, is not given to each individual.
   -- Ie, no society is providing each of their people, the freedom/choice/option, to leave life, in an instant/painless/effortless/guaranteed/permanent way.

4. Etc.

Of course, this list could go on forever. And that is why this conclusion, is going on forever. However, it's important to give enough examples and information, to get the many different points across.
-- And one of these points, is that there is no doubt, that humans are primitive. (Note: The word "primitive", is not correct, however, it will do for now. I'll explain this more later in this conclusion.)

Note:
Knowing that humans are primitive, is only half of the story.
-- The other half of the story is that:

> The primitive behaviour of the humans, is also applicable to all other entities in this manifestation. This is because, many humans are suffering, and the other entities in the manifestation, believe that this is acceptable/ok.

Ie, all other entities/dimensions (in the whole of this manifestation), are also primitive, because it's obvious, that:

A) If even one small part of the manifestation is suffering, then it's inevitable, that that suffering will eventually spread across the whole manifestation.
   -- And, the longer it takes for this suffering to spread, the more intense/devastating that suffering will be.

B) Suffering is a negative thing, and it's unnecessary. Ie, why let it exist, especially when it's infinitely more pleasurable, to have ever-deeper freedom/peace/love/bliss, or “That” (which is beyond freedom/peace/love/bliss).

C) Etc.

An alternative way to view this, is that:

1. It's not worth living (or staying alive), in a primitive world,
   (due to all the suffering that you'll have to endure, and/or see).

And therefore,

2. It's not worth living (or staying alive), in a primitive manifestation,
   (due to all the suffering that you'll have to endure, and/or see).

And therefore,

3. The only change worth making, is one which involves changing the whole manifestation.
   -- And at that level, the only change worth making, is to instantly/painlessly end existence, so that what remains, is “That”.

Note:
Earlier on, I used the term “primitive”. What needs to be recognised, is that this term can be very misdirecting, because it generally means/implies, that: The people/society/civilisation are ‘young’, but on the right path.

The key point is, that most people/societies/civilisations/etc, are selfish/immoral, and it's clear that they're only going to keep going in that direction.

Another way to look at it, is that all civilisations need to constantly use and enslave people/entities, (and some also need to create babies/entities, and then use enslave them), and this means that all civilisations will never be anything more than primitive/selfish/immoral/cruel/evil.
-- And this will always be true, regardless of what technology/systems/etc, that they have, (or will have in the future).

Therefore, people can talk as much as they want, about how a new world will be better, (whether on (or off) planet earth), and that all we have to do, is: abolish money, end debt, use free energy, abolish the use of hierarchical structures (and use a holographic structures instead), etc. However, no matter what old systems are abolished, (and no matter what new systems are brought in), there will always be suffering, if people continue to create babies/entities, and use/enslave people (and/or entities), as personal-slaves,

and/or work-slaves.

Ie, it's not that such civilisations are primitive, (and always will be), but instead, it's that, if this is what “civilisations” are, then it can be said, that all civilisations are going to be permanently (inherently) primitive, and therefore also permanently (inherently) selfish/immoral/cruel/evil .

Ie, “civilisation” is selfish/immoral/cruel/evil.
-- Ie, it can all be grouped together as:
society/civilisation/primitive/selfish/immoral/cruel/evil.

Indeed, this is to be expected, because a civilisation, is a group of people, and this must be primitive, since any person/entity that has a body/identity, is primitive.
-- And therefore:

1. An evolved (non-primitive) entity, has no body/form/identity/etc.

And,

2. The highest thing (in evolution), is one realm of ever-deeper freedom/peace/love/bliss.

And,

3. The only thing that is beyond even the highest thing (in evolution), is “That”, (non-existence).

Note:
All of the things that have been talked about (in this conclusion), are applicable at all levels.
-- Eg, primitive behaviour can be seen at all levels, whether in the physical world, or the realms of subtle energy.

Eg, primitive behaviour can be seen, when people believe that they're a good person, just because they recycle their trash, and do some other “green” “eco-friendly” things, and yet they have babies, (and/or believe that it's ok for other people to have babies).

The key point is, that of all the hobbies/activities/pets/etc, that a person can have, this hobby/activity (of having a baby/child), is the most un-green, (and un-eco-friendly), since it: uses up the most resources, causes the most amount of direct (and indirect) problems/suffering, etc.

Moreover, if we also include, analysing the input/output, in terms of energies emitted into the world (by the child and parents), then it's definitely the absolute worst, since so much suffering is caused to a child (throughout it’s entire lifetime).
-- If this wasn't true, then there wouldn't be so much suffering in the world.

Some people might argue, that the energy that a child outputs (into the world), means that this counter-balances the resources that they use. This is not true, because it's based on

the presumption, that a child only outputs (into the world), an energy that is positive.

Yes, children do emit positive energy into the world, however, this is only for a very small proportion of the time. Most of the time, the children are emitting an energy of suffering (into the world).
-- Of course, the reason why this assumption is made, is because it's made mainly by parents, (who have to convince themselves, that children are happy most of the time, and only suffer very little, (because if they don't keep doing this, then the reality of what they've done, will sink in)).

And other people (who aren't parents), also have to create (and perpetuate) this assumption/brainwashing/programming (that babies/children are happy for most of the time), because they have to keep perpetuating it, because if they don't, then they have to admit that life is prison/torture/slavery/rape, and that therefore, life is survival of the stupidest, and the implications of all of this, then just becomes too much to handle.

Note:
The example above (about the amount of positive (and negative) energies, that are emitted into the world), is important, because it emphasises, that whatever you analyse in life, must be done at all levels, which therefore also includes analysing:

1. What energies are being emitted/given by people, (to each other, and to the world).

2. What energies are being taken/sucked/drained by people, (from each other, and from the world).

3. What the overall energy is, in/of the world.

Of course, if you just do point 3 (above), then you'll instantly see that:

> The overall energy (in/of this world), is one of suffering.

And therefore, this must mean that:

> The overall energy (that all children/parents/people have emitted into this world), is that of suffering.

And it's important to realise, that:

> Since this is the big picture, this is true, irrespective of what aspect of life you're looking at.
> -- Ie, no matter which aspect of life you analyse, the conclusion will always be the same.

Of course, many parents will argue against all of this, and they'll always say how much love there is (in their parent-child relationship), however, in another conversation (when they want to emphasise how hard their job is (of raising a baby/child)), they'll say that:

> "All parents know about wars/battles/etc, because every day is:
>
> - A battle/war/etc.
> - Full of stress/anxiety/fear/etc.
> - Just about making it through the day in one piece."

Of course, all of these things are inevitable, and it will all only keep getting worse, because it all keeps getting compounded together, along with many other factors, (eg, being deprived of: sleep, sex, free-time, personal-space, peace, freedom, etc).

And, what compounds this even more, is that they might have many negative thoughts (and feelings/emotions) that they can't ever tell anyone about, because the image of a parent, is not supposed to be one of: regret, resentment, anger, hatred, etc.

And what this means, is that all of these negative energies, are also being emitted into the world.
-- And therefore, it's only to be expected, that the world is full of suffering.

Note:
Saying that this activity/hobby (of having and raising a baby/child), does produce negative energies, is something that can be misdirecting, because it misdirects people away from the fact, that:

> It's a crime against humanity, to impose suffering/torture, onto another human being.

And therefore,

> It's a crime against humanity, to have babies.

Ie,

> Being born, is against human rights.

And therefore,

> All parents should be prosecuted.

And,

> If this doesn't happen, then all laws become meaningless, (because when one law is a joke, then all laws are a joke, (and therefore, so too is the whole system of law and order)).

And, only when people start to realise, that “It's a crime against humanity, to have babies”, will people start to wake up, and then start to ask real questions, eg:

1. How is this cruel/horrific act (of having babies) the norm, and even accepted as being something that is good/important/selfless/moral/etc?

2. Who in their right mind, can make excuses, to suggest that it's ok to create babies/children/people, and make them suffer?

3. Etc.

It might sound extreme, to take parents to a court of law, (especially one that deals with crimes against humanity), however, it has to be understood, that since parents have to keep themselves in a constant state of delusion, that that delusion won't ever even start to crack, unless things are done on such a level.

Indeed, any action that is on levels that are lower/weaker than this, will not even be noticed by them.

Or, they'll simply hear about it, but instantly turn it upside-down.
-- Indeed, parents turn everything upside-down.
-- However, this is to be expected, because they have to do this, to keep the delusion intact.

Indeed, this is why people on different wavelengths, can say words to each other, but this will not only be pointless, but negative, because all people on selfish wavelengths, will instantly turn all words (and intentions), upside-down.

A good example of how some people can be on such a different wavelength, (and how words can have such opposite meaning), is that many parents say to people, “I have a child”, and they say this with such pride, like a “badge of honour”, and as though they're selfless, and that they've done something good/selfless/moral/important in the world.
-- Ie, they're able to say this, because they're able to totally block-out the fact, that they're the reason why their child will go through so much suffering (throughout it's entire lifetime), and therefore, all parents are the worst type of selfish/immoral/cruel/evil people.
-- Ie, it could not be more upside-down.

Note:
Earlier on, when I said that “It's a crime against humanity, to have babies”, it must be seen, that this was said to emphasise that point, however, the truth is, that it's more accurate to say that: Humanity is a crime.

Or, more accurately, that:

> Humanity is the worst possible crime.

And therefore:

> There are two worst possible crimes, which are to:
>
> 1. Create humanity.
>
> And to,
>
> 2. Not eradicate all of humanity, (in an instant/painless/effortless/guaranteed/permanent way).

And, of course, this is not only true for humanity, but also for the creation of any entity, (and for existence itself).

What is important to realise with all of this, is that I'm only saying these things, to explain it, however, the explanation isn't really necessary, if you can see that they're all the one-same-thing.
-- Indeed, this is why I keep grouping together certain words. And in this case, the words that can be seen as the one-same-thing, are:
humanity/entity/existence/prison/torture/slavery/rape/selfish/immoral/cruel/evil/etc.

Of course, although many people like to talk about how “Everything is one”, they don't realise that that “oneness”, is a negative entity, called existence, which has the inherent properties, as described above.

Also, these types of people like to say things like: “We need to protect our children.”
-- Yes, children do need protection, but since 99% of the population are selfish/immoral/cruel/evil, this means that the children need to be protected from these 99%.

And they also say things like: “We need to protect the women and children”.
-- This is blatant misdirection, because 99% of the women, are the problem, since they're the ones who keep creating the babies/children (so that they can use them as their personal-slaves, and/or work-slaves).

Ie, the mums and dads, are the: predators, energy-vampires, users, enslavers, imprisoners, torturers, rapists, etc.

-- Ie, we need to protect the children, from the “loving” mums and dads.

Therefore, the inevitable conclusion, is that:

The only way to protect babies and children,
is to stop allowing people to have babies and children.

Many people will try to argue, that if this happens, then people are being stripped of their right to have babies. However, this is a ridiculous argument, because this is not a right, since it involves causing suffering to another person.

Eg, if you want to demand that you have the right to a job, then that is fine.
-- Ie, if you demand, that you want to be a slave, then that is fine, since it is you consenting to your own slavery/imprisonment/torture/rape.
-- However, this is very different to you directly (or indirectly) forcing other people to get jobs. Ie, this is very different to you directly (or indirectly) forcing other people into a life of slavery/imprisonment/torture/rape.

Indeed, another example, is that it's one thing to demand the right, to create a law which makes it illegal, for someone to non-consensually murder you, however, it's totally ridiculous (and immoral/cruel/evil), to create a law, which makes consensual-murder illegal.

Of course, the issue of consensual-murder, is extremely important, because it's at the very foundation of true freedom, (because consensual-murder needs to be legal, so that all people have the freedom/choice/option, to leave life, in an instant/painless/effortless/guaranteed way).

However, it must be seen, that making consensual-murder legal, is not enough, because what also must be made legal, is anything that is required, to set up the charity/service/building.

Ie, it's not very helpful, to make consensual-murder legal, if there are many other laws in place, designed to prevent the charity/service/building from existing.

Or, the charity/service/building, is allowed to exist, but there are many other laws in place, which do not allow the charity/service/building to be able to provide all people, with the freedom/choice/option, to leave life in an instant/painless/effortless/guaranteed/permanent way. Ie, the laws only allow some people to use it, (but not all people).

Note: There is no subtle/sly way around this issue, because there is no middle ground, because people either have the most fundamental of rights/freedoms, (the freedom/choice/option, to move away from suffering, in an instant/painless/effortless/guaranteed/permanent way), or they don't.

Note:
One thing that prospective parents (energy-vampires), need to realise, is that: The subtler the energy, the more powerful it is.
-- Ie, the subtler the type of energy, the more powerful it will be, as a food/energy source.

The point is, that if these people want to suck the most powerful energy, then they have to look at that which is beyond infinite. And the only way to do this, is to look at that which is beyond finite.

Ie, the ultimate food/energy source, is that which is beyond energy.
-- Ie, it's the source itself. Ie, “That”, (non-existence).

Ie, one way to solve this issue (of everyone being parasites (energy-vampires), and draining each other of energy, on a daily basis), is to appeal to people’s selfish side. Because, when they go to the source, for their food/energy supply, they'll not cause suffering to others.

Of course, this is yet another reason, why being able to sleep fully, is so important.
-- Ie, if a person can’t sleep fully (for however long they need), then they don’t get rejuvenated (from the energy that they get during the deep-sleep stage), and therefore, they'll spend the next day, sucking energy from people.

And, if people stop needing to suck energy from other people, then they'll also stop using the other tactic (of creating babies/children, to suck energy from them).

Note:
Earlier on, I said: “they have to look at that which is beyond infinite. And the only way to do this, is to look at that which is beyond finite”.
-- In case some people do not understand this, I’ll explain it briefly.

Infinity is just made up from many units of “1”, and therefore, it is limited.
-- To go to something beyond infinity (and beyond limited), you have to transcend the unit of “1”, and transcend all units.

Or, another way to see this, is that infinity is limited, because for infinity to exist, it must be of some thing (whatever that thing is). And, whenever there is a thing, it is in existence, and all things in existence are limited.

However, it’s important to realise, that if you transcend all units, and/or transcend all things in existence, then what remains, is pure impersonal awareness.

And the key point is, that pure impersonal awareness, is still limited, (because it is still some thing in existence, (and any thing that is in existence, is inherently limited)).

Therefore, you then also need to transcend this.

-- However, you cannot transcend this, because if you transcended it, “you” would still be there.

Therefore, the only way it (pure impersonal awareness) can be transcended, is when it is dissolved/discarded/ended/eliminated, and then what remains, is “That”, (non-existence).

Of course, many people will not agree with this, because they’ve been brainwashed/programmed to believe, that “awareness” is something that is good.
-- As mentioned earlier in this conclusion, awareness is just another weapon/tactic, designed to imprison/use/enslave/rape.

Ie, awareness is a malevolent thing/system/weapon/entity.
-- This is obviously true, because if awareness was benevolent, there would be the freedom/choice/option, for any single spec in existence, to be able to dissolve/discard/end/eliminate awareness, (in an instant/painless/effortless/guaranteed/permanent way). And it’s very clear, that this freedom does not exist.

Of course, it’s to be expected, that awareness is malevolent, because awareness is in existence, (and existence is a malevolent thing/system/weapon/entity).
-- This is obviously true, because if existence was benevolent, there would be the freedom/choice/option, for any single spec in existence, to be able to dissolve/discard/end/eliminate existence, (in an instant/painless/effortless/guaranteed/permanent way). And it’s very clear, that this freedom does not exist.

Note: I know that I just said that it’s not possible, (and that I’m saying that this is the solution), however, these two things are not a contradiction, because the previous paragraph was in reference to “any single spec in existence”.

However, just to make sure that there’s no confusion, I’ll explain this over the next two pages.
(The following two pages are a repeat from the short conclusion.)

The ultimate permanent solution, to end all suffering (for all) (and get “That” which is beyond freedom/peace/love/bliss), is to end existence, (in an instant/painless/effortless/guaranteed/permanent way).

However, perhaps only certain people/entities, have the ability to dissolve/end existence, (in an instant/painless/effortless/guaranteed/permanent way). Or, perhaps it needs a few people/entities, to be able to do this, (and/or, perhaps this needs to be 0.1% of the population). And/or, perhaps certain devices/equipment are needed. However, whatever the case, the important thing to realise, is that:

Life/existence can be ended, and it will definitely be ended, because it’s

already happening.
-- Indeed, life/existence is naturally/inherently/inevitably going to end, because “life” (and “existence”), are just systems, and no systems is 100%.
-- Ie, all systems will naturally/inherently/inevitably crack, and then they will keep cracking, until they no longer exist.
-- Ie, it’s not a matter of “if”, but “when”.

However, it’s also important to remember, that when speaking about any type of systems (eg, political, societal, financial, interpersonal, personal, religious, spiritual, etc), it is obvious that:

All systems are going to (inherently) always cause suffering.

And therefore:

The longer the system continues,
the longer the suffering will drag on.

Ie:

The longer the system continues (until the system totally ends, (no longer exists)),
the longer the suffering will drag on.

And, since life/existence is a system, this means that:

The longer existence continues (until existence totally ends, (no longer exists)),
the longer the suffering will drag on.

And, of course, the speed at which a system will come to an end, is dependent on various factors. Indeed, a good example is that:

A building can’t collapse/end, if people/entities are constantly maintaining/perpetuating that building.

Ie, in more general terms:

A system can’t collapse/end, if people/entities are constantly maintaining/perpetuating that system.

And at a deeper level, this means that:

Existence can’t collapse/end, if people/entities are constantly maintaining/perpetuating that existence.

And what this means, is that:

> Suffering can't collapse/end, if people/entities are constantly maintaining/perpetuating that suffering.

Therefore, everyone needs to realise/recognise/admit, that:

1. "Life" (and "existence"), are just systems.

2. All systems cause suffering.

3. The only true permanent way to end all suffering (for all), is to instantly/painlessly end all systems.

And therefore,

4. The ultimate permanent solution, to end all suffering (for all), is to instantly/painlessly end life/existence, and what remains, is "That" (which is beyond: peace, love, bliss, pain, suffering, etc), which is what everyone is truly wanting.

And the only way that this will all happen quicker, is if people recognise/admit, all the key points, in this conclusion, eg, that:

- Life (and existence), is prison/torture/slavery/rape.
- Life (and existence), is survival of the stupidest.
- Suffering is unacceptable, and unnecessary.
- Etc.

And it's important to realise, that this will all just naturally happen, if people just stop deluding/lying/misdirecting/brainwashing/programming/gaslighting themselves (and others).
-- Ie, just stop with all that selfishness/stupidity/immorality, because it only causes you (and everyone) suffering.

However, do not see the things that I'm saying in this conclusion, as new beliefs to cling to.
-- Actually, this is not an issue, because all of this information will do it's job, and then dissolve itself. Indeed, this is obvious, because if people/societies act on this type of information, it will naturally propel them to keep moving towards less and less suffering and ever-deeper freedom/peace/love/bliss, until they end up as "That".

Note:
In the short conclusion, I explained that some people might argue, that after existence ends, it will just restart again. Ie, it won't be permanent. I'll examine this issue now.

Earlier on in this conclusion, it was seen how everything in life, can be seen as a test, and that if you keep passing these tests (of your tolerance/acceptance to being enslaved/used/raped), then you just get promoted, to be enslaved/used/raped in an ever-worse way.
-- And it was also said, that this can be applied to life itself. Ie, if you persevere/fight/struggle/survive through all these non-stop tests/suffering (in life) until you die, then what this proves, is that you're ripe to be enslaved/used/raped in an ever-worse way (after life).

Ie, the only way to avoid this, is to not persevere/fight/struggle/survive until life naturally kills you. Ie, you have to end life before this happens. And indeed, it's obvious, that the opposite of being enslaved/used/raped in an ever-worse way, is to do this, since this is a clear demonstration that you believe that:

- Suffering is unacceptable and unnecessary.
- Life (and existence) is unacceptable.
- Life (and existence) is survival of the stupidest.
- Etc.

So, the point is, that this can be applied to existence itself.
-- Ie, just as life had to be ended (before it naturally ends), so too does existence have to be ended (before it naturally ends).

So, although existence is system, (and therefore it will inherently die/collapse/end by itself), if it is allowed to naturally end, then it will just start all over again. However, if existence is ended prematurely, then it perhaps ends permanently.

However, the key word is "perhaps". And the reason why this is the key word, is because it is not a definite, however, it is a key sign, that the thing that it is talking about, is totally irrelevant.

Indeed, there are many ways to see that this issue is totally irrelevant, and I'll explain some of them next.

It was said earlier in the conclusion, that since no one knows what happens after a person dies (permanently), that there are no guarantees. However, it was also said, that if life gets too unacceptable, then there is nothing to lose by leaving life (by choosing to end life).
-- Ie, the same is true for existence. Ie, if existence is too unacceptable, then although it is unknown what happens afterwards, there is nothing to lose (by choosing to end existence).

Moreover, it has become obvious, that the best way to guide yourself through life, is to know what is unacceptable, and to then avoid those things. And what this means, is that: "Suffering is unacceptable", becomes your guide.
-- Ie, you don't know where you're going, but you do know that you're not going to go towards (or near) suffering.

And this ties in with the other key piece of information, about how you should't look at the

solution. Ie, many people want solutions/information, but they only want the solutions/information that suit them, (eg, the solutions/information which says that they're moral, and that they're an eternal heavenly angelic soul, and it allows them to continue to enslave/use/rape their personal-slaves, and/or work-slaves). Ie, they're looking for specific solutions/information.

Whereas, what the information in this conclusion is saying, is that:

> You start from the neutral/natural/true start-point (for everything), and then this tells you that the only way to permanently reduce/prevent/eliminate suffering, (and get ever-deeper freedom/peace/love/bliss (and "That")), is to identify what is unacceptable (suffering), and in recognising/admitting this (in all aspects of life), you'll be naturally be propelled to eliminate all suffering for all, (and to get ever-deeper freedom/peace/love/bliss (and "That"), for all.
>
> Ie, the key point is, that you're naturally propelled in this direction, without knowing what is next, but you don't care, because you know that it's the right direction, because it's the only moral direction, (because it's in the direction of permanently reducing/preventing/eliminating suffering (for all), and also of getting ever-deeper freedom/peace/love/bliss (and "That"), for all).

Ie, the discussion about what happens afterwards (in terms of whether ending existence, leads to a "That" which is permanent), is totally irrelevant.

Moreover, what is obvious, is that:

1. If you are being led by "suffering is unacceptable", then you're going to keep going in a direction, where suffering becomes less and less.
   -- And what this means, is that you're heading towards zero suffering.
   -- Ie, it's obvious that, even though you aren't searching for "That", (or trying to get to "That"), you're obviously going to end up as "That", because you're heading towards zero suffering, (which can only exist in/as "That", (non-existence)).

2. Nothing else is worth doing. Moreover, doing anything else, is utter stupidity.
   -- Indeed, if you aren't going in this direction (towards less suffering, and ever-deeper freedom/peace/love/bliss, and "That"), then you must be going in the opposite direction, (of pain/suffering/prison/torture/slavery/rape), which is utter stupidity.
   -- Ie, it's utter stupidity, because you're choosing to go in that direction (of pain/suffering).
   -- And, of course, the only reason why you're choosing to go in that direction, is because you have selfish/immoral desires, (eg, enslaving/using/raping people, (as personal-slaves, and/or work-

slaves)).

The key point is, that no matter what arguments are said, or where you start (in analysing certain aspects of life), the ultimate solution/desire is always the same, which is to end all suffering (for all), and get “That” (for all), by ending existence, in an instant/painless/effortless/guaranteed/permanent way.

Note:
What this all means, is that the end result “That”, is inevitable, however, it’s just up to each individual, as to how much they want to suffer.

Ie, there are three choices, (ie, three routes to “That”). These routes are as follows:

Indirect.
Ie, you go in the direction of pain/suffering/prison/torture/slavery/rape, and then when this becomes too unbearable, you then turn around, and go in the other direction, (directly towards “That”).

Direct.
Ie, you are being led by “suffering is unacceptable”, and you do not know the next step, and you are not looking at any solution. However, it will lead you (eventually) to zero suffering.

Instant.
Ie, you know that all roads lead to “That”, and that your true solution/desire is for “That”. Therefore, you accept/admit, that you want it now, (because doing anything else is utter stupidity, (and is also selfish/immoral/cruel/evil, (because you’ll need to create/perpetuate existence, and therefore, create/perpetuate suffering))).
-- And therefore, you recognise/admit, that the ultimate solution/desire, is to end existence, in an instant/painless/effortless/guaranteed/permanent way.

Note:
Some people will argue, that ending the whole of existence is not acceptable, unless all people/entities/dimensions want it.
-- This argument can be dealt with in many different ways, however, no matter which way you come at it, the result is always the same, which is that it is acceptable to end existence, as long as it is done in an instant/painless/effortless/guaranteed/permanent way.

Moreover, it's not just something that is "acceptable", but doing anything other than this, is totally unacceptable/immoral/cruel/evil.
-- Indeed, this is obvious, because if you know how to help a person/entity not suffer, but you just let them suffer, then that is immoral/cruel. And, if you let them suffer for a long period of time, then that is evil.

And therefore, the only moral thing to do (in existence), is to end the whole of existence, in an instant/painless/effortless/guaranteed/permanent way.

Note:
There are many types of arguments that can be had on this issue, and one of these, is as follows.

It can be argued, that most parents are not aware, that they are brainwashing/programming their child.
-- This can be said to be true, because the parents are blind, (ie, they are not aware of what they are really doing).
-- And this can be said to be true, because if they were not blind, then they would not have had the child.

The key point is, that if parents choose to admit this, then they're admitting that they are an unconscious puppet/robot.

And, of course, if they admit this, then they only have the exact same rights, as that which unconscious puppets/robots have.

So, just as these people do not think twice about switching off (ending) a computer/robot, so too would others then be allowed to switch off (end) these people.

Alternatively if these people are saying that they are not unconscious puppets/robots, then they have to accept that they are selfish/immoral/cruel/evil, and that having a baby, is the selfishest/cruelest/immoralest/evilest act possible.

And therefore, the act of having babies, would become illegal, and/or, something that people naturally do not want to do, (because they just naturally do not want to cause suffering to other people/entities).

The key point is, that no matter which way you come at it, the end result is the same, where society will come to an end, and the whole of existence will come to an end. However, the longer this takes, the more that everyone in existence (and existence itself) will suffer. And therefore, the only moral thing to do, is to end existence, in an instant/painless/effortless/guaranteed/permanent way.

To get to the next key point, let's start from here:

All of the information in this conclusion is true (and applicable), regardless of whether it's used:

1. To reduce/prevent/eliminate suffering, in one aspect of life, or all aspects of a person's life.
   -- Ie, a person can apply this information, to just one aspect of life, and the result of doing this, will be that that aspect of life, will not cause them suffering any more.
   -- Of course, the more aspects of life, that the person applies this information to, the less they will suffer, and the more free and peaceful they will feel.

2. On an individual basis, and/or, on a collective basis.
   -- Ie, an individual can use this information to reduce/prevent/eliminate suffering for themselves, and/or, they can also try to reduce/prevent/eliminate all suffering (for all), (ie, for all people/entities/beings, and all dimensions, and existence itself).

   Indeed, it must be remembered, that one single person/entity/being, might be able to permanently end existence, by themselves.
   -- However, it can't hurt, if more than one person/entity/being, is wanting to end all suffering (for all).
   -- Indeed, with more people/entities/beings involved, perhaps this is a more efficient way, (or perhaps the only way), for this change to occur.
   -- And, if more than one person/entity/being is needed, (to end all suffering, (for all)), perhaps it will only need 0.1% (or 1%) of the population/existence, to make it happen.

Some people might understand/know/feel (at a deeper level), that all of the above is true, however, they might not want to change themselves (or the world), because the implications scare them too much.
-- The key point is, that:

> If you truly want to reduce/prevent/eliminate suffering (for yourself, and for all beings), then you have to clearly/honestly recognise (and admit), what is causing the suffering, and eliminate it, regardless of what direction that will then take you (and everyone).

Ie, you do things, without an agenda, and without knowing where it will end.

Ie, all you know, is what is unacceptable, (suffering), and then you do what is necessary, to reduce/prevent/eliminate suffering, (for yourself, and all beings).

Ie, you do not need to know a solution, or have a plan.

Ie, it really is a natural (and effortless) process.

Indeed, saying that it's, “a natural (and effortless) process”, is to be expected, because letting a corrupt rule/system/belief collapse (dissolve), is effortless.
-- What takes effort, is creating/building (and maintaining), corrupt rules/systems/beliefs, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc).

Indeed, similarly, exposing the corrupt rules/systems/beliefs, (which are all causing suffering), is an effortless thing to do.
-- Whereas, it takes effort, for a person to try to create (and/or maintain), the rules/systems/beliefs, which are causing suffering.
-- Of course, everyone needs to keep doing this, because everyone needs these rules/systems/beliefs (legal, moral, social, interpersonal, personal, religious, spiritual, etc), to hide/protect their selfish/immoral/cruel/evil behaviour.

The point is, that many people say, that they want a real change, but almost all of them are lying, because it's absolutely impossible to let corrupt rules/systems/beliefs/laws collapse, if they're too busy trying to create/build (and maintain) them.

Ie, yes, they might want a change, but only if that change will still allow them, to keep doing their selfish/immoral/cruel/evil behaviours, eg, of using/enslaving people, (as their personal-slaves, and/or work-slaves), and/or, creating people (babies), and then using/enslaving them.

Ie, yes, some people are trying to change things, but only because they want to collapse some rules/systems/beliefs/laws, so that they can then implement their own rules/systems/beliefs/laws, (which benefit them, and their group of friends/family/etc).

Ie, it's obvious, that all rules/systems/beliefs, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), are only ever invented/implemented/enforced/accepted, by selfish/immoral people.

Ie, any (and all) of this type of “change”, is in the exact opposite direction, away from:

1. A life/existence which has zero suffering.

2. An ever-deeper freedom/peace/love/bliss.

3. “That”.

This issue is important, so let's examine it in a slightly different way.

Many people like to talk about change, however, it must be realised, that all problems/suffering in the world, are not caused due to corrupt rules/beliefs/systems.
-- The problem, is that all rules/beliefs/systems, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), are inherently flawed, because they're

always deliberately invented/designed/implemented/enforced, to allow some person (and/or group of people), to use/enslave other people, (as their personal-slaves, and/or work-slaves).

Ie, the rules/beliefs/systems, are not to blame.
-- Moreover, the rules/beliefs/systems, are never to blame.
-- Moreover, it's ridiculous/absurd/stupid, to ever blame the rules/beliefs/systems.

Because, what is to blame, is everyone, because everyone keeps using these tools/weapons/tactics (of brainwashing/programming people, to believe in rules/beliefs/systems, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc)).

However, everyone seems to be missing the point, that:

> Using these tools/weapons/beliefs, is just stupidity,
> because the only result, is suffering.

Note:
What compounds all of these problems, is that people like to have discussions about various rules/beliefs/systems, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc), because it makes them believe that they are then clever/intelligent/wise/etc.

And what also compounds all of these problems, is that some people like to discuss how some person/people/entity/alien/being/dimension/etc, can solve problems (and/or reduce suffering) in the world, because they believe that this person/people/entity/alien/being/dimension/etc, are clever/intelligent/wise/etc.

The key point is, that all of this is stupidity (and causes suffering), because:

1. If you believe that you're clever/intelligent/wise/etc, then you're stupid.
   -- And therefore, you will suffer, (and then you'll spread that stupidity/suffering to others).

And,

2. If you believe that you're not clever/intelligent/wise/etc, but you also believe that you're not stupid, then you're stupid.
   -- And therefore, you will suffer, (and then you'll spread that stupidity/suffering to others).

And,

3. If you believe that some other person/entity/alien/god/being/dimension/etc, is clever/intelligent/wise/etc, then you're stupid.
   -- And therefore, you will suffer, (and then you'll spread that stupidity/suffering to others).

And,

4. If you believe that clever/intelligent/wise/etc, must exist somewhere in existence (because life/existence is dualistic), then you're stupid.
   -- And therefore, you will suffer, (and then you'll spread that stupidity/suffering to others).

Note: I'll explain why points 1 to 4 are true, but before doing that, I want to add that:

Since points 1 to 4 are true, then what this means, is that the only way to reduce/prevent/eliminate suffering (for yourself, and others), is to keep trying to see, how (and why), your own beliefs/ideas/etc, (and other people's beliefs/ideas/etc), are all wrong/bad/stupid/etc.

The only exception to this, are the beliefs/ideas that help to deprogram you, (and/or deprogram other people). However, even these beliefs/ideas, should not be clung to, (because they are just pointers). Ie, to reduce/prevent/eliminate suffering (for yourself, and others), and to move towards ever-deeper freedom/peace/love/bliss (and "That"), just keep deprogramming yourself.
-- And, know that there can't ever be an end to it.
-- Ie, it really is, ever-deeper.

Side note: When I say "ever-deeper", I mean that it is ever-deeper, until you dissolve into/as "That". And, it is ok to use the term "ever-deeper", because you can't call "That" an end place, because when you get to "That", you no longer exist, and no place exists. Ie, it's not like coming to the end of a road. Ie, if it was like coming to the end of a road, then it would be wrong to say "ever-deeper", since there is an end place, which you get to. Whereas, when you get to "That", it's not the end of the road for you, because there is no you, and no road, and no place, because there is no existence, because all there is, is non-existence.

Many people will argue against points 1 to 4 (above), (especially point 4), saying that life/existence is inherently dualistic, and therefore, if "stupid" exists, then "clever" must also exist.
-- However, the belief that "life/existence is inherently dualistic", is just a lie, (which these people want to believe in, and perpetuate, for their own selfish benefit). (I'll explain this more, later in the conclusion.)

And there are many other people, who say that there is not just duality, but also non-duality. And, there are a few other people, who say that there's also a third thing, which is "Beyond duality and non-duality". However, all of this is narrow-minded, because all of these beliefs are limitations.

The point is, that other options/things do exist. And, things can exist (in existence), without their opposite existing.

One example of this, is one realm of ever-deeper freedom/peace/love/bliss.
-- Indeed, since one realm of ever-deeper freedom/peace/love/bliss, can exist, this means that freedom (and peace, and love, and bliss), can exist, without their opposites existing.

Another example of this, is the term “stupidity”.
-- Indeed, stupidity can exist (in existence), without it's opposite existing.
-- Ie, it's not that some people are clever, and some people are stupid, because everyone is stupid, because there is no “clever/intelligent/wise/etc”, because clever/intelligent/wise/etc, are all things, which will blind you (and others), and anything that blinds you (and/or others), will make you suffer, and doing (believing in) something that causes (or allows) you (and/or others) to suffer, is (by definition), stupidity.

Ie, stupidity can exist, without it's opposite existing.
-- And therefore, it is possible, for all people in the world, to be stupid.
-- And, this is how the world is.

And, it is therefore also possible, for all beings in existence, to be stupid.
-- And, this is how existence is.

Ie, all there is, is stupidity.

Indeed, it’s obvious that all people/entities/aliens/being/dimensions in existence, must be stupid (and selfish/immoral/cruel/evil), because they're allowing one part of existence to suffer. And if one part of existence is suffering, then suffering is in existence (and therefore it will be affecting them). And if they can't recognise it, it will then spread to them, in a more obvious/intense form of suffering.
-- Ie, there really are no people/entities/aliens/being/dimensions in existence, that are clever/intelligent/wise/etc.
-- And, when I say “in existence”, I mean across all of space, time, etc.

And on this subject, it's important to see, that if just one person/entity, in the whole of existence, is suffering (and wants an instant/painless/effortless/guaranteed/permanent way out of the suffering/life/existence), then all people/entities/gods/aliens/spirits/beings/etc, (in the whole of existence), are responsible for allowing that to occur.

Ie, they're all responsible, since they're all bystanders to this prison/torture/slavery/rape.
-- And therefore:

1. All people/entities/gods/aliens/spirits/beings/etc, are malevolent.

2. A fundamental change/dissolution of the whole of existence, is justified, and necessary.

Note: The fact that all people/entities/gods/aliens/spirits/beings, are just bystanders to the prison/torture/slavery/rape, (which many people on earth are experiencing), is a very important issue.

-- However, as with all issues in life, many people have been blinded by all kinds of lies/brainwashing/programming.

Eg, some people have been brainwashed/programmed, to believe all sorts of ideas/concepts/beliefs about “non-interference”, and how non-interference is important for various reasons.
-- Of course, many people love to believe in non-interference, because it means that they do not need to feel guilty, if they see someone (or some people) suffering, and they do nothing about it.

However, it's obvious, that if they had a six year old daughter, and that daughter was raped and tortured, and then they also find out, that there were many bystanders (who could have stopped it, but didn’t), then they would be absolutely furious at those bystanders, and they would blame the bystanders as much as the rapist.

Or, they might even blame the bystanders more (than the rapist), because the rapist might not have the ability to feel emotions/empathy/compassion/etc, whereas, the bystanders say that they can feel emotions/empathy/compassion/etc, and yet they did nothing.

Note:
Earlier on, I talked about the issue of “clever”/“intelligent”/“wise”/etc.
-- The important thing to realise, is that what this all means, is that

> Brainwashing/programming people to believe in ideas/concepts like “clever”/“intelligent”/“wise”/etc, is only ever done, as a weapon/tactic, to make people easier to control/manipulate/use/enslave.

This should be obvious, because these things are words, and all words were invented (out of thin air), for malevolent purposes.

And what this means, is that if you want to help reduce/prevent/eliminate suffering, then you need to help deprogram people from these words/programs, (and from all words/programs).

Note:
The reason why deprograming is so hard for most people, is because it's impossible to do, if you don’t have honesty.

However, this is only half of the story, because even if you do have honesty, that is also not enough.
-- I'll explain this, as follows.

If you want the clear/honest/pure truth, then you're going to have to understand, that it's not about being honest, and then coming to a conclusion/realisation, and then that's the end.

-- Indeed, this actually causes suffering, because:

1. If you think that you're a truly honest person, you're deluding yourself.
   -- And therefore, you will suffer, (and then you'll spread that delusion/stupidity/suffering to others).

2. If you think that you've gone deep enough, you're deluding yourself.
   -- And therefore, you will suffer, (and then you'll spread that delusion/stupidity/suffering to others).

3. If you think that you've "awoken" (because you had an "awakening"/insight/etc), you're deluding yourself.
   -- And therefore, you will suffer, (and then you'll spread that delusion/stupidity/suffering to others).

4. If you think that you're enlightened, you're deluding yourself.
   -- And therefore, you will suffer, (and then you'll spread that delusion/stupidity/suffering to others).

These points (1 to 4), are all true (for many reasons), but one of these reasons, is because there's always a deeper level, (because it's always ever-deeper).
-- And, since it's always ever-deeper, the honest (truthful) realisation/conclusion, (which you just realised/concluded), is true for that level, however, that conclusion is inevitably going to be the next lie, (that you have to recognise/expose/admit), if you want to keep going ever-deeper.

Note: It's always going to be ever-deeper, because you can only know, what you are conscious of.
-- Ie, you can't know, what is in your unconsciousness. Indeed, if you did know what was in your unconsciousness, it would not be called unconsciousness.
-- Ie, things move from your unconsciousness, into your subconsciousness, and then into your consciousness. And this will never end.
-- Indeed, even after enlightenment, there will still be awareness, which is aware of these things (arising/appearing from nowhere).

Therefore, you need to realise, that you're never at the deepest level, and therefore, you need to keep going ever-deeper, (which will naturally happen to you, if you're going through life (24/7) with ever-deeper honesty).

Ie, the key (method), of how to reduce/prevent/eliminate all suffering, (and move towards ever-deeper freedom/peace/love/bliss, and "That"), is:

Ever-deeper honesty.

This is obvious, because everyone's suffering, is caused because everyone is brainwashed/programmed, with:

- Ever-deeper lies.
- Ever-deeper brainwashing/programming.
- Ever-deeper commandments.
- Ever-deeper conditioning.

And therefore:

> The only way to free yourself from the
> ever-deeper lies/brainwashing/programming,
> is to expose the ever-deeper lies,
> and the only way to do this,
> is via ever-deeper honesty.

Or, an alternative way to look at all of this, is that:

> Ever-deeper lies/brainwashing/programming,
> is the virus, (which is causing a person to suffer, (and this then spreads, to cause everyone to suffer)).
>
> Ever-deeper honesty,
> is the anti-virus, (which will reduce/prevent/eliminate a person's suffering, (and this then spreads, to help reduce/prevent/eliminate everyone's suffering)).

Note:
The previous two paragraphs, are only half of the story. The other half, is as follows.

> Since a person is nothing but a bunch of lies/delusions, it then inherently follows, that the human being, is just a virus.
>
> And therefore, the human species, is a just a virus/disease/plague/etc.

Note: On this topic of humans being a virus/disease/plague/etc, one extra point should be mentioned.
-- Many parents argue, that babies must be born, so that humans can continue as a species.
-- Of course, this just proves, that parents are selfish/immoral/cruel/evil, because they are in effect saying, that: "It's good to propagate a virus/disease/plague".

Of course, this is to be expected from parents, because they believe that "suffering is acceptable", and they have to believe this, or else face the realisation, that they caused their child a lifetime of regular suffering, just so that they could fulfil their selfish desire.

The key point is, that whenever people talk about any virus/disease/plague, it is absolutely clear in their conversation, that they must not allow it to be: propagated, spread, kept alive, etc.
-- Therefore, what this means, is that as soon as people realise that they are a species/thing, that is just a virus/disease/plague, (called humans), then it is absolutely clear, that they must not allow it to be: propagated, spread, kept alive, etc.

Note:
Many people will be against the information in the last paragraph, and they'll see this as a bad/negative action. However, this makes no sense, because these same people, believe that altruistic actions, are good/positive.

Ie, since the rational/logical/conscious decision to end the human race (in an instant/painless/effortless/guaranteed/permanent way), is an altruistic action, (because it is for the benefit of the rest of existence), that makes this thought/belief/action (of permanently ending the human race), something that is good/positive.

Of course, ending the human race, is not the ideal solution, because that solution is not fundamental enough.
-- Ie, the ideal solution, is to permanently end existence.

And, of course, this action is also altruistic.
-- Indeed, the same sentence used earlier, can be used here. Ie, the rational/logical/conscious decision to end existence (in an instant/painless/effortless/guaranteed/permanent way), is an altruistic action, (because it is for the benefit of the whole of existence), and that makes this thought/belief/action (of permanently ending existence), something that is good/positive.

However, (as mentioned previously), solutions need to be implemented on all levels, simultaneously.

Note: This situation is similar, to the one about a person rationally/logically choosing to die, because they believe, that they might then (after death), have a better chance of helping to end all suffering (for all), (ie, for all people/entities/beings, in the whole of existence).
-- Ie, there is the possibility, that the human race could rationally/logically choose to die, because they believe, that they might then (after death), have a better chance of helping to end all suffering (for all), (ie, for all people/entities/beings, in the whole of existence).

Note:
Some people talk about how there needs to be a “reset” of life, (ie, they're saying that we need to start afresh). This is ridiculous, because the end result will always be suffering.
-- Ie, suffering exists, not because of how people are not good at playing this game/system (of life), but because all games/systems will inherently cause suffering.

-- And, life/existence is a game/system.

Ie, life/existence, is no different to the birth of a baby.
-- Ie, as soon as a baby/life/existence is born (created), suffering is inevitable.

Also, a reset of life, is nothing to do with the main goal, of how to end all suffering (for all), where “all” includes everything in existence, across all of time, and space, etc.

However, people are unlikely to be able to see things at this deeper level, (the level of helping to end all suffering, in the whole of existence), because they're too focused on themselves, and how they can control/manipulate/use/enslave their personal-slaves, in the hope of getting some scrap of happiness/peace/love/pleasure.

And the people who say that they're trying to find the truth, are usually the type of people, who are happy to have one small awakening/lie/delusion revealed to them, and then they do all they can, to keep all their other lies/delusions intact, (and reinforced).

Indeed, the deeper you go into all of this, the more you see, just how deep all the brainwashing/programming is. And, what this means, is that the people who think that they've had an “awakening”, are still just puppets, (and therefore, are still causing a lot of suffering).

Note: Even if a person has had a thousand awakenings, if they think that they've awakened, then they are still puppets/robots, (because this just shows, that they're still being controlled/run, by the brainwashing/programming in their unconsciousness).

Note:
One of the jobs of this book, is to expose all the programs, that are controlling/running everyone.
-- Therefore, it’s important to emphasise, that whether people like (or dislike) the truths/conclusions that are revealed in this book, is irrelevant.
-- The only thing that is relevant, is whether you truly want to reduce/prevent/eliminate suffering (for yourself, and others).

Indeed, after you decide this, the rest will naturally follow.

Indeed, it’s all a simple process, because all that needs to happen, is to recognise/admit that a certain conclusion in this book is true, and then this will free you (from the brainwashing/programming that is inside you).

And, if you want to keep on reducing/preventing/eliminating suffering, then all you have to do, is continue to do this, (in all aspects of life, and at all levels of life).

And you have to realise, that each conclusion is true, but only for that level.
-- And therefore, to move to the next levels, you need to keep moving.

Indeed, this is why it’s important to realise, that all things in this book are “pointers”

(signposts), at each level.
-- Ie, you have to go beyond the signpost.
-- This is obvious, because clinging to any signpost, will inherently prevent you from getting to your destination.

Ie, you have to go beyond all of it, including beyond “ever-deeper honesty”, because “ever-deeper honesty”, is something that can only exist, with a person, and you have to go beyond everything in existence, (including all concepts, eg: “I am a person”, “I am spirit”, “I am awareness”, “I am 'That'”, “All there is, is consciousness”, “Self-realisation”, “Enlightenment”, etc).
-- And, obviously, this is true, regardless of how you choose to define any of these words/phrases/concepts/things.

Note:
When people hear things like “Everything is just a pointer”, and, “Everything that you realise/conclude, will be lies (when seen from a deeper level)”, most people will come to the conclusion, that they might as well just jump straight to the deeper levels, (and not examine the superficial levels).
-- And, since this suits them, (because doing this will hide their selfish/immoral behaviour), this is what most people end up doing.

Ie, they pretend that they're deep/spiritual people, and this makes them believe, that it's acceptable, to continue to cause other people suffering (on the superficial/physical dimensions (levels)), by using people as their personal-slaves, (and/or work-slaves).

Yes, it can be argued, that some of these people, jump straight to the deepest levels, because they believed that: If all levels are lies, then the only thing worth doing, is to go straight to the ultimate truth.
-- However, this thinking is flawed, because this will only work, if you're free enough, to be able to enter (and leave), all levels of life/existence, (and life/existence itself), whenever you want, in an instant/painless/effortless/guaranteed/permanent way.

Ie, even if you're able to go to the deepest level, this thinking is flawed, because this thinking only helps, if you can go (permanently) beyond all levels (including the deepest level), to non-existence.

Also, yes, it can be argued, that this thinking (to only examine the deepest levels), is valid, as long as you can go (permanently) beyond all physical levels.
-- Ie, you don't need to be able to go to non-existence, just (permanently) beyond all physical levels.

Of course, the number of people who can do this, is negligible. However, to emphasise the point, let's use this for now.
-- So, with this, it can then be said, that:

> Unless you can go (permanently) to a non-physical dimension, you'll still have to deal with the physical dimension, which means that you'll still have to deal with your physical body (and this physical world), where pain is real, (or as good as real).

> And, to reduce/prevent/eliminate suffering, you have to analyse all the things that are causing your suffering, (in the dimension that you're in).
> -- Therefore, if you're in the physical dimension, then that is the dimension that you have to examine.

Therefore, if you don't examine the superficial physical dimension (level), then you will suffer.
-- And the only exception to this, is if you can go (permanently) to a non-physical dimension.

And, of course, the same applies within the dimension. Ie, if you want to reduce/prevent/eliminate suffering, you have to analyse all the things in that dimension.
-- Ie, you can't leave parts/aspects out, (because the aspects that you leave out, will be the things that then cause you suffering, (because they will blindside you)).

Of course, the things that I have just spoken about, are only half of the story. Ie:

> Half of the story, is about you finding out, what is causing your suffering (on these superficial/physical levels), so that you realise, how other people are causing you to suffer, so that you can avoid this happening, (which will reduce/prevent/eliminate your suffering).

But,

> The other half of the story, is about you finding out, what is causing everyone suffering (on these superficial/physical levels), so that you realise how, you are causing suffering to others, so that you can then stop doing that, (which will reduce/prevent/eliminate other people's suffering).
> -- Of course, if you do this, then this will also reduce/prevent/eliminate your suffering, and everyone's suffering, (because suffering spreads to everyone).

Note:
In the above information, it has been stated, that honesty is not enough, and that ever-deeper honesty, is what is needed.
-- However, it's ridiculous to believe, that people will be able to have honesty, (let alone ever-deeper honesty), because almost all people are much more interested in constantly lying to themselves, (deluding themselves).

The absurd part of all of this, is that: Despite the fact that most people like to constantly lie to themselves (and others), they're always all shocked, when they suffer.
-- Ie, it's ridiculous that this happens, because it's obvious, that their suffering is due to them constantly creating these lies/delusions.

Of course, many people like to expose other people's lies, and say that their lies are causing suffering in the world, however, the truth is, that all lies are bad, since all lies are delusions, and all delusions are responsible for causing all the suffering in the world.

Some of the most ugly lies, is when people say that they want the truth, but really, they only want to find some information, which will tell/teach/brainwash/program them, with what they want to hear/believe, which is:

1. Information that will blame some other people/corporations/governments/secret-organisations/etc, for all the suffering that is caused to themselves (and others).
   -- And, the information will also clear them, from all responsibility, (legal/moral/social/interpersonal/personal/religious/spiritual/etc).

And/or,

2. Information that will allow them to continue (in a guilt-free manner), with their selfish/immoral actions. Eg, the information will say, that if you have personal-slaves and work-slaves, that this is acceptable/moral/good/etc.

And/or,

3. Information that will give them a good image/identity/etc. Eg, the information will say, that they are: selfless, special, important, moral, etc.

And, of course, they'll then want to brainwash/program other people, with all that misinformation/lies.
-- And, of course, the other people will want to be brainwashed/programmed by that misinformation/lies, because they want to hear that type of information, (since it does all the things that were explained in points 1 to 3 (above)).

Note: If you want to be a popular/famous author (and teacher, and whatever else), just write a book, which is full of information, that people want to hear.
-- The point of making this comment, is that if everyone likes a book/author, then the information in the book, is probably just doing all the things that were explained in points 1 to 3 (above).
-- And therefore, the book might claim to be all about change, and reducing suffering, but all that will happen, is that the suffering in the world will get worse, (because the information will be hiding the true causes of suffering).

Of course, this is how the world is, with everyone trying to brainwash/program (or deprogram and then reprogram) each other, with their misinformation/misdirection/lies/etc.

However, what people don't realise, is that even if 100% of the population, buy into their lies, they'll still not be happy/safe/secure/free/peaceful/etc, because:

1. Delusions/lies will always inherently make you feel: contracted, empty, cold, etc.

2. Delusions/lies always need constant energy/effort/time to be put into them, (to keep them alive). And therefore, this creates suffering for the person, and for all the other people (who they're brainwashing/programming with that misinformation/lies/etc).

To get to the next key point, let's start from here.
(Bear with me, for the next few paragraphs.)

Although it's pure stupidity to keep lying to yourself (and others), this is what is constantly happening in this world.
-- Ie, people are constantly spreading their delusions/lies, (like a virus).

And, since a “person” is just a bunch of concepts/delusions/lies, all “people” are (inherently), just a bunch of viruses.
-- And, like all viruses, they just want to self-replicate, and spread as much as possible, (with total disregard, for any suffering that is caused, (as a result of their actions)).

Ie, this all just shows, how primitive the human organism is.
-- Indeed, it's arguable, that the human organism, is not even sentient.
-- Ie, it can be argued, that the human organism, is just a thing (non-entity), that has been programmed to believe, that it's “sentient”, and “free”, and whatever else.

Indeed, a “person”, only believes that they're a person, because of two things:

1. The thought “i”, (which appears from nothing, and exists in nothing, and will go back into nothing, whenever it wants).

2. A feeling of contracted energy, (which appears from nothing, and exists in nothing, and will go back into nothing, whenever it wants).

Note: One thing that needs to be realised, is that: These two things (points 1 and 2 (above)), can be created, (or: implanted, arisen, or whatever other term).
-- And therefore, the “person”, is just an illusion/delusion, and the fact that it believes that it is sentient/free/etc, is just part of the delusion.

And after this, one simple way to make this “person” believe that it's real, is by giving it: arrogance, self-importance, etc.

The key point is, that if these two things (the thought “i”, and the feeling of contracted energy) can be done/created/implanted/whatever, then what this means, is that:

1. Anything can be done to you.

And,

2. You can be made to do anything.

Eg, to put something “into” “you”, all that needs to be done, is for some thoughts/feelings/energies to arise (in you).

The reason why this is important to understand, is because this then means, that if a person makes a promise to you, then you need to realise, that that promise, is absolutely worthless, because at any moment in time:

1. Any old thoughts/feelings/energies, that they used to have, can suddenly disappear, (permanently).

2. Any new thoughts/feelings/energies, can suddenly arise in them, and stay there (permanently).

Indeed, (as mentioned previously), a very good example of this, is when a woman (honestly) says, that she doesn’t ever want to have children, and that she's always been repulsed by children, (and therefore, she promises to never have children). However, these words (and feelings), mean absolutely nothing, because if she gets pregnant, she will have many new thoughts/feelings/energies, (that will arise in her mind and body), which might make her want to have the baby.

The key point is, that what this means, is that: People are not free at all.

Indeed, it's obvious, that all people/humans are not free, because true freedom can only exist, if that person can freely enter (and leave), from life/existence, (in an instant/painless/effortless/guaranteed/permanent way), whenever they want.

Ie, for true freedom to exist, this freedom must exist, at all levels/dimensions/realms, (including that of existence itself).

Note: What this all means, is that: The thing, in which all things (including “people”) arise, is the prison.
-- Ie,

> Thoughts/emotions/energies/i/person/people all arise in the manifestation (existence).

And therefore,

> The manifestation (existence), is the prison.

And therefore,

> It’s absolutely absurd, if anyone is against dissolving/ending existence (the prison).

Note:
Although this book talks about true freedom (in this way), I am aware that this might sound too extreme/unattainable for many people, and therefore, I have made sure, that this book provides other advice, to help all people, at all levels, reduce suffering in their life.

Eg, if a person wants to just reduce a little bit of suffering in their life, then they just need to recognise/admit, one of the conclusions (in this conclusion), and then apply it to their life.
-- Ie, they don't have to recognise/admit all of the conclusions.

Indeed, they might be ok, with going through the process, where they recognise/admit, what is unacceptable in their life, (ie, recognising/admitting when they are suffering in life), and then from this clear/honest seeing, a solution will appear/happen/occur.

However, I'm also aware, that most people might not be able to complete this process, because they'll want to be in control of the solution, (so that it still allows them to continue with their selfish/immoral ways, (of using people as personal-slaves, and/or work-slaves)).

Indeed, when people start to examine/question the deeper things in life, they often get scared of what they're seeing/realising, and therefore, they quickly turn around, and go back to their superficial life, (which allows all the suffering to continue).

Indeed, this is especially true, for the solution that this book proposes. Ie, some people might be willing to go deeper, but not if it means that they'll end up with a solution that they don't like, (ie, the whole of existence needs to be instantly/painlessly ended, permanently).

The problem is, that if they can't accept this solution, then they'll have to start lying/brainwashing/programming themselves (and other people) again, so that they can create their illusion/delusion, to hide in.
-- And so the suffering continues, for everyone.

The key point is, that only when all of the information in this conclusion, is recognised/admitted, will an alternative option appear.
-- This is obvious, because if people continue to hide (create/perpetuate) in their delusions/lies, then that will only ever lead to more suffering.

However, what is also important, is to realise that recognising/admitting all of it, is only the first step.
-- Ie, recognising/admitting all of it, is great, but then people also have to move to the next step, and actually stop causing suffering to others, and then try to end all suffering (for all), at ever-deeper levels.

To get to the next point, let's start from here.

Although a lot of the information in this conclusion, makes it sound like there's only two

options in life, there is perhaps a third.
-- I'll explain this more, as follows.

The main two options are:

Option 1:

Try to do all that you can, to reduce/prevent/eliminate the suffering in your life, and increase the scraps of happiness/peace/love/pleasure.
-- However, no matter how much effort/time/money/energy you put into this, you still end up suffering, and the moments of happiness/peace/love/pleasure, are still just scraps (for 1% of the time).

Option 2:

End life/existence, (and in the absence of life/existence, what remains, is zero suffering, and "That" (which is beyond freedom/peace/love/bliss)).

Note: If this is done on the level of the whole of existence, then the whole of existence will be as "That", and therefore, everything is at permanent peace, and therefore, no more stupidity/existence/suffering is created.
-- And, if this is done on the individual level, then this action might (in some way), help the whole of existence, (in terms of reducing suffering, and becoming "That").

So, although these are the main two options, there might (arguably), be a third option, (which I'll explain below).
-- Note: The reason why I said "arguably", is because it can be argued, that option 3 could help more people, than option 2, if we're talking about option 2 which is on an individual level. However, on the level of the whole of existence, there is no doubt, that option 2 is much more helpful than option 3, and therefore, option 3 becomes a stupid/bad option, and therefore, we're left with there only being 2 options in life, (option 1, and option 2).

Option 3:

Help reduce/prevent/eliminate the suffering of other people/entities, (and help them get more freedom/peace/love/bliss, and "That"), by:

a) Making the charity/service/building, available in all towns/villages.

b) Sorting things, so that no more babies/entities are forced into existence.

c) Helping people to truly/totally deprogram themselves.

Note:
If a person did choose option 3, then some people might say, that this is no different to getting a job, which means that that person would be perpetuating the system.
-- This is not true, because although it can be called a job, it is a totally different situation to all other jobs, because this job:

1. Is based on the neutral/natural/true start-point (for everything), and therefore, it is not based on a personal agenda. Ie, it is based on what all things in existence are trying to get to (which is “That”), but it does this in a direct way, (not in an indirect way (in a totally opposite direction to “That”), which is what all other jobs do).

   Note: In the short conclusion, it was said that (at a fundamental level), all people/entities/dimensions/etc, are doing all types of actions/things, which (fundamentally) all lead to “That”. Ie, yes, everything does (fundamentally) lead to “That”, however, 99.9% of people/entities/things/etc, go towards “That” in an indirect way, (and in any indirect way, suffering is always caused).

   Ie, although all hobbies/activities/wars/actions/jobs/etc, do lead (eventually) to “That”, they do so in an indirect way (which causes suffering). Ie, almost all people/entities/jobs/actions/systems/etc, are all going in a negative direction, (away from “That”), until they suffer so much, that they then turn around, and then only go in the positive direction, (directly towards “That”).

   Ie, if a person chooses option 3, then their actions/jobs/etc, will all only be in a positive direction, (ie, directly towards “That”).

2. Is not creating/maintaining/perpetuating, any system/society/suffering, since this job’s only true goal, it to permanently end all systems/societies/suffering.
   -- Indeed, this is obvious, because the true goal is “That”, and “That” is non-existence, in which no things/system/society/suffering/etc, can exist.

   And, what this means, is that any person that is choosing option 3, will only keep doing option 3, until an opportunity arises, to end the whole of existence, in an instant/painless/effortless/guaranteed/permanent way.

   Indeed, this is why I said (earlier), that as soon as it is possible to do option 2 (on the level of the whole of existence), option 3 becomes something that is stupid/bad.
   -- And therefore, what this means, is that any person/entity that does option 3, is only doing that option, until they can do option 2 (on the level of the whole of existence).

   To understand this in another way, just remember, that we can break this all down, into three parts:

   A) Permanently reduce/prevent/eliminate suffering.

   And,

   B) Get ever-deeper freedom/peace/love/bliss.

   And,

   C) Get (be as) “That”.

Ie, this is a step-by-step way of seeing it.
-- Ie, there are three points (A, B, and C), but as soon as a person can do C, they will stop doing A and B, (since A and B are just ridiculous/stupid/foolish (and totally irrelevant), as soon as the whole of existence is as “That”).

Note: Earlier on, I said that: “any person/entity that does option 3, is only doing that option, until they can do option 2 (on the level of the whole of existence).” An extra point that needs to be made here, is that there might also come a point, where a person believes, that option 2 on an individual level, might help more people (than option 3). There are many reasons why this can be true.

Note:
One other thing that should be mentioned about option 3, is that it's important to see, that if you did choose option 3, then you'll not be able to do this option, whilst also having a job. And, if you want to truly deprogram yourself, then it's important to see, that doing a job, (and/or, any activity that is not helping to deprogram you), will not only slow (or prevent) you from deprogramming yourself, but you'll probably just keep increasing the amount of programming in yourself.
-- I'll explain all of this more, as follows.

If you're able to be awake for a period of 12 hours, then you’ll expect that (on average) 4 hours of this, will be taken up by all the normal daily chores (eg: brushing teeth, preparing food, eating food, buying food, exercising, showering, sorting things around the house, sorting out bills, general basic cleaning and maintenance, etc).

Note: Although I say “daily chores”, these will include the chores that are done on a: weekly basis, monthly basis, yearly basis, etc. Ie, it's all chores, combined.
-- I'm emphasising this, because when people try to calculate how much time they spend on daily chores, they forget that there are some days, where they spend much longer on chores.

So, let’s say that on average, the time spent on daily chores, is 4 hours.

And, to make life bearable, you'll need a minimum of 4 hours of that day, to be “free-time”, (where you do whatever you want).
-- Note: The 4 hours of free-time, is actually very important, because this is the time, where you'll be able to do practical things, that will help you to deprogram yourself.
-- Yes, when a person goes deeper into all of this, this deprogramming will occur naturally, 24/7, however, even then, these 4 hours per day are necessary (if you want to keep going ever-deeper), since it helps the deprogramming to be across more aspects of life, and more levels of life. Of course, if this can be for longer than 4 hours, then that would be better. Indeed, the longer, the better.

Also, no matter what stage of deprogramming you're at, this period of 4 hours (of

deprogramming yourself), is important, because if you did not keep deprogramming yourself, then you would stagnate.
-- And, if you stagnate, then you're not able to help people in an ever-deeper way.
-- Therefore, the 4 hours per day, is an absolute minimum.

The key point is, that if you're awake for 12 hours, and 4 hours goes on chores, and 4 hours goes on deprogramming yourself (ever-deeper), then this is leaves 4 hours, to do the “helping people” part.

Note: This 4 hours per day, is the “practical time” spent on helping people. Ie, you'll actually be thinking about this help (and how best to help people) 24/7.
-- Indeed, you'll not only be thinking about all of it, 24/7, but it'll become your life. Or to phrase it more accurately: It will be what you are. Ie, they are the one-same-thing.

So, what becomes clear, is that if you did try to have a job, then this job would take up at least 4 hours per day, (which would take up the period of time, when you were supposed to be helping people). And therefore, the conclusion is that you can't help people, and have job.
-- Note: When I say that it's impossible to have a job (and help to deprogram people in ever-deeper ways), that includes all jobs, (including where you: work from home, are self-employed, etc).

And what is also important to realise, is that as soon as you have any job, you'll be thinking about that job, (at various points in the day (and at night)), and this is not good, since it means that you're not able to be thinking about how to help people 24/7, nor deprogramming yourself in ever-deeper ways.

What this also means, is that if you have a job, and/or do any activity in life (that is not deprogramming), then this will all slow (or prevent) you from being able to deprogram yourself, (because deprogramming yourself, is a 24/7 thing, and is your life).

Indeed, the deeper that you go into all of this, the more you realise, that whatever you see/hear/interact with, will affect you at many times of the day/night.
-- Ie, whatever you choose to do (in your life), will be what happens 24/7.

And therefore, since the thing that you do in life, is what will consume you 24/7, it had better be something that is worth doing.

And, the only thing worth doing, is something that helps reduce/prevent/eliminate the suffering in all people/entities, whilst also trying to help everyone get ever-deeper freedom/peace/love/bliss, and “That”.

Note: The above explanation, is based on a 12 hour day. Ie, I've simplified this a bit, (to make it easier to explain), however, what I really mean, is that you might be awake for around 12 hours, (regardless of whether it's day or night). Moreover, I've used a figure of 12 hours, but the amount of time that you're awake, is purely based on, when you feel that

you need to lie down. Ie, you might be out of bed for a couple of hours, and then suddenly feel like lying down.
-- The point is, that to have the freedom to do this, you need to have zero restrictions/limitations/etc.

Also, even if you were awake for 12 hours at a time, this does not mean that you're asleep (lying in bed) for 12 hours. Ie, you wake up, when your body wants to get out of bed. Ie, you might wake up, but stay awake in bed, for many hours after that.
-- The point is, that your awake (out-of-bed) time, is not determined by you, but by when you're not lying in bed.

Ie, lying in bed (until your body needs to get out of bed), is the priority.
-- And this is vital, because whilst lying in bed, you'll go through the three main states-of-being, (of being unconscious, subconscious, and conscious), and during these times, you will naturally:

1. Deprogram yourself, (and/or deprogramming will naturally happen).

2. Rejuvenate (mentally, emotionally, physically, spiritually, etc), so that you have enough energy for the next day's events/troubles/nonsense/ridiculousness.

3. Have insights.

4. Have experiential-insights.

5. Experiment with various states of mind/being/consciousness/awareness/dimensions/etc.

6. Etc.

Of course, when it’s all said like this, it becomes obvious, as to why this is “vital”.
-- Ie, it's obvious, that if you don't do this, then the opposite will happen.
-- Ie, you will:

A) Not deprogram, and therefore you'll stay brainwashed/programmed, which will cause you suffering (physical/emotional/mental), and this will also cause others to suffer, (because you'll continue to spread your brainwashing/programming/conditioning to everyone else, (in all aspects of life, and at all the different levels of life, (gross and subtle)).

B) Not have enough energy for the next day's events/troubles/nonsense/ridiculousness, which means that you'll suffer/struggle with events/troubles/nonsense/ridiculousness, and therefore, you'll spread misery/suffering to everyone around you.

   Also, if you do not have enough energy in you, you'll (unconsciously) do things to other people, to drain them of their energy. Ie, you will become the person, who drains people of all their energy.

-- Of course, this will mean, that the person who just got drained of energy, will themselves now need to suck energy from a differnt person. And so the energy draining behaviour, will spread exponentially.

C) Etc.

The key reason for explaining all of this in detail, is because it clearly shows why there is so much suffering in the world. And it also clearly shows, that any small changes to the way that life is (at present), is not going to make any real difference at all.

And therefore, people have to realise, that the only changes that are worth having, are big changes.
-- Indeed, this is why this conclusion is not only about helping people to truly/totally deprogram themselves, but it's also about:

1. Helping people understand, the reason why it's vital, to have the charity/service/building, available in all towns/villages.

And,

2. Helping people understand, the reason why it's vital, to not force any more babies/entities into existence.

Note:
No matter which aspect of life you start at, or which level you want to work at, the conclusion is the same.
-- An example of this, is as follows.

> It's impossible for any person/entity to know, that they're not a robot/puppet (that is 100% controllable, with zero free-will, (although they can have 100% illusory free-will)).
> -- Therefore, it's also impossible for any creator (of people/slaves/robots/puppets), to know, that they're not also a robot/puppet (that is 100% controllable), with zero free-will, (although they can have 100% illusory free-will)).

And, similarly:

> It's impossible for any person/entity to know, that they're not a just in a dream/illusory/virtual world (simulation), or whatever else.
> -- Therefore, it's also impossible for any creator (of dream/illusory/virtual worlds (simulations)), to know, that they're not also in a dream/illusory/virtual world (simulation), or whatever else.

Therefore, if you want to end suffering, no solutions will work, if those solutions involve keeping the devices of control/manipulation/slavery, in existence.
-- Ie, the "mind/body device", and "life", are only in existence, to control/manipulate/use people, (by putting them in an existence of prison/torture/slavery/rape). Therefore, these

will all have to be ended.
-- Therefore, the solution will need to be at a more deeper level.

Additionally, there is no point just ending suffering for yourself (or your race of slaves), when you can end all suffering for all, (because when you end all suffering for all, this includes you, and your race of slaves, your planet, your universe, etc).

Ie, although your creator made you to be a slave, your goal is to end the suffering for everyone, including your creator. (Note: The creators will be suffering, because people/entities/gods/aliens only create, because they are suffering.)

Therefore, to solve the problem of suffering, you do not go to the creator, but to the most fundamental source, which would include:

1. All creators, and creators of creators, ad infinitum.

2. Worlds/simulations, and worlds/simulations within worlds/simulations, ad infinitum.

Ie, the solution must be at the level of existence.
-- Ie, all of existence, has to be changed.

However, since no system is 100% secure/safe/reliable, this means that the idea of changing existence (to a different manifestation), is not a good idea.
-- Therefore, the only option that remains, is to end existence (in an instant/painless/effortless/guaranteed/permanent way), which leaves “That”, (non-existence).

Yes, it can be argued, that one realm of ever-deeper freedom/peace/love/bliss, is a manifestation that would be ok to change to, (because it inherently has zero suffering, and inherently leads towards non-existence).

However, even with this solution (of one realm of ever-deeper freedom/peace/love/bliss), the key problem is that:

> People are still desiring a solution that is in existence, (instead of from existence).

Ie, there is no doubt, that there is only one true solution (and desire), which is for “That”, (non-existence).

Note:
Earlier, I said that: “No matter which aspect of life you start at, or which level you want to work at, the conclusion is the same.” Let's now look at one more example of this.

If you want to state, that there is no individual person/people/entities/anything, and that we are all oneness, then there is absolutely nothing wrong with believing that.

However, if you do this, then at the level of “I am everything”, you will have to admit, that:

> “If I am everything, then I am the one that is responsible
> for all the suffering that exists (in the whole of existence),
> and therefore, I am selfish/immoral/cruel/evil.”

Moreover, you would have to admit that:

> “Since the suffering that I cause, is to
> the whole of existence (across all time and space),
> this therefore means, that I am extremely evil,
> and that nothing is more evil than me.”

Of course, since this applies across all of time and space, this also means, that you've tried everything already, (across infinite universes, dimensions, time, etc), and the result is, that suffering still exists.

And, in admitting this, you'll then realise, that the only way to end all suffering (for yourself, and for all people/entities/beings/dimensions), is to (instantly/painlessly) end/kill/dissolve yourself, (since you are everything/oneness/existence).

Note: What this also means, is that suicide might be a natural instinct for some people, which is just misunderstood by them.
-- Ie, they see so much suffering in the world, and they just naturally want to end all suffering for all, and since they are everything (ie, the whole manifestation), they want to end themselves (the whole manifestation).
-- Ie, their suicidal instinct, is to end “I” (the whole manifestation), not “i” (the person).

However, since most people have been brainwashed/programmed to believe that they're a person (“i”), they have perhaps misunderstood the desire to kill themselves, as being, “to end the person”, as oppose to, “to end the whole manifestation”.

Side note: What this also means, is that: If these people kill themselves (rather than the whole manifestation), then the people to blame for this suicide, are the people who brainwashed/programmed them to believe that they're a person. And therefore, the people to blame for this suicide, are the parents, (since they were the brainwashers/programmers).

Note:
In this conclusion, I have given many reasons why suicide might be a bad idea, (because it

could end in more suffering). However, I haven't explained enough, why there is the possibility, that suicide is perhaps important/necessary (for some people). So I will do that now.

One reason, is that to end all suffering for all, suicide is (for some reasons) necessary.
-- Eg, perhaps the only way to end (or change) the whole manifestation/“I”, requires the person to end “i”, (so that they can go to the some deep realm/dimension, so that they can change the unmanifest (or manifestation) from there).

Also, the reason why all of this is important, is because, if the suicidal person knows that they are everything (the whole manifestation), then they also know that killing the “i”, might just mean that they don't die, but transform into something else, (whether physical, or non-physical, or whatever dimension/realm/etc). However, since the manifestation (in it's current state) plays all sorts of cruel/evil games on people, it's perhaps also possible, that the way to end all suffering for all, might not be straight forward, and perhaps might need to start with the suicide of their body.

This reasoning is not unreasonable, since killing the body, is perhaps the only way to truly state, that you really/truly are done with physical life.

Also, if life in this physical world gets unbearable, then the person might just think that: “It's worth a shot”. Ie, there’s nothing to lose, and there's the chance that they might be able to help the world (from some other dimension), whereas, in this physical world, they know that they're not able to help at all (or not in a big enough way).

Also, they see that, nothing (except suffering) is happening on earth, and they might have already been trying for years (to end suffering for all), but they've realised (in practice), that perhaps it's impossible to do this (whilst in this physical realm). Therefore, they see no other option, but to go and do this, from a different dimension.

The key point is, that they might even know that such theories are perhaps nothing but delusion (layers of thoughts/ideas/concepts/stories), however, they also know, that this physical realm is perhaps nothing but delusion (layers of thoughts/ideas/concepts/stories).

And another reason (why suicide is perhaps important/necessary (for some people)), is that perhaps suicide is the only way to end the cycle of reincarnation/suffering/life/existence, (whether personally, impersonally, or both).

In one way, this might not sound correct, but in another way, it could be correct.

And, it's always better to implement a solution, from a deeper (more fundamental) place, because then your solution will automatically include all the more superficial levels.

Note: I'm not saying that any of these things are true, nor am I saying that any of these things are not true.

Note:
There is also another thing that needs to be realised, which is that for some people, there is no real choice in life. Eg, some people realise, that life is only giving them the choice between two different life stories, which are:

- Option A = “I'm trying to survive in life, and minimise my own personal pain/suffering (mental/physical/emotional), whilst also trying to get happiness/peace/love/pleasure, however, no matter what I try, I'm still suffering regularly, and there are only scraps of true happiness/peace/love/pleasure.”

- Option B = “I'm trying to end all suffering, for all.”

The key point is, that when the two options are put like this, then there really isn't much choice.

And, if you know that everything is delusion (layers of thoughts/ideas/concepts/stories), (and therefore so too is this physical realm), then that might make you want to change which life-story/delusion you want to be a part of.

Ie, if some story has to be played-out (lived) in this ridiculous physical world, and we have a choice of which story to choose, then it seems more interesting/important/reasonable/logical/wise/etc, to try to play-out the story of, “I want to try to end all suffering for all”, rather than playing out any other story.

Ie, it's hard to blame someone for wanting to take option B.
-- Moreover, it would be impossible to reason, that option A can be better.

And what this means, is that if you are going to do option B, then your parents will have to realise, that it's going to be impossible to argue/justify, that you should pick option A.

Note:
One extra thing that should be said, is that: If all dimensions/realms/etc, are thoughts/ideas/concepts/stories, then there is no reason, that the person must stay in the physical realm.

Note:
Some people might argue, that killing yourself would be a “waste” of life.
-- However, if suicide is done with the intention of end all suffering for all, then that argument does not hold true.

Moreover, if a person picked option A (when they could have chosen option B), then that certainly is a “waste” of life.

Note:
It's also important to realise, that if what happens to you after death, is dependant on what intent you had as you died, then one of the purest intents, would be: “I am dying, in the hope that I can end all suffering for all”.

And (arguably), this might even be better than zero intent.
-- Ie, it's even be better than dying, with the absence of any intent.

Moreover, dying with the absence of any intent, is probably extremely hard for most people, since they might have some deep selfish desires, and fears.

Note:
Your intent, in normal (everyday) life, is very important, because it will be what guides you through life.
-- And, if your intent is pure, then this will be what will brings you peace.

Ie, some of the things mentioned previously, are actually relevant outside of the subject of suicide (and natural death). Ie, the intent of a person (in everyday life), is really important, because intent is what guides you, through everyday life.

Eg, if your intent is, “I'm trying to survive in life, and minimise my own personal pain/suffering (mental/physical/emotional), whilst also trying to get happiness/peace/love/pleasure”, then you will probably end up living this life.

However, if your intent is, “I want to try to end all suffering, for all”, then all your actions will be to make this come true.
-- Therefore, even if you are not able to make this come true, at least you will feel that you gave it 100%, and there was nothing more that you could do. And therefore, this will be what will brings you peace.

Ie, I'm not talking of some “mystical” reason, why a pure intent will bring you peace. Ie, it's simply that, you felt that everyone is suffering, and you wanted to end everyone's suffering, and so you did all you could (to end all suffering for all). Ie, there was nothing more that you could have done, and it's this that brings you peace.

However, it's important to realise, that your pure intent, is not something that you think/pray/do/remember part-time, or even full-time.
-- Ie, it's not theory, nor practice.
-- It's just: The way you naturally are.

Indeed, in one of the previous paragraphs, I used the phrase “gave it 100%”. It’s not a good phrase, but it will do for now. What I meant by this, is that every one of your actions (of every second, of every day), was naturally from this pure intent.
-- However, this is not something that you think/do/remember part-time, or even full-time.
-- Ie, it's just what you naturally do, because that is what you naturally are.

This is important, because it's important to emphasise, that the information in this conclusion, is not about theory, nor practice.
-- Ie, when you've deprogrammed yourself enough, that is how you naturally are.

And indeed, it's also important to emphasise that:

> The difference between theory and practice, is like night and day, however,
> the difference between practice and "How you naturally are", is infinitely larger.

What I mean by "How you naturally are", is: What you naturally do in everyday life, 24/7.

And, what is also important to emphasise, is that:

> The gap between theory and "How you naturally are", is so massive, that it's usually totally pointless, to try to explain it.

Indeed, this is to be expected, since all words/beliefs, will be upside-down.

And what this means, is that it's not just pointless (zero value), but it's a negative value.

The key point is, that there is a massive difference, between practice and "How you naturally are", and the reason why this gap is infinitely bigger (than between theory and practice), is because when a person is just doing actions/things, which are not "What you naturally do in everyday life, 24/7", then that person can keep their normal life, and just add a bit of the other moral thing in.
-- Eg, a selfish person, can still remain 99% immoral, and then give some money to charity, (so that they feel moral).
-- Obviously, this is infinitely different, to someone who is naturally moral, 24/7.

Of course, in that example, I used the term "moral", just to get the point across. Ie, that person can't be called moral, because no person can be called moral, because that implies being 100% moral, and by the time a person is that moral, they no longer exist.

To give another example, let's look at: Why it's perfectly fine, for suicidal people to not give any justification/reasoning, for wanting to leave life.

There can be many reasons for this, however one reason why a suicidal person might not give any justification/reasoning, is because:

> "If you have to ask, you probably won't understand."

Of course, I've only said this, as a stepping-stone.
-- Ie, I added the word "probably", (and phrased it gently), just as a stepping-stone.
-- Ie, to be more accurate, it's:

> "If you have to ask, that means that you have absolutely no clue about any of it, whatsoever."

And, of course, if they have "absolutely no clue about any of it, whatsoever", then there's no point trying to explain it to them.

And therefore, it then becomes:

> "If you have to ask, there's no point discussing it."

Ie, yes, if you say to someone, that you're killing yourself because you're tired of all the suffering in your life (and everyone else's life), then they might understand it theoretically, but there's a massive difference between theoretical understanding, and "What you naturally do in everyday life, 24/7".

Ie, the jump from theoretical understanding, to "What you naturally do in everyday life, 24/7", is so big, that it's arguably not worth bothering to attempt to explain anything, or even talk at all.

Actually, this is incorrect, because this is implying that the conversation would be of zero value, however, the truth is, that the conversation would be toxic.
-- Indeed, this is to be expected, because it's the exact same situation, (as explained earlier), where if a person tries to say something to someone who is on a very different wavelength, their words will probably be taken in the exact opposite way.
-- Ie, it will not only be pointless for both people, but it will be a toxic/harmful experience, and therefore, it can be argued, that it's better to not talk at all.

Note:
The issue of "pure intent, vs., zero intent", is important, so I'll explain it more now.
-- Firstly, let's define these two things.

- Zero intent = There are zero intentions in you, and therefore, you're letting the unmanifest/manifest work through you.

- Pure intent = You have one pure intention in you, which is to "End all suffering for all", and this is just what you naturally are, 24/7.

It can be argued, that pure intent, might be better that zero intent, because we know that the manifestation is cruel/evil, and therefore, letting the "unmanifest/manifest work through

you”, just means that you will end up being another tool to create/perpetuate more evil.

Also, zero intent could be a bad thing, since it could be good in the short-term, but bad in the long-term. Ie, it's perhaps yet another long-con.

Indeed, an example of this, is that some people believe that the best way to help people, is to help from a deeply silent state-of-being, because this can help a person change at a deep level. The point is, that this is definitely true in the short-term, however, it's perhaps not true in the long-term.

Also, this only ever really works, if the person/being (who is helping), is naturally deeply silent/still. By this, I mean that that person permanently resides as “That”, and this “stillness” (that is naturally in them), can help people change at a deep level.
-- However, even if you do go to see such a being, this does not mean that all your suffering will instantly be eliminated (permanently).

Moreover, since these beings are a extremely rare, they can't help everyone (in that manner). And since there have (apparently) always been such beings in existence (throughout history), and yet suffering still exists on earth, it therefore makes sense, to believe that a different approach (of how to end all suffering for all), is needed.

Bringing this back to the issue of intent, we see that since very few people permanently live in (as) “That”, that this then means, that very few people will be able to have zero intent. And this means, that even if it's argued that zero intent is better than pure intent, it's an irrelevant point.
-- And what this means, is that if zero intent is not a relevant thing, then pure intent is better, since it’s something that people can have/be.

And what this all means, is that zero intent (and enlightened beings, and all of that subject), is perhaps just misdirection, (away from the pure intent of people trying to solve the issue, of how to end all suffering for all).

Indeed, it’s very telling, that when enlightened beings talk, they talk about all types of things, but not about the subject of how to end all suffering for all.

Note:
Although I've mentioned that some people might want to kill themselves for selfless reasons, (eg, to help end all suffering for all), this does not mean that I'm saying that a suicidal person needs a reason, to justify why they’re wanting to leave life.
-- This is important, because if a person demands, that a suicidal person must have a justification/reason to leave life, then that person is putting yet another prison onto the suicidal person.

Ie, although I've mentioned many pros and cons about leaving life, it's always important to emphasise, that:

1. No justification (or reasoning) is needed.

2. People already have enough prisons around them, and it's selfish/immoral/cruel, to put one more prison onto them, (by saying that their own personal desire to leave life, needs to be justified/reasoned/explained, or whatever else).

Note:
Whilst on this issue, I should mention something about “Pro-choice”.

Pro-choice, can be a bad term/thing, because it's yet another thing, that selfish/immoral/cruel/evil people can hide behind.

Ie, a selfish/immoral/cruel/evil person, can simply say, “I have absolutely no problem, with anyone deciding to commit suicide”.

The key point is, that giving everyone the freedom/choice/option to commit suicide, is no where near the same, as giving everyone the freedom/choice/option to leave life in an instant/painless/effortless/guaranteed/permanent way.

And this is true, because no method of suicide, is an instant/painless/effortless/guaranteed/permanent way out of life.

Ie, it's just as immoral/cruel/evil, if people/society says that everyone has the choice to leave life, however, in reality, they’ve made assisted-suicide (consensual-murder) illegal, and they do everything in their power, to not allow the charity/service/building to exist in every town/village.

The key point is, that there has to be no more games, where people hide behind words/lies/rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc).

If these selfish games/wars continue, then suffering continues.
-- It’s that simple.

To reduce suffering, people/society need to take the first steps towards becoming more moral, and one of the two key ways to do this, is to make the charity/service/building available in every town. And, without restrictions.
-- Ie, anyone can use it.
-- No justification/reasoning is needed.
-- No one is excluded.
-- No one is forced to remain a slave, (neither as a personal-slave, nor as a work-slave).
-- No one is forced to have to see, so many people suffering in this world.

Indeed, that last point is important, because many people who are physically healthy (and/or: wealthy, pretty, popular, etc), do want to leave life, because even if they are ok, they're tired of seeing so much suffering in the world. Ie, they are ok, but they know that other people are not ok, and that is unacceptable to them.

And what this also means, is that their decision about wanting to leave life, is not going to change, because the world will always be full of suffering, because the world will always be full of selfish/immoral/cruel/evil people, because life is survival of the selfishest/immoralest/cruelest/evilest.

Indeed, this is all obvious, and all people demonstrate this (selfishness/immorality) on a regular basis, and it's especially obvious during any discussions about suicide and this charity/service/building.

Indeed, this is when many people start to try to brainwash/program everyone to believe that: "Suicide is the worst/highest type of service-to-self".

This attempt at brainwashing/programming, is to be expected, because it's obvious that all slave-owners (and slave-drivers, and slave-creators) will say anything/everything, to make sure that they don't lose their personal-slaves, and/or work-slaves.

This attempt at brainwashing/programming, is immoral for many reasons, and I've covered most of them already. However, one thing that I haven't covered, is that this is a one-sided thing. Ie, it's important to realise, that people are not being given two sides of the argument. And, whenever people are not being told both sides of an argument, it's usually because it's a lie/trick/scam (and a non-consensual situation that you're subtly/slyly being forced into), and therefore, it's very likely, that the thing that you're being force to believe/do (or not do), is actually upside-down.

Indeed, it can be easily argued, that this brainwashed/programmed belief (that "Suicide is the worst/highest type of service-to-self"), is upside-down, because:

1. Life is prison/torture/slavery/rape, and this horrific system can only continue, if people keep the system going.
   -- Ie, no system can exist, if:

   a) Everyone refuses to play that system/game.

   b) No one exists.

   And what this means, is that the people that tell/persuade/brainwash/program everyone, that everyone must stay alive (for whatever reason), are the people responsible for keeping this system/life of prison/torture/slavery/rape going, and therefore, they're also responsible, for all the suffering in the world.

2. If people are forcing other people to stay alive (by emotional blackmail, or persuasion, or whatever other means), then this must be the worst/highest service-to-self, because any "forcing" in life, is non-consensual, and rape.

   And, since these weapons/tactics are all subtle/sly, then this is definitely the

worst/highest types of service-to-self.

3. If people are forcing themselves to stay alive, then this bad, because:

    a) They now become a person, who is keeping this system/life of prison/torture/slavery/rape going, (for all the reasons as mentioned in point 1).
    -- This is true, even if it's because you're a bystander. Indeed, bystanders are just as responsible, for people being raped.

    b) Whenever a person forces themselves to go against their direct experience of life, (which is suffering), then they will suffer.
    -- However, this is not the only issue, because when they suffer, they spread that suffering to others. Ie, they have become a person, who is causing suffering to others.

4. Some people who want to kill themselves, might be doing it for the most pure/selfless reasons, (eg, to end all suffering for all). Ie, this would mean, that their suicide, is the best/highest form of “service-to-others”. (I covered this earlier.)

5. To truly analyse/identify/label a problem, you have to find it's source. Because, the source is responsible for the problem.
    -- If this process of analysis is not done, then people are just trying to solve problems, in the wrong way, which just causes more problems/suffering.

    Moreover, if this goes on for a long enough period of time, then people totally forget what the real source of the problem is, (or that it even exists). And, when this happens, the problem never gets solved, (since a problem can only be solved, by solving it at it's source).

    Ie, when the subject of suicide is discussed, you have to find it's source. This source can be identified as suffering, however, the reason for feeling suffering, is because they're in existence, and the reason why they're in existence, is because their parents wanted to fulfil a selfish/immoral desire.

    Therefore, what this means, is that:

        The problem of suicide, only exists, due to parents.

    Ie,

        The problem of suicide, only exists, due to parents wanting to fulfil a selfish/immoral desire (of having a baby/child).

Therefore, what this all means, is that:

This brainwashing/programming (that “Suicide is the worst/highest type of service-to-self”), is not only said by all slave-owners / slave-drivers / slave-creators, (to make sure that they don't lose their personal-slaves, and/or work-slaves), but it's also said to hide/misdirect the fact, that:

A) It’s the parents that are responsible for all the suffering that their children are going through.

B) All the suffering in the world, is only continuing, because parents want to fulfil a selfish/immoral desire (of having a baby/child).

And it's important to see, that this “selfish/immoral desire”, is not sex, (because people can have sex, and not have a baby).

The point is, that if you put yourself in the position of the slave-owners / slave-drivers / slave-creators, then it's easy to see, why they do not want you to kill yourself, and that therefore, they'll say just about anything, to try to brainwash/program you (to stay alive), and also to misdirect you away from the truth, (that they're the ones responsible for all your suffering).

Indeed, it's obvious, that if they're selfish/immoral enough to have a child, then they're going to be just as selfish/immoral, in doing everything that they can, to keep that child/pet/slave alive, and hide the truth.

Ie, it's inevitable, that they're going to brainwash/program the child, with lots of reasons, why suicide is bad/dangerous/etc, eg:

1. Suicide is something that “god” does not allow, under any circumstances.
2. Suicide is dangerous for you (eg, because you'll go to hell).
3. Suicide is the highest form of service-to-self.
4. Etc.

Note: This specific part of the discussion (about suicide), is purely about emphasising, that there are (at least) two sides to every argument, and all discussions about suicide, seem to not just be one-sided, but they all smell like a trick/con/scam, and one which is extremely selfish/immoral/cruel/evil.

Note:
Since no one knows what happens after/in permanent death, it's impossible to know certain things about deciding to leave life, (eg: is it good or bad, is it safe or not safe, etc), however, what can be said, is that all things in life, involves 99% suffering, and therefore, it might well be, that deciding to leave life, is perhaps:

1. A wise thing to do.

2. The wisest thing to do.

3. The only wise thing in existence.

And, if a person does decide to leave life, then what is extremely clear/obvious, is that assisted-suicide, is infinitely safer than suicide.

And, it's also clear/obvious, that all societies/countries already have all the equipment/tools that are needed, to provide everyone, with freedom/choice/option, to leave life, in an instant/painless/effortless/guaranteed way.

Ie, the only reason why this doesn't already exist, is because 99% of the population, want to prevent it from existing, because they want to force people to stay alive, so that they can be used/enslaves/raped (as personal-slaves, and/or work-slaves).

And there's no getting away from the fact, that any people/society that does this, is inherently selfish/immoral/cruel/evil, since it makes life nothing but prison/torture/slavery/rape.

And, since existence is also doing this, then this is also true for existence. And therefore, the only wise (and moral) thing in existence, is to end existence, in an instant/painless/effortless/guaranteed/permanent way.

However, it must be emphasised, that this is not something that is done, just to end all suffering for all, but also to instantly/painlessly transform all people/entities into “That” (which is beyond the highest freedom/peace/love/bliss).

Ie, it just doesn't get any better than this.

And to see this from another angle, you simply need to see that:

> Everything in existence, is a trap, designed to use/enslave/rape you.

And this inherently means that,

> Existence itself, is deliberately designed, (and is in existence), purely to use/enslave/rape you.

And this inherently means that,

> Existence only exists, for malevolent purposes.

And although this might sound harsh, this is to be expected, because,

> If you wanted the ultimate freedom/peace/love/bliss, you wouldn't create

existence, because the ultimate freedom/peace/love/bliss, only exists in (as) non-existence.

To get to the next key point, let's start from here.

Since,

Existence only exists, for malevolent purposes,

then what this inherently means, is that:

Existence is evil.

And,

Since existence includes everything, (all),

this means that:

All there is, is evil.

The key point that I want to make with this, is that most people will think that this statement ("All there is, is evil"), is negative, however, it's actually worse to believe something like "Existence is good/pure/love/benevolent/etc", because there are only two options:

Option A =

If you choose to believe that, "Existence is good/pure/love/benevolent/etc", then no change can occur to the manifestation, because this statement means that the manifestation is perfect, (and therefore, doesn't need changing).

Option B =

If you choose to believe that, "All there is, is evil", then the manifestation will naturally change towards zero suffering, (because this statement means that the manifestation is evil/cruel/immoral/bad/wrong/unacceptable, (and therefore, does need to be changed).

Ie, you do have the option, to just try to stay in a delusional world, where you try to believe that life/suffering is acceptable, however, with this, suffering will continue, (for you, and everyone).

Indeed, this is true for all of the information in this conclusion.

Ie, all of the above information (in this conclusion), might appear to be ugly/unbearable (inconvenient), however, it is all true, regardless of whether you recognise/realise/admit it, (or not), and therefore, you can either:

1. Keep denying it, (and keep your delusions/lies), which will keep creating suffering for yourself/everyone, (because suffering will always continue, until the true cause of suffering, is realised and admitted).

Or,

2. Recognise it, and admit it.
   -- Ie, realise and admit, (truly and honestly), that all of the information in this conclusion, is true (in explaining the cause of suffering), because only then can a change naturally occur, which will reduce/prevent/eliminate suffering, for yourself, (and others).

   And then, with ever-deeper honesty, keep going in that direction, because then you will keep reducing/preventing/eliminating suffering, and get ever-deeper freedom/peace/love/bliss, and “That”.

Part 2

The rest of the book

All the important information is contained within part 1 of this book. You do not need to read part 2.

Part 1 does need to be read first, because it contains definitions of certain words/terms/phrases, which are used in part 2.

Part 1 is infinitely better than part 2.

Part 2 is missing many important things, which are in part 1.

Part 2 expands on some themes in part 1, and therefore part 2 is an 80% overlap/repeated repetitive version of part 1.This repetition might be good for some people, however, if any of the repetition becomes annoying, then just skip that paragraph (or section), and move on.

There are some sections in part 2, which are not finished very well, (ie, they do not flow very well). (Some sections are totally finished.)
-- Therefore, if you come across some parts that do not flow very well, then just skip that paragraph (or section), and move on.

Part 2 does contain some new information (which does not exist in part 1). And, some themes in part 1, are expanded in part 2. Therefore, part 2 can be helpful to certain people, and therefore, I decided to include part 2 in this book.

I did want to totally remove part 2, however, the deciding factor, is that I know that certain sections will be helpful to certain people. Ie, since part 2 will be able to help reduce/prevent/eliminate suffering in certain people, this means that I should include part 2 in this book.

However, I can’t be bothered to spend any more time on part 2, because part 1 is plenty.

-- Indeed, if you read the whole of part 1, and truly let it sink in, then you won't be bothered that some sections in part 2 are not finished very well. Moreover, you won't be bothered to read part 2, because you won't need to read part 2.

However, since most people are so heavily brainwashed/programmed, part 1 might not be enough (to deprogram them fully), and they might not want to read the exact same thing (part 1) again, and therefore, part 2 can be very beneficial for them, since it is the same/similar information, but written in a slightly different style, and in a different layout, and it also includes some new information (which is not in part 1).

Ie, after reading part 1, if they then read part 2, that might just help to take their deprograming deep enough, to the point where they can then free-fall into going ever-deeper.

The subjects covered in this book (across part 1 and 2), include:

Jobs, money, sex, having/raising children, teenagers, relationships, trauma-bonds, love, friendships, family, parents, marriage, weddings, divorce, palimony, chores, hatred, intimacy, lovemaking, affection, closeness, orgasms, movies, tv programmes.

Evolution, the creation vs. it's creator, sentient (AI) robots/machines/humanoids/entities, the meaning of life, the patterns of life, fighting, compromising, unacceptable, beauty, pleasure, pain, bliss, sleep, playfulness, exclusion, wavelength.

The concept of "winning", tactics, games, prostituting yourself, the fundamentals of war, energy vampires, predators, parasitic people, complaining, unnecessary, agitation, suffering, suicide, assisted-suicide, euthanasia, murder, genocide.

Control/manipulation, brainwashing/programming, gaslighting, scams, tricks, cons, lies, frustration, anger, drugs, blame, responsibility, consequences, laws, sharing, caring, helping, addiction, enabling, service-to-self, service-to-others.

Rape, rape role-play, consent, safe-words, punishment, torture, benevolence, conspiracy theories (in general), truth movement, truthers, delusion, truth, sex-workers, gratitude, good/bad, right/wrong, moral/immoral, cruel, evil.

God, religion, spirituality, enlightenment, non-duality teachings, unconditional love, porn, controllers/rulers, psychopaths, playing at being god, creating/sustaining/destroying, forced interaction, romanticising (fantasy) vs. reality, misdirection.

Non-consensual baby agreements, child-maintenance, contraception, bullying, decision making, intuition, higher beings/dimensions, ethics, non-interference, trust, promises, backlash, the fundamental commandments, pro-rape.

Pros-cons ratio, cost-per-moment of pure/true happiness or pleasure, shit tests,

guns, etc.

How to navigate part 2 of this book.

There are many different subjects that this book covers, and they are all scattered throughout the book. They do sometimes appear more prominently at a specific point in the book, but they can also reappear prominently again, at different points (later in the book).

However, even when they do appear more prominently, those sections will also cover many other subjects as well. Therefore, it's hard to give a short (meaningful) title to each section. Indeed, that is why short titles are often meaningless, and unhelpful to the reader.

Therefore, I have given each section a long title (which will be in bold), so that:

1. It provides a good idea of what is in that section.

2. If people are short on time, and they only want to read the important bits of part 2, then they only need to read the title (the bold part) of each of the sections.

Of course, the down-side to having long section titles, is that if I made a contents page, it would just be too big. Therefore, part two does not have a contents page. However, this system that I am using, does have another advantage, which is that, if the reader likes a section heading, then they can just continue to read the non-bold text (within that section). Whereas, if they read this same section title (in a contents page), then they would have to then navigate to that section.

Also, whist trying to navigate to that section, there could be a problem, (which happens with some other books on the internet), where the book has a table of contents (with page numbers), but when you go to that specific page numbers, it does not take you to where you wanted to go.

Ie, the system that I am using, will hopefully help the reader, in many differnt ways.

Anyhow, if people do not like this system, then that is perhaps a good thing, because people need to focus on part 1, (not part 2).
-- Indeed, I'm not too bothered about part 2, because I think that part 1 contains everything that needs to be known. However, I have added part 2, because certain sections will be helpful to certain people.

Note:
The reason why I haven't put all of one subject in one place (in the book), is because it's just not possible, because all subjects in life are inextricably interlinked. Ie, each section contains many different aspects of life, and therefore, that section can then flow into many

different aspects of life (in the next section).

Of course, what this also means, is that there will be a lot of naturally reoccurring repetition. I'll explain this more in the next section.

Natural repetition, is necessary/good, since it's vital for deprogramming the really deep things, (that have been ingrained/brainwashed into all people).

Most books/media/etc, deliberately use repetition to brainwash/program people. -- This book does not do that. Most of the repetition that occurs in this book, is "natural-repetition", which is a type of repetition, that naturally occurs, due to the fact that, all aspects of life have to be examined, and therefore:

1. This work has to start at many different points (of each aspects of life), however, all aspects of life, are inextricably interlinked, and therefore, there will inherently be a lot of natural-repetition.

2. When this book analyses each aspect of life, the logical/rational progression of thought, always leads to the same fundamental conclusion/realisation, as all the other aspects of life (that are examined). Therefore, there is going to be repetition, but only because the repetition is naturally reoccurring.

Indeed, natural-repetition is to be expected, since all things (at a fundamental level), will inevitably be the same, and this book has to examine things at a fundamental level, (because the way to reduce/prevent/eliminate suffering, is to clearly/honestly see, what is causing the suffering (at a fundamental level)).

Therefore, please understand, that:

1. Natural-repetition is always going to be inherent and inevitable, with this type of work.

And,

2. Natural-repetition should be seen as a good thing, since it proves that everything comes down to the same fundamental conclusion/realisation.

Moreover, because each aspect of life is slightly different, this will mean that the natural-repetition, will be slightly different each time, (and this is a good thing).
-- This is good, because when something is repeated in slightly different ways, this can help make sure, that the sentence/message has been interpreted correctly.

This is important, because many sentences can be misinterpreted, especially in this type of work (because this information is going against what people want to hear). Therefore, with this natural-repetition (which is in slightly different ways), there's absolutely no ambiguity, about what this book is saying.

This is always a good thing, because then there can't be any arguments (later on), about what it was really trying to say.
-- Ie, by saying something a few times (in slightly different ways), there is no dispute about what is trying to be said.

However, although I've explained all of the above, I am also aware, that some repetition (or perhaps a lot of repetition), does exist in this book, and could have be taken out.

Some of this was inevitable, because I'm assuming that if anyone does read this book, then they'll most likely only read part 1, (and never read part 2), and therefore I made sure that part 1 has all the key pieces of information, and therefore, there will inevitably be a lot of repetition between part 1 and part 2.

However, taking out repetition, would take a lot of time, and I don't want to spend any more time on this book, because I don't know if anyone is going to find this book, let alone read it.

Also, this repetition might be a good thing, because no one will be able to read this whole book in one sitting, (because it's too long). Ie, if someone reads something, and then they come across that same thing a week later, then that is probably a good thing.

One downside about a book like this, is that all aspects of life have to covered, and therefore, the book is inevitably going to be very long. And when a book is very long, it's harder to write, and it's also harder to take out repetition, (and properly polish and finish it), because you can't just sit down and read it all in one sitting, (or even a few sittings).

My guess, is that it's perhaps more beneficial, to just put this book on the internet now, because it will help more people sooner, (whereas spending more time on it, will mean that people are not being helped, and therefore, their suffering is continuing).

Therefore, whenever you do come across repetition (or errors), if it's annoying, then just jump to the next paragraph, (or section).

Please excuse any errors, and just try to understand what is trying to be said.

Part of the reason why this book is not polished and error-free, is because I do not know if many (or any) people are going to come across it, let alone bother to read some (or all) of it. Ie, I have already spent ages writing this book, and I don't want to spend more time on it (if no one is going to read it).

Ie, it's in a good enough state, to get all the points across, so it will do for now.

If I'm alerted to any small errors, (eg, spelling errors, typos, etc), then I will correct those, but I have no intention of making any major revisions to any of it, nor do I have any

intentions of doing any future books, or talks, or videos, or anything else.

Actually, I had no intention of writing a book, because when I started this writing, it was only going to be a short article, but then it turned into a book. Writing a book, is just not something that I have any desire to do. I find writing to be slow/primitive/etc. And, that's why I have no desire to spend any more time on this book.

Note: I use the term “book”, but I use that term loosely. Indeed, I am only using the term “book”, to mean a collection of words.
-- I do not pretend to believe that this is a proper book, nor do I care to make it into a proper book.

If you're the type of person, that wants to criticise this writing, then feel free to do so, but you won't gain anything from it. Ie, forget about any bad spelling/grammar/generalisations, and just try to see what is being said.

In this writing, I'm aware of the fact, that I've used many terms that could have been expressed in a different/better way, but the point of this writing, is for people to understand the main points, of what is trying to be said.
-- Ie, whilst reading it, just try to see what is trying to be said, and then some benefit might come from reading it.

Some things in this book might look incorrect/wrong, but they might be correct, or deliberate mistakes.

Eg, when I use the word “people”, some people might think that this is an incorrect generalisations, but sometimes I really am using this word to mean all people.

And, then there are deliberate mistakes, eg, I have decided to spell “nonexistence” as “non-existence”. (I think that the former is the official/correct spelling, but I prefer the look/feel of the latter.)

Also, I have decide to use “eg,” (instead of “e.g.”), and “ie,” (instead of “i.e.”). These are deliberate mistakes, because I think that “e.g.” causes too much disturbance in the flow of the words (as they're read).

Some people might also say, that I've used the comma too much, but this is deliberate, because I'm trying to increase the chances, for the person to read the sentence, in the way that I'm intending it to be read. Also, I'm putting the comma, where I think it looks/feels best, (rather than where it officially should be).

And the same is also true for the apostrophe, and many other things.

Note:
Some of the following sections, explain certain things about this book, however, I have deliberately included these sections, because they still contain information, that can help people reduce the amount of suffering in their life.

“Don't shoot the messenger”, is a phrase that sounds obvious, but it's almost always forgotten.

Ie, when people hear things that they don't want to hear, they automatically start attacking the messenger.
-- Of course, this is a ridiculous thing to do, since attacking the messenger is not going to change/undo the message.

If you ever feel that you want to attack the messenger, then try to remember, that this means that, you want to avoid the information/message, because it is:

1. Exposing all the subtle/sly ugly games and behaviours, that you are (or were) playing/doing, which you want to remain hidden.

2. Forcing you to honestly expose/admit how you really feel about everything in your life, (and life in general).

3. Scaring you, because if it's true, then the implications are terrifying, (to you).

4. Showing you, that you are selfish/immoral/cruel/evil, and you don't want to hear this, (let alone admit that it's possibly true).

5. Etc.

However, no matter what I say, it's to be expected, that people will try to attack the messenger. Therefore, if the messenger is not able to be found, then the reader (of the message), will not be able to focus their attention on the messenger, and this can mean, that the attention will go on looking at themselves (and on all of the above points).

Ie, it's beneficial to the person, if the messenger tries to remain unknown.

In the case of this book, the messenger is me. And, from all of the above, it's hoped that people will understand, that it's more beneficial to everyone, if the messenger is allowed to remain unknown.

If a person says that they wrote this book, they are not the author.
-- The author of this book will never go public.

-- This is the only way, to get people to focus on the message, (and not the messenger).

To be clear, the author of this book is not saying his/her/it's name, for the following reasons:

1. To help people to remain focused on the contents of the book, rather than the life history/credentials/experiences of the author.

2. It's the only way, to avoid people reading the book in a biased way, (due to them knowing that I am: male/female/whatever, a certain age, a certain race, human/non-human, etc).

3. It's the only way to prove, that I'm not looking for popularity (or fame), nor am I trying to make a name for myself, etc.

4. If I'm not anonymous, then some people might try to attack the book (and this message), by discrediting me, or by falsely accusing me of x, y, z, or by using whatever other standard tactics.
   -- It's always better to just prevent these fights/games/nonsense, (no matter what level they're on), as opposed to trying to win them, or peacefully solve them.

   And, most of these types of attacks, can occur, regardless of whether the author is alive or dead.
   -- The point is, that even if the author is dead, anonymity is still important, (for all of the reasons mentioned).

5. So that people's focus/attention is on themselves, rather than on thoughts about how to attack the messenger, (as explained in the previous section).

6. So that people will not know whether the author of this book is still alive, or dead.

7. Etc.

For all of the above reasons, please do not try to find out (and/or reveal) who the author is.

I'm not tech-savvy enough, to know how to be totally anonymous on the internet, but this is my attempt at it.

The key point is, that if I can remain unknown, then more people will be helped, and then suffering in the world might decrease.

Therefore, I will state that: Whoever claims that they wrote this book, is not the author.
-- Ie, the author of this book will never go public.

The point is, that the only reason why I would go public, is if it would be more helpful to people. However, it's always more helpful, to not go public, (for all the reasons stated

above). And, if people were honest enough, (and did not do all the things stated above), then they would not need to read this book. And, even if they did read this book, they would not care at all, if the author was known or anonymous, (because they'll only care about the message, (and not the messenger)).

So, if a person ever asks you “Did you write this book?”, then a simple answer can be:

> “The author of that book, says that discussing who the author is, will decrease the number of people that will be helped by it, and therefore, let's only discuss the message of the book, (and not the messenger)”.

Some people believe, that all authors of books/websites, should not hide behind a pseudonym, or be anonymous, because then they're then not accountable. However, anyone who reads this book, will know that I know, that I'm totally accountable for every word in this book.

I'm fully aware of what I've said in this book, and I've said everything purely to help reduce people’s suffering. And, I have chosen to remain anonymous, because I believe that that way of doing things, means that many more people will be helped.

Note: One of the reasons for remaining anonymous, was because it makes the reader have to focus on the message (rather than the messenger), however, this is as much as I can do. Ie, if the reader is going to misdirect their attention (away from the message), by arguing that the author should not be anonymous, then there’s nothing that I can do about that.

Indeed, I'm fully aware, that many people will not want to focus on the message of the book, and therefore they'll inevitably come up with any excuse, to misdirect themselves, and there's nothing that I can do about that.

In addition to all of the above, I am not selling the book, and so hopefully, people will realise that I have written this book, purely to help reduce/prevent/eliminate people's suffering.

Also, since this book is not being sold, the author will not become financially wealthy, and this will stop people thinking/focussing on ways to attack the author, (because some people are only interested in attacking/harassing/suing/threatening/blackmailing people, if there's a chance that they can get some money from it). Ie, since I have no income, people will not waste their time/focus/energy, thinking about how to get/scam money from me.

Also, if people do think about these sorts of things, then they will suffer, because thinking about these sorts of things, creates negative/contracted energies (inside them).
-- Ie, the way that I am doing things, will hopefully prevent people from suffering in this way.

And, it will also hopefully prevent people from suffering in various other ways.

-- Eg, when people try to get/scam money (by suing someone), many of them try to do it, under the guise of some good/moral/acceptable cause. In the case of this book, some people might try to use the excuse, that they want to legally pursue the author, so that they can shutdown the book and/or website.
-- So, to prevent people from being able to use this excuse, I have stated (on the front page of this book), that I'm making this book available, via many different sources, some of which are decentralised, (ie, no single source point), which means that there is no place to go, to shut it down, (and stop the book from being available, on the internet).

Indeed, by making the book available in this way, it makes it almost impossible to shut it down.
-- So, with this being stated upfront (on the front page of this book), it will help people, to not waste their time/focus/energy, thinking about how to try to censor this book, (and/or the website), for whatever reason/motive, that they have.

Some people might argue, that doing all of this, is overkill. However, this is not at all overkill, because anything that prevents suffering, is worth doing.

And, in this case, because I've done all of this from the beginning, it then becomes preventative.
-- Ie, by doing all of this from the very beginning, it will hopefully help more people, to reduce/prevent/eliminate suffering.

Ie, the way that I have done everything with this book, is just my attempt, to try to help keep people focussed, on the message of this book, which is to stop imposing prison/torture/slavery/rape (suffering) on themselves, and other people.

Note: Although I use the word “message”, I'm only using this word, to keep things simple. (I'll explain this more, in the next section.)

This book is not about giving people a “message”. This book is about helping a person deprogram themselves, (if they want to do this).

Ie, this book is not giving a “message”, which people then cling to.
-- Instead, this book just exposes everything (in all aspects of life), as being lies/misdirection/gaslighting/etc, and this can help a person continue on their own process (of deprogramming themselves).

Therefore, as long as the information (in this book), does this job (as explained above), then it's done it's job.

Ie, if someone says that the information (in this book), is not good to cling to (believe in, or whatever else), then they've missed the point, (since this book is trying to make sure that no information is clung to).

Yes, some people can argue, that this book does have a message, which is to deprogram yourself, (or whatever else). And, yes, there can be many such arguments/discussion/etc, however, the point is, that all these arguments/discussions are only being done, to avoid looking at yourself, (and all the ways in which you've caused pain/suffering to others).

Ie, unless a person has a very strong desire to truly/honestly deprogram themselves, then they'll go in the other direction, (which is to strengthen the programming in themselves, (and others).

Of course, strengthening/reinforcing the programming in yourself (and others), is a lot easier to do, (as compared to deprograming), especially since everyone does this as a part of their everyday life, (and in all aspects of their life).

Some themes in this book, are written as a logical progression throughout the book. Therefore, it will help to read this book, in the order that it is presented.

Since this book covers all aspects of life, but all aspects of life are inextricably interlinked, this means that:

1. There will inevitably be some places in the book, where some themes will need to just appear, (without a logical progression).

2. There is no easy way to introduce (and order) it all, because as soon as you start with one aspect of life, all aspects of life are involved.

Note: Because I want this book to be readable by anyone, (of any level of intellect/wisdom/etc), I have:

1. Made some issues/themes, progress more slowly throughout the book.

2. Used words that are as simple/basic as possible.
   -- This also helps, in:

   a) Avoiding ambiguity, in what I'm trying to say.

   b) Helping all people, regardless of what level they're at, (from the most basic, to the deepest, and beyond).

   c) Helping people of all nationalities.

Many sections in this book, could have been re-arranged in almost any order, but what might be a better order for some people/entities, might be worse for others. Therefore, the

way it is now, will do.

This book deliberately uses the most simple (and basic) words/terms/concepts, because this book is not just designed/written for all people/humans, but all entities.

It might sound bizarre/ridiculous/etc, to say that this book is designed/written for all entities, but this book would be worthless/pointless, (and it would actually cause more suffering), if it was only designed/written, for one group of people/entities.

Indeed, anything that is not applicable to everyone, (and is not available to everyone), will only cause more suffering.
-- Ie, if you exist in existence, then “everyone” will inherently mean “all entities” (that exist in existence).

And, all entities, means “all”, whether: natural, artificial, virtual, real, unreal, organic, inorganic, physical, non-physical, form, non-form, etc.

There are many times in this book, when I will use concepts/ideas/etc, however, I'm only doing this, to help deprogram the reader.
-- Ie, I'm introducing concepts/ideas, to deprogram the reader, (and not program/reprogram them with these concepts/ideas).

However, it is only the reader, who can decide, as to whether they want to use these concepts/ideas, to deprogram themselves, or program/reprogram themselves.

It can be argued, that the key way to distinguish anything, is that if the words/concepts help to deprogram people, then it's good, but if it programs/reprograms people, then it's bad.
-- However, people can (if they want to), take a concept that is designed to deprogram them, and turn it into a concept, that programs/reprograms them.

The way that they do this, is by taking the concept (that can help deprogram them), and they hold onto it.
-- If they do this, it will become a block.

The way to deprogram yourself (via the use of words/concepts), is to just understand what the words/concepts are pointing at.
-- Of course, if you know that the aim is to go to “That” (which the words are pointing at), you would never cling to the words/concepts.
-- Ie, you would just use the words/concepts as a pointer, and therefore, as soon as the words/concepts have done this, you immediately drop (discard) all words/concepts/etc.

An analogy of this, would be that you want to go to London, and you see a sign post to

London, but you permanently stop at the signpost.
-- Ie, if you want to go to London, but you stop at the signpost (that points to London), then that would be absolutely foolish/ridiculous.
-- However this is what people do all the time. Moreover, people then brainwash/program everyone else, to just permanently stop at the signpost.

People like to do this, because they like it when other people:

1. Listen to them.
2. Respect them.
3. Do what they say.
4. Etc.

Indeed, because of this, many people are just trying to constantly find new signpost (which other people might not have heard about), and they then tell others, that all you have to do, is to cling to this signpost.
-- Of course, by doing this, the people doing the advising/“teaching”, will then feel: knowledgeable, important, special, like a teacher, etc. However, in this selfish behaviour, they'll inevitably cause a lot of suffering, to a lot of people.

Ie, what it all comes down to, is honesty.

Ie, you have to be absolutely honest with yourself, as to which option you're taking:

Option 1 = You're trying to deprogram yourself.

Or,

Option 2 = You're trying to create a new image/identity/position/delusion for yourself.

The first option, will reduce suffering (for you, and other people), and the second option, will increase suffering (for you, and other people).

Although it seems like a no brainer, (that you should choose option 1), most people will always go for option 2.
-- It's obvious that most people always choose option 2, because otherwise there wouldn't be so much suffering in the world.

Of course, all these people will say that they chose option 1, but they're lying.

The reason why most people always choose option 2, is because most people are selfish, and therefore they'll want the selfish things, (eg, to feel: knowledgeable, important, special, respected, like a teacher, etc), and this will all be compounded, if they believe that these things will get them: a partner, friends, followers, popularity, status, fame, money, praise, etc.

When you understand this, you realise that most people will always choose option 2, but claim that they're doing option 1. And, this is always happening, whether we're talking about people in the past, present, or future. Because, if it wasn't like this, then there wouldn't be so much suffering in the world.

I have no desire to impose any of this onto anyone. It's only written to help those who feel similarly about these subjects, because they might have just wanted to hear, that other people also have come to the same conclusion/realisations about life (and the whole manifestation).

After reading this book, feel free to: like it, hate it, criticise is, promote it, learn from it, spread the message to other people, or whatever else.

This book can be extremely helpful, to anyone, of any age, (very old, or very young). -- I wish that I could have read this book, when I was a child, because it would have:

1. Confirmed a lot of what I was seeing of the world.

2. Saved me a lot of suffering.

Indeed, this is one of the reasons why I have written this book. Ie, I'm hoping to save some people from a lot of suffering.

Note:
In the title, I said “any age”, because:

1. People should not underestimate, how wise some children are. However, over time, parents/people/everyone, constantly brainwash/program all children to believe so much lies, that they eventually become stupid. But hopefully, a book like this, will help prevent this.

2. When an event happens (in the world), most people will believe the first story that they hear, to be the truth. And, any alternative story/truths (that come after that), will be seen as nonsense. Indeed, this is why governments/companies/organisations/etc, want dedicated 24/7 news channels.
   -- Ie, if the news channels can be the first to tell the story to the public, then the public will believe the news channels. And, if someone later on, tries to tell a different version of events, they will not be believed.

What compounds this problem, is that this race/game/war (of who can get their story/lies into people’s heads first), will always be won, by the people/groups who are the most immoral/cruel/evil.
-- Ie, this is true, because it's the exact same situation in any game/war.

Ie, in any game/war, the people/groups who win the war, will always be the ones who are the most selfish/immoral/cruel/evil.

-- Therefore, when people are brainwashed/programmed, the information that they're going to be programmed with, will always be bad.
-- Ie, it will be information, that is designed to make them easy to control/manipulate/enslave/use/abuse.

However, as mentioned previously, all programming is bad.
-- Ie, there is no “good” programming. And, the only information that is good, is information that deprograms.

The point of explaining all of this, is that parents/people/companies/governments, all try to brainwash/program children with their lies, so that they can use the children as personal-slaves, or work-slaves, or whatever other agendas they have.
-- Therefore, it's important for children, to be able to see another opinion, and to expose the games/lies, that parents/people/companies/governments/etc, all try to brainwash/program the children with.

And, by putting this book on the internet, it:

1. Provides the possibility, for this to happen.

And,

2. It does this in a way, which is safe.

What I mean by “safe”, is that since this book is on the internet, a child/person will either naturally find it, (or not). And, even if they do find it, the child will either naturally want to read it, (or not).
-- Ie, the situation is the same for all people (of all ages), where they will only read, what they are capable of reading. Ie, anyone who is not able to read this type of information, will just naturally have no interest in this book, after reading the title, or the first few lines in the book.

This self-defence mechanism, is built into everyone.
-- Ie, any book that has information, that is too life-shattering for a person, will naturally be avoided.

Ie, if a person is reading this book, then they are capable of dealing with all the information in the book.

And, since it's on the internet, if anyone finds the information too much, then they will naturally/instantly stop reading it, turn away from it, and never go back to it.

The key point is, that this is the safe/natural way of doing things, which is the exact opposite, of what parents/people/companies/governments do, because they make sure that the child can't escape from hearing/seeing information, which they want to brainwash/program into their child.

Indeed, this is what is done to all children, where they are forced to hear/see information, from: their parents, school teachers, etc.

Ie, they all force a child/person, to stay in a room, and in that room, will be a person, who

is telling them information, and they're not allowed to leave the room.
-- Ie, they're forced to hear it.

Ie, this is forced, and non-consensual.

And, when things are forced into people, the result is always negative consequences, which will spread far and wide.

The best examples of this, are not only schools, but people's homes, because the fact is, that babies (and children), can't escape from their parent's house.
-- They're literally sitting ducks.

Moreover, they are forced to be in the presence of the most selfish/immoral/cruel/evil people, (parents).

Of course, parents know about all of this, and that is one of the key reasons, why they want to have children.
-- Ie, one key thing, that parents find appealing about having children, is that they can mould the baby, to be exactly as they desire.

Indeed, many parents want children, because they think that they'll be able to mould the baby, into a person that will be their best friend/companion, and/or a person that will: do what they say, admire them, respect them, be grateful to them, want them, etc.

Parents believe that this will happen, because they know, that parents can fill a baby/child, with whatever beliefs they want, (because the baby/child cannot escape from their house), and the baby/child can be controlled/manipulated, in a whole manner of ways, (eg: punishment, reward, fear, desire, etc). And therefore, parents believe that they can create their ideal (fully controllable) friend/companion.

This is all true, because if parents didn't believe that they could do this, then they wouldn’t want to have a child.
-- Indeed, if someone was told that they can have a baby, but only if that baby is programmed by someone else (who they don't know), then they would not want to have the baby.

Ie, parents want a baby, because they want to program it, (so that they can control/manipulate/use it, to fulfil their selfish desires).

The intent that you have whilst reading this book, will determine how much this book transforms your life, (and the lives of others).

Some people believe, that the intent that existed in me (whilst writing this book), is just as important, as the content. So, for those who want to know, I have written this book, with the pure selfless intent, of trying to reduce/prevent/eliminate all suffering (for all

people/entities/dimensions/etc, and existence itself).

So, if you can read this book with an open mind (or no mind), then the words might not be that important, since the energy behind the words (from the author's intent), might be able to work/help/transform the reader, at a deeper level.

Actually, it's not even the author's intent, but an impersonal energy that is naturally going in the direction of reducing/preventing/eliminating suffering, and going ever-deeper, until it becomes "That".

Note: If the information in this section sounds like delusion/story/fairytale, then read the next section.

Some of the things in this book, may sound like (or be) delusion/story/fairytale, but that is all that the manifestation is, and therefore, if a manifestation (delusion/story/fairytale) needs to exist, it might as well be one with zero suffering, and just one realm of ever-deepening pure freedom/peace/love/bliss.

However, if you believe that no manifestation/delusion/story/fairytale is necessary, and that perhaps all stories/manifestations are bad, then stop creating them (even in the subtlest of realms), and then, what remains, is "That", non-existence.

Everyone's actions in life, are a combination of:

1. A natural (instinctive) seeking/desiring/searching for "It"/"That"/"Home/"Source"/"Truth".

And,

2. A natural/instinctive movement away from unwanted pain/suffering/discomfort, (whether: physical, mental, emotional, spiritual, etc).

Therefore, there can be (and is), an ultimate/true:

- Desire.
- Realisation/conclusion to life (and existence).
- Solution to suffering.

The above is true, whether the person knows it, or not.

There are two key points:

1. The only true and ultimate "It"/"That"/"Home"/"Source"/"Truth"/"Enlightenment"/etc, is non-existence.

2. The only “place” that is totally/permanently/truly free from pain/suffering/discomfort/etc,
   is non-existence.

Therefore, ultimately (and inevitably), non-existence is the true desire/realisation/conclusion/solution, to all problems, for the following reasons:

1. It's the only true desire.

   This is true, because as a person goes through life, all their desires will not fulfil them (in the long-term), and so they will keep desiring, until they find “It”/“That”/“Home”/“Source”, (non-existence).

2. It's the only true realisation/conclusion to life (and existence).

   This is true, because all truths are just layers of illusion/delusion, (whether those layers are made up of words, sensations, energy, or whatever else). Ie, the only real truth, is what remains, in the absence of all things/energy/entities/beings/dimensions/etc.

3. It's the only true solution to suffering.

   This is true, because all problems in life, including the large problems (of how to end all suffering, for all (everything in existence)), and the small problems (of how to prevent personal discomfort), are part of existence, and all pain/suffering (from past/present/future) will instantly/painlessly/effortlessly/permanently disappear, in permanent non-existence.

These three points, will be explained in detail (throughout this book), using examples from all aspects of everyday life.

Non-existence might sound like a strange solution, but a different way to look at it, is that if:

1. Everything in life/existence is “not it”, because nothing in existence provides a permanent ever-deeper ultimate high.

And,

2. Everything in life/existence is “not acceptable”, because there's too much suffering/cruelty/evil.

And,

3. Non-existence is the ultimate peace/freedom.

And,

4. Non-existence is totally devoid of suffering/cruelty/evil.

Then,

5. The only solution, is non-existence.

Everyone is looking for “It”/“That”/“Home”/“Source”/“Truth”, (whether they know it, or not).

The “qualities” of “It”/“That”/“Home/“Source”/“Truth”, are as follows:

1. The ultimate permanent peace.
2. The ultimate permanent freedom.
3. The ultimate permanent secure/safe environment.
4. A sense of true “home”.
5. The knowing who you truly are.
6. The knowing that you're not separate from anything, (“oneness”).
7. The ultimate truth.
8. The absence of all lies/illusion/delusion, (no matter how subtle).
9. It's impossible to suffer, (or even be in the slightest discomfort).
10. It's impossible to be bored.
11. Etc.

And in addition to all of the above:

A) It's just naturally known/had, without effort, and is permanent/un-loseable/etc.

B) Although this is all said, it's only said in an attempt to express what “It”/“That”/“Home/“Source”/“Truth” is, but really speaking, it's beyond these qualities, (hence why I put the word “qualities”, in quotes).

This search for “It”/“That”/“Home/“Source”/“Truth”, inevitably leads everyone (eventually), to realise that:

1. In practice, all things in life/existence, is discovered/experienced to be “not 'it' ”. Indeed, most people know, that after they fulfil a desire, (get what they want), they realise that they are not fulfilled, and that that desire, was not it.

2. There is the realisation, that “it” can never exist in existence. It's just impossible. And therefore, it's ridiculous/foolish to think, that “it” can be attained/found/got/had in existence, (in any way/shape/form).

3. In some people’s lives, there are 'times' where “it” is 'experienced', but these

'experiences' are during the 'times' where “you”/awareness/life/existence, are all absent.
-- Ie, this is not an experience, where you as a person disappear, and you (as awareness) are aware of nothing/void/empty space/etc. Ie, this experience (of the void/nothing/etc), is not “It”.

Indeed, non-existence is not an experience, and whilst in “it”, you can't know that you're in “it”.
-- Ie, whilst in this state of non-existence, it's impossible to be aware of it (since awareness is absent), but after the person comes out of that state, they can (kind of), (somehow), realise that “I”/awareness/everything was totally absent, and absolutely nothing existed, and this was the ultimate peace, (infinitely better than any experience that can ever happen in life, (even experiences that are deeply spiritual/transcendental, or other worldly/dimensions, or god's divine bliss/ecstasy/love/light, etc)).

Note: This realisation of non-existence, can occasionally 'happen' to a person. And, it doesn’t require a person to be spiritual/religious/etc. (Eg, during sleep, there is a time when a person is in deep sleep, and there are different levels/depths of deep sleep, and if they ever go into the deepest/ultimate level of deep sleep (and beyond), then this is the 'state' of non-existence).

4. “It”/“That”/“Home/“Source”/“Truth” = Non-existence.

Ie, the ultimate desire/solution/conclusion/realisation in life, (and of life), is that:

“It”/“That”/“Home/“Source”/“Truth” = Non-existence.

However, knowing this in theory, is never enough, because the person will always want to “experience” it, and then also “be” it (permanently).

The ultimate (and inevitable), desire/realisation/conclusion/solution, to all problems in life, is that:

“It”/“That”/“Home/“Source”/“Truth” = Non-existence.

This might sound strange (to some people), however, this is nothing new, because it's always been said/known, that the illusive “It”/“That”/“Home/“Source”/“Truth”, is 'something', which is:

1 -- Not an “experience”.
2 -- Not something that can ever be:
“attained/found/got/had/touched/felt/sensed/experienced”.

3 -- Not a “state-of-mind”, or “state-of-consciousness”.
4 -- Not a “state-of-being”.
5 -- Not a “thing”/“entity”/“being”.
6 -- That which has no centre.
7 -- That which is beyond infinity.
8 -- That which is beyond eternity.
9 -- That which cannot have a beginning, or end.
10 -- That which is beyond finite.
11 -- That which is beyond life and death.
12 -- “Whist there, you cannot know you are there.”
13 -- Outside (and beyond) time/space.
14 -- “That” which “remains”, in the absence of everything and everyone.
15 -- Beyond freedom/peace/love/bliss.
16 -- Beyond all divine experiences, (including divine: love, bliss, the presence of god, etc).
17 -- Beyond all spiritual/godly/religious experiences.
18 -- Beyond freedom.
19 -- Beyond truth.
20 -- Beyond duality and non-duality.
21 -- Beyond simple.
22 -- Beyond.
23 -- “...”
24 -- “ ”
25 -- Where truth cannot exist.
26 -- Beyond the seen, seer, and seeing.
27 -- Beyond the known, knower, and knowing.
28 -- Beyond the awareness of nothing/emptiness/void/etc.
29 -- Prior to awareness.
30 -- Outside (and beyond) existence.
31 -- Before creation.
32 -- Prior to existence.
33 -- Etc.

The analogy of the “layers of an onion”, is only useful to explain that you have to remove (or see through) the layers (lies). However, when you get to the core of the onion, you have to cut that in half, and then realise that:

1. There is nothing at the centre. Just space/nothing.

Therefore,

2. There is no centre/core. Because, the space/nothing (that is at the centre of the onion), is the same space/nothing that exists at every layer of the onion, (and outside the onion, and everywhere).

Therefore,

3. There is no “core” self. Ie, you have no centre/core/etc.

Therefore,

4. You do not exist. Not even as the space/nothing, nor as non-existence.

Many people are able to remove some layers of the onion, however, most of them stop this process, after removing one or two layers. The reason for this, is because they wanted to removed those few layers, because it suited their selfish desires.

However, the other layers (lies), are in their favour, and so they're actively trying to keep those other layers intact, (and even reinforce them).
-- This is usually because those other layers, are what make it acceptable, for them to keep doing their subtle/sly behaviour, (of using people as their personal-slaves, and work-slaves).

There are some other people, who are willing to remove more layers, and they even want to get to the “core”. However, almost all of these people, are only trying to find the core, for selfish reasons. Eg, they (and their spiritual ego), is:

1. Wanting to have an ultimate identity/image, (eg: “I am everything”, “I am the 'I am' ”, “I am consciousness”, “I am awareness”, “I am 'That' ”, “I am non-existence”, etc).

2. Wanting to have some special spiritual/religious/godly experience.

3. Wanting to be some divine/holy/spiritual person.

4. Wanting to be a teacher/healer/saviour/guru/saint/etc, (whether: spiritual, religious, or whatever else).

5. Wanting to be something special/unique/important/etc.

6. Wanting to be able to travel to other dimensions/realms/etc.

7. Wanting to have special powers/abilities.

8. Etc.

It's important to understand and realise, that there is no “core”, because only then does it make sense, that it's absolutely ridiculous, to think that you can “get” the It/That/Home/Source/Truth.

Similarly, it becomes obvious, that you can't: attain It, become It, be It, rest as It, etc.

Of course, when this is understood, it can be seen how almost all spiritual and religious teachers/teachings, are all adding layers/problems/suffering onto people, rather than helping them to see, that all things are layers/lies, and that the “core”/“centre”/“your true self”/etc, is just another layer/lie.

Ie, most of this spiritual/religious “help”, is just more ways to brainwash/program you,

which keeps you in prison/torture/slavery/rape (suffering).

Therefore, the only “help” that is truly helpful (which reduces/eliminates suffering), is the type that deprograms you, and then does not reprogram you (with anything).

Ie, all the layers of the onion (yourself), and the “core” of the onion, is shown/exposed as being nothing but lies/illusion/delusion/misinformation/deceit, that has been brainwashed/programmed into you. And, after this is all exposed for what it truly is, then what remains, is that which is beyond peace/freedom/etc.

This is what this book is going to try to do. Of course, there are many things that make up a person’s life/personality/being/etc, and this is why this book has to be large. Ie, it will always have to be large, because it needs to analyse/expose all aspects of everyday life (and life itself). And, when this is all exposed (as being lies/deceit), it will be self-evident/clear/obvious, to see why (and how), life is prison/torture/slavery/rape, and why everyone is suffering so much.

Analysing/exposing all aspects of everyday life (and life itself), will be done later in this book.

Note: Some people discuss, how people can be brainwashed/programmed, via means such as rape and torture, at an extremely young age, and they discuss things like: “dissociative identity disorder”, “multiple personality disorder”, etc. Yes, this sounds horrific, but it's important to realise, that:

1. There are many types of brainwashing/programming, and all of them are unacceptable.

2. The types of brainwashing/programming, which do not involve rape and torture, are (arguably) more important to expose, because this type of brainwashing/programming:

    a) Is being done to absolutely everyone.
    And,
    b) Is something that everyone is doing, to everyone else.
    And,
    c) Is being done non-stop, throughout the day, everyday.

For those who do not realise it, brainwashing/programming is very effective, even at it's most basic level.
-- Eg, if you control/manipulate someone, (eg, via the basic technique of punishment-and-reward), then you are conditioning/programming them, to: behave in a certain way, do certain things, not do certain things, etc.

The point is, that the way that people get the things, that they want/need in life, they control/manipulate/condition/program other people, (whether this is done: mentally,

emotionally, physically, financially, sexually, etc).

What really proves that anyone can brainwash/program other people, is the fact that all parents do this to their baby/child. Ie, all parents condition/program/brainwash their child, to: obey them, believe certain things, respond in certain ways, etc.

I'll cover all of this, in much more depth, throughout the rest of this book.

If you awaken/deprogram yourself a bit, but keep certain layers/programs, then it's not just you who will suffer, but you'll cause suffering to everyone.

This happens, because you'll inherently become a person, who will have to brainwash/program other people, and this will cause them to suffer.
-- Ie, many people think that they're good people, because they're trying to deprogram themselves, but they don't see, that they're actually still brainwashing/programming other people, and using other people in immoral ways.

These types of people, will always blame all sorts of people/groups, for causing all the suffering in the world, despite the fact, that it's actually them who are to blame, (along with every other person in the world).
-- And, because they're busy blaming other people/groups, they're the ones who are misdirecting (and gaslighting) other people.

Ie, they're doing all of this misdirecting (and gaslighting), (which is causing so much suffering to others), just because they have some selfish desires/games/programs, that they want to keep hold of, and play with.

Therefore, these people are inherently (by definition), immoral, and service-to-self.
-- Ie, what makes them cause more suffering (than someone like a thief), is that they're being selfish/immoral (by causing suffering to others), whilst also brainwashing/programming others to believe, that they're selfless/moral/good/service-to-others.

To deprogram yourself, every part of you must be deprogrammed, which means that all aspects of your life will have to be exposed, as being lies/deceit/misdirection, (and the things that are causing you suffering).

And, "all" means all. Nothing gets left out. No exceptions.

What this means, is that most people will not be able to read (let alone accept) the information in this book, since it exposes the lies/deceit/misdirection, of all aspects of life, and this will inevitably include, the aspects of life, which they hold most dear to them, (eg: family/partners/relationships/friendships/jobs/careers/having children/etc).

Ie, many people say, that they want the truth/peace/freedom/less suffering/etc, (and that they want this for themselves, and for the whole world), however, they only want these things, if they're still allowed to keep their prize possessions (eg: family/partners/relationships/friendships/jobs/careers/having children/etc).

It's obvious, that a person can't deprogram themselves, if they still have the desire to keep hold of some programs/games/slaves.
-- Indeed, if a person keeps hold of even one program, then they are not deprogrammed, and will still suffer, (and cause suffering to others)

The point is, that when a person still wants to use programs/games/slaves, it's not just they who will suffer, but everyone, because if they want to keep playing with programs/games/slaves, then they will inherently have to brainwash/program everyone else, to believe that doing this (using people as personal-slaves), is ok/acceptable/normal/moral/selfless, or good/important/vital/necessary/service-to-others/etc.

Ie, most people who think that they want to deprogram themselves, just end up being the type of person, who has to ridicule/shame/attack information that is designed to deprogram people, (so that they can keep playing their immoral hobbies/games/activities/possessions/etc).

Of course, when the person does this, they become the person who is creating (and perpetuating) the lies/deceit/misinformation, and therefore, they're the ones who are making others suffer.

It's important to see, that the only reason why people use tactics like shaming/ridicule/etc, is because they know, that there is no way to logically/rationally counter the information (that is being presented).
-- Therefore, they have no other choice, but to attack in other ways, eg, using tactics of: discrediting the person, misdirection, misinformation, disinformation, harassment (psychological, financial, legal, etc), etc.

And they know, that the more people they can get on their side, the more that they'll be able to feel, as though they (and their beliefs/actions/behaviours/etc), are right/moral/etc.
-- Therefore, they'll inevitably want to brainwash/program as many people as possible.

The point is, that this is what everyone is doing (to each other), on a daily basis.

However, it's important to see, that this is not just about them trying to brainwash/program other people, because they're equally interested, in trying to brainwash/program themselves.

Ie, people are constantly trying to create (and maintain), a bubble/delusion, so that they can feel:

- Happy/safe/etc.
- Good/moral/etc.
- Etc.

Of course, this is pure stupidity, because the opposite is true, because:

1. All delusions are lies, and therefore all delusions inevitably keep crumbling.

And therefore,

2. To stop the delusions from constantly crumbling, they need to be constantly maintained, and this takes a lot of energy/effort/time/etc, which is (inherently) the exact opposite of: happiness, peace, freedom, love, etc.

3. Etc.

Many people believe, that the most effective way to brainwash/program everyone, is via the media, movies, television programmes, etc. These are extremely effective ways, to brainwashing/programming people.
-- However, the most effective way to brainwash/program you, is to make sure that you're surrounded by people, (because everyone is constantly brainwashing/programming each other, (even though most people have no idea that they're doing this)).

Therefore, if you want to brainwash/program a person, the most important thing to do, is to make sure that that person, is surrounded by other people.

Of course, the easiest way to do this, Is by making that person wants: friends/partners/family/children/sports/communities/group activities and hobbies/etc.

Most people will not understand this, because most people are not aware, of how all sentences that are said to them, contain brainwashing/programming, (at many different levels).
-- And, the fact that they're not aware of this, is proof of how deeply brainwashed/programmed everyone is.

What clearly shows that people are more important (as being tools to brainwash/program other people (as compared to media/tv)), is that the most crucial time to brainwash/program a person, is when they're a baby, (and a young child). And therefore, the key tool to brainwash/program them, is people (the parents), not the media.

The point is, that many people advise that it’s bad to watch tv, (and use other such media), but this brainwashing/programming (although extremely effective) is nothing, compared to the brainwashing/programming that happens when you're talking to people.

Of course, this is all compounded, by the fact that most brainwashing/programming (whether by people, or by the media/movies/tv/etc), is to get you to do things with other

people, (eg, have: sex, relationships, friends, families, children, etc).

Ie, the end result, is that everyone gets brainwashed/programmed (to want sex/relationships/friends/families/children/etc), but to get these things, they each have to brainwash/program other people, so that they can control/manipulate/use/enslave those other people, (to be their personal-slaves, and/or work-slaves).

Moreover, after getting these things, they then have to brainwash/program everyone around them, to make them all believe, that it's ok/acceptable/normal/moral to do all of this immoral (constant) control/manipulation/using/enslaving of people, (as personal-slaves, and/or work-slaves).

Ie, all of this is inherently done, by almost all people, just because they want to fulfil their own selfish personal desires.

And, this is applies to all aspects of life, because to fulfil any of those desires, they have to make all things go their way (in all aspects of their life), and this means that they need to constantly control/manipulate these personal-slaves, (so that they behave in a certain way). And, the way to control/manipulate people, is via brainwashing/programming them, (eg, by punishment-and-reward).

The reason why total/true/honest deprogramming yourself (and other people), is so difficult (and rare), is because:

> **A person can't let something collapse, if they're constantly trying to build it, or maintain it.**

Ie, it's not that people can't comprehend this information, (because they don't have the capacity to comprehend it), but it's more that they don’t want to comprehend any of it, (because it's in opposition to what they're trying to maintain/build in their life).

Moreover, they'll inherently need to attack/destroy, all information that threatens to collapse any things, that they hold dear to them.

Question: Is this behaviour of theirs, selfish/immoral?

Answer: Yes. Because by attacking the information that is designed to reduce/eliminate suffering, they will inevitably prevent some other people from being helped.

Question: Is this behaviour stupidity?

Answer: Yes, because it's stupid to behave in a selfish/immoral way, because selfishness/immorality will always inevitably (in the long-term) lead to consequences, which cause suffering (to themselves, others, and everyone in existence).

It's always important to rememberer, that just because 100% of the population does a certain action/behaviour, that does not mean that that action/behaviour, is good/moral/selfless.
-- Indeed, most people like to hide behind:

1. The law.

And/or,

2. The social norm/rules.

And/or,

3. What the experts/officials say.

And/or,

4. Etc.

Ie, almost everyone likes to follow one (or all) of these things (in points 1 to 3), because this means that they can do their usual selfish/immoral/cruel/evil actions and behaviours, and still be seen as a law abiding citizen, who is just doing what everyone else is doing.

However, it's irrelevant if your actions/behaviours are legal (and/or the social norm), because if those actions are selfish/immoral, then there will inevitably be negative consequences.

Ie, you are responsible for each and every action/behaviour, that you say/do, and the consequences will inevitably follow.
-- And, this will happen, regardless of whether you believe it or not.

An analogy, is that if you knock down the first domino, the rest of the dominoes will fall. Ie, it's just a natural consequence. And these natural consequences, will happen regardless of:

1. Whether you believe it, or not.
2. Whether it's legal, or not.
3. Whether it's something that 100% of the population do, or not.
4. Whether it's something that 100% of the population believe is good/moral/selfless, or not.
5. Whether the perpetrator/offender remains unknown, or not.
6. What the experts/officials say (and do) about it.
7. Etc.

The point of this book, is to try to reduce/prevent/eliminate suffering, for everyone.

-- To do this, people need to deprogram themselves.
-- To do this, people need to see, what they've been brainwashed/programmed to believe/say/do, (because all brainwashing/programming, is done to you, to make you act like a slave, (for someone else's benefit)).

The following, is an explanation of how to deprogram yourself.

Many people fall into the trap, of thinking that their life is ok, and therefore, that they do not need to deprogram themselves. This is foolish, because when a problematic situation arises in life, (which it inevitably will), the situation will usually force them to act quickly, and this means, that all their actions, will be based on the brainwashing/programming, that is still in them.

And, of course, the more programming that is in you, the more you'll suffer.

The way to deprogram yourself, is through ever-deeper honesty.

All that is required, is honest looking/questioning. And, if this is done, then deprogramming will naturally happen, in ever-deeper ways. It really is that simple.

The best way to explain this, is by using the analogy of the hot stove. Ie, as soon as you see/realise, that your hand was in pain, due to it touching the hot stove, you naturally know to not put your hand, on the hot stove again.

The point is, the process of deprograming yourself, really is that basic, and not something that:

1. Is mystical/spiritual/magical/etc.

2. Needs: teachers, healers, special places, special/secret phrases, etc.

However, this simple process of clear seeing, is not something that most people will want to do, because they know, that they'll have to examine (and make changes to), many aspects of their everyday life, (which they do not want to do).
-- Also, they'll not want to see, how they do so many subtle/sly things, to get what they want. Nor do they want to see, that they're using other people are their personal-slaves, and work-slaves.

Also, this process (of deprogramming), can be very unpleasant, because you'll see a never-ending amount of lies, that you've been brainwashed/programmed to believe.
-- I'll explain why it's "never-ending", in the next section.

The amount of lies/brainwashing/programming that is in you, is more than you can ever know (or imagine), because it's in the subconscious and unconscious parts of you.

Ie, the brainwashing/programming that is in all people, is so deep, that people don't even know that it's in them, (or what's in them), since it's in their subconscious and unconsciousness. However, all their actions/decisions in life, are based on it.

As you become more honest, these lies (beliefs), will move from you unconsciousness, to your subconscious, and then into your consciousness, where you can then see it.

However, without deprogramming, people are just going through life, seeing/believing many things, as being solid/unquestionable/unchallengeable "facts of life".

Ie, they don't even know, that the things that they see as solid/unquestionable/unchallengeable "facts of life", are just empty words/phrases/ideas/beliefs/stories/fairy-stories/etc, (and nothing more than that).

Note: Although clear/honest seeing, is all you need (to reduce the suffering in you life), it's inevitable, that sometimes, the clear/honest seeing, will naturally propel you to make certain changes in your life.
-- And, without those certain changes being made, your suffering will inevitably continue.

Ie, if you want to be free from suffering, then it's up to you, to free yourself.

The best way to see this, is with the following example.

If you're in a relationship, and that relationship is causing you to live a life of prison/torture/slavery/rape, then you will suffer. People can make you aware of this situation, but it's only you who can ever walk away from the relationship.

This is obvious, because how can someone else do the walking away for you. It's impossible.

Therefore, it's obvious, that:

1. Only you can free yourself (from the suffering that you are going through).

And,

2. Knowing information/phrases/teachings/techniques/meditations/practices/etc, (whether they're spiritual/religious/scientific, or whatever else), will not help reduce your suffering (in the long-term). Ie, knowing things, is not enough.
   -- Indeed, knowing that "deprogramming yourself will help reduce you suffering", will not help you at all, unless you then actually also deprogram yourself.

People who say (directly or indirectly), that "Suffering is not real", are inherently causing and/or perpetuating suffering, (and therefore they are

selfish/immoral/cruel/evil).

People often say bumper-sticker phrases/beliefs/statements, (eg, “Suffering is not real”).
-- Yes, this statement is true, but only in the sense, that “suffering” is just a label, that you superimpose onto a sensation. However, the statement is worthless/irrelevant, because in a scenario where you are being tortured, you'll experience extreme pain/suffering, and in these moments, you’ll realise that even if it's true that “suffering is not real”, you're still suffering. And therefore, this proves, that it's totally worthless/irrelevant, if “suffering is not real”.
-- Ie, if the pain is feels intense/real, and knowing this phrase (“suffering is not real”) does not help get rid of the pain, then it's irrelevant if suffering is real, or not.

Moreover, in these moments of immense pain/suffering, you'll not only realise that these phrases are worthless/irrelevant, but it's actually much worse than this, because you'll realise that these phrases/beliefs, are actually adding another layer of suffering (onto you), because you realise that these phrases/meditations/teachings/advice/practices (that you've been taught), are lies/misdirection/etc.
-- Ie, you'll not only be in pain, but you'll realise, that you've been scammed/conned/betrayed/etc.

Many people might argue against this, and what will strengthen their position, is their arrogance.
-- Ie, they might have read/heard, that “suffering is not real”, and they might have had an experience, where they experienced pain, and then thought of this phrase, (and applied it to the situation), and it helped lessen the pain, (or totally eliminated it).
-- However, although this worked for them, they are arrogant/foolish to believe, that this will always work in the future.

The point is, that at any moment in time, life can always easily give you an immense amount of pain/suffering, which is higher than your pain threshold.
-- Ie, no matter how high your pain threshold is, there is always a way to give you some pain/suffering, that is beyond what you can handle. And then these phrases will not help at all.

Or alternatively, life can just lower your pain threshold, or, introduce a type of pain/suffering that is unbearable in other ways.

Ie, there are many ways, to make you feel that suffering is real, and too much to bear. And, it can be done over such a long period of time, that you'll have had enough time, to try to reduce/prevent/eliminate this pain/suffering, via all your spiritual phrases/techniques/practices/meditations/etc, and if after doing all of this, the pain/suffering is still there, then you'll realise, that:

1. All your spiritual phrases/techniques/practices/meditations/etc, are worthless/irrelevant, and seen to be lies.

2. Even if your techniques did allow you to enter into a certain state-of-being/mind/consciousness, where you knew you were not the mind/body, as soon as that pain is too intense, your identity as a person immediately comes

back, and you immediately start feeing pain/suffering.
-- And, if this torture continues on a daily basis, and there is no way out of it, and there seems to be no end to it, then you'll inevitably start begging/pleading for ether:

a) The pain/suffering to end, (in an instant/painless/effortless/guaranteed/permanent way).

Or,

b) Your life to be ended, (in an instant/painless/effortless/guaranteed/permanent way).

And, although this might not be happing to you, it is happening to many people, and it can happen happen to anyone, at any moment in time.

Therefore, it's selfish/immoral/cruel/evil, to not provide all people/entities, who want to permanently end their life, with an instant/painless/effortless/guaranteed/permanent way out of life, (immediately, wherever, and whenever they want).

Of course, people want to keep their personal-slaves (and work-slaves) alive, and therefore, most of the people will do all they can, to make sure that people are not provided, with an instant/painless/effortless/guaranteed/permanent way out of life.

There are many ways to do this, and one of them, is to brainwash/program people, to believe that “suffering is not real”.

From all of the above, it can be seen, that the people who say things like this, are responsible for creating (and perpetuating) suffering, and therefore, this inherently (by definition) makes them selfish/immoral/cruel.

Most people like to say phrases like: “There is no good/bad, moral/immoral, cruel, evil, etc”, and “There is no truth”, etc. However:

1. At the level of nothingnesses, the phrase is not true.

And,

2. At the level of superficial words, the phrase is not true.

I'll explain why both of these are not true, (later in the book). This is important to discuss, but not as important, as the fact that beliefs like “There is no good/bad, moral/immoral, cruel, evil, etc”, are just a fail-safe traps/beliefs, designed to:

a) Prevent you from seeing the truth, and keep you in prison/torture/slavery/rape.

And/or,

b) Give you the opportunity, to brainwash/program yourself (and others), with

this belief, so that you can continue to live in this world, in a delusional state, where you can continue your selfish/immoral/cruel/evil actions (and behaviours/hobbies/lifestyle/etc), whilst pretending to be good/moral/etc.

Phrases like “There is no good/bad, moral/immoral, cruel, evil, etc”, are invented/used, as fail-safe traps/beliefs.

Fail-safe traps/beliefs, are ideal, in helping you keep yourself deluded, in many different ways.

Eg, they can help prevent you, from (ever) seeing/admitting, that life is bad/cruel/evil.

When a person goes through life, there will come a point, when they inevitably realise, that they've been lied to, and they'll realise, that everything that they've been brainwashed/programmed to see as good, is actually bad.

Now, at this point, the person has the option to free themselves (from a lot of lies), however, most people have invested so much energy/time/effort/money/etc into life, (ie, their: jobs, relationships, family, children, friends, house, possessions, etc), that they can't bear to accept, that they were tricked/fooled/conned/enslaved/etc.
-- Therefore, they will now do everything in their power, to find any reason/belief/“truth”/etc, which will give them the reason/justification/etc, to:

1. Be able to see, that life is actually good/ok/acceptable/important/precious/etc.
2. Be able to explain, that they were not tricked/fooled/conned/enslaved/etc.
3. Etc.

There are many reasons/beliefs/“truths”/etc, which will do this for you, eg:

1. “There is no good/bad, right/wrong, moral/immoral, etc.”
2. “You just can't comprehend the plan of god/life/source/your higher self/etc.”
3. “'Cruel' and 'evil' are just concepts.”
4. Etc.

It's important to see, that when you combine just a few of these types of phrases/beliefs, you can then make yourself believe, anything you want.

Eg, by believing just these 3 beliefs (numbers 1 to 3, (above)), this is more than enough, to:

1. Prevent you from (ever) seeing/admitting, that life is bad/cruel/evil.

2. Allow you to (forever) believe, that you were never tricked/fooled/conned/enslaved, because, “You just can't comprehend the plan of god/life/source/your higher self/etc”.

Note: In these two points, there are two key words, which are: “ever” (in point 1), and “forever” (in point 2). The reason why these are “key” words, is because these 3 beliefs, have combined, to give you the opportunity, to brainwash/program/gaslight/blind yourself, forever.
-- Ie, you actually have the opportunity, (via these beliefs), to blind yourself, not just from your direct experience of life (which you had in the past), but all your future direct experiences of life.

Ie, your direct experience of life, can be that “life is making you suffer”, but this can be simply overridden, with these beliefs (empty words).

Of course, if you have 10 of these types of beliefs, then they'll combine, to allow you to blind yourself totally. And, the more beliefs you use, the more they will keep self-reinforcing each other, until you totally fool/trick/delude yourself, into believing that these beliefs are actually true/real, (and/or that it's actually the one-and-only truth).

Of course, with the internet, there's the opportunity, to find thousands of these types of beliefs/justifications/excuses/lies/etc.

And, there will always be many of these beliefs, that you can get from the internet, (and/or from your parents/partners/friends/groups/communities/etc), because everyone needs other people (and groups), to believe in the same beliefs/justifications/excuses/lies, (because when more people believe in them, this allows their beliefs/delusions to be reinforced, and even made into something that is real/true/etc).

Ie, people will always need their delusions/lies, to be constantly repeated (and spread) to their partners/family/friends/children/community/etc, because that is how these beliefs become solid/real/“truth”.
-- Indeed, without this repetition/reinforcement/solidification, they're just empty words.

And, the solidification needs to be very strong, because these (empty) words, need to override the suffering (physical/emotional/mental), that these people are directly experiencing, on a daily basis.
-- Indeed, this is why, these beliefs have to be repeated, everyday, (whether to themselves, or to other people).

Indeed, it can be said, that these people have to repeat these beliefs/phrases religiously (on a daily basis).
-- Ie, it just shows, that if you're being told to repeat something on a daily basis, that that belief/phrase/sentence, is just something that is deigned to brainwash/program/blind you.

And, telling people to repeat things on a daily basis, is what many people/organisations tell you to do, (whether these people/groups are: religions, spiritual, enlightenment, self-help, motivational, self-empowerment, etc).

Of course, if people are busy creating (and maintaining) their delusions, then they are (in effect), creating (and maintaining) their suffering.
-- It's madness.

Spirituality/enlightenment/god/religion/awakening/the truth movement/etc, are just a type of trick/con/scam/trap, and are just one more way, to keep people behaving like good little obedient slaves.

And this is true, regardless of what your definitions of awakening/enlightenment/spirituality/self-realisation/etc are.

It's easy to know, when something is a trick/con/scam/trap, because it will tell you, that this is the way out of slavery, but all it does, is:

1. Give you a new identity/image, but you still keep behaving like a good little obedient slave.
   -- Eg, it teaches you that you are not a person, but that you are: “Infinite consciousness”/“Awake”/etc. So, you now believe this. However, although you fully/truly/genuinely believe this, in reality, you are still a slave.

   Note: Even if you get truly enlightened, (ie, you truly know that you are not a person, nor any identity), if you are still functioning like a slave (ie, having to do jobs/chores/etc, to avoid physical pain), then you're still a slave.
   -- Ie, you might know that you are not a slave (or any thing), but slavery is occurring, (whether you label it, or not).

2. Replace one slavery, with another kind. Instead of working for the system (as a slave that does labour), you work for the system (as a slave that teaches/programs/brainwashes other slaves, to be: spiritual, enlightened, awake, etc).
   -- The point is, that whilst people are trying to learn/practice/try/attain all kinds of spiritual/enlightenment/ascension/research/knowledge/awakening things, they have to continue to be a slave, (because they have to continue to do their jobs/chores/etc, to avoid physical/mental/emotional pain and suffering).

   Ie, to avoid physical pain (from your body being too hot/cold/malnourished/etc), you need to get a job, (or do something, or exchange something), and this means that you have to continue the life of slavery, (ie, being forced (under threat of pain (ie, torture)), to do jobs/chores/etc). Hence, life is a prison/torture/slavery/rape.

3. Program/brainwash you to believe, that the way out of suffering, is "acceptance"/"surrender"/"do nothing"/"stop resisting", etc.
   -- The point is, that if you just "accept" that some things in life have to be done, then you're just continuing to be a slave.

   Even if you're enlightened, and in a state of oneness, this just means that you're:
   a) A slave drone, (that is just doing slave jobs/work/chores, without question).

   And/or,
   b) Aware of the slavery/pain/suffering, but you accept that this is just part of life.
      -- Ie, you believe that pain/suffering is acceptable, and necessary.
      -- Ie, you've been brainwashed/programmed to believe that pain/suffering is acceptable and necessary, and good/important/vital/etc.

   And/or,
   c) Etc.

4. Program/brainwash you to believe, some excuse/reason/explanation, of why you are suffering, and why it is necessary, and/or acceptable.
   -- Eg: yes, you are suffering, but:
   a) You chose this.

   And/or,
   b) Suffering is god/good/important/necessary/vital/etc, because x, y, z.

   And/or,
   c) Etc.

5. Instead of working like a slave, you're doing other things, that are needed, to keep the system (or prison/torture/slavery/rape) going.
   -- Eg, you're:
   a) Creating new slaves. (Ie, having babies.)
   b) Programming new slaves. (Eg, raising children, as a parent/teacher/etc.)
   c) Repairing slaves, and making sure they stay alive. (Ie, you're a doctor, nurse, etc.)
   d) Constantly programming/reprogramming slaves to believe/do certain things, (throughout their entire life).
   e) Etc.

6. Etc.

Note: The issue about enlightenment, can also be taken further. "Enlightenment" is about a total absence of identity, however, the manifestation/existence is still in existence, and an enlightened being, can still feel pain, and everyone who is not enlightened, will still suffer

(physically/mentally/spiritually).

Ie, enlightenment, is clearly not that good, since:

1. There is still pain, (even after enlightenment).
2. Although a few people might get enlightened, everyone else (who is not enlightened) will still continue to suffer.
3. Everyone remains a slave (whether enlightened, or not).
4. Etc.

Another way to see how enlightenment does not help many people, is that enlightened beings have been around for centuries, and still there's so much suffering in the world.

From all of the above, it's obvious, that enlightenment/awakening/spirituality/etc, is not “it”.

And, on top of all of this, none of these provide a way, for you to have an instant/painless/effortless/guaranteed/permanent way out of life, (immediately, wherever, and whenever they want).
-- The point is, that unless you can freely enter (and leave) from existence, (whenever you want, (in an instant/painless/effortless/guaranteed/permanent way)), you're not truly free.
-- And, when I say enter (and leave), I'm not just talking about the idea of “i” dissolving. Ie, I'm talking about the idea of “i” dissolving, along with the physical body, and the whole of existence.

Note: In this sentence, “Everyone should have the option, of an instant/painless/effortless/guaranteed/permanent way out of life, (immediately, wherever, and whenever they want)”, the reason why I say “immediately”, is to emphasise that point.

Ie, some people will say, that a person can leave life (in an instant/painless/effortless/guaranteed/permanent way), but only after they have spent years: meditating, practising, learning, training, doing x, y, z, etc.
-- Ie, this book sees such things, as either:

1. A trap.
   -- Because this is the usual way a scam/trick/con/trap works. Ie, you are given the promise/hope/faith, that if you do x, y, z, then you'll be able to be free. However, all that happens, is that you put years worth of time/energy/effort/money into it, and you get nothing at the end of it. And, to make it worse, to be able to do x, y, z, (over the period of those years), you had to continue to be a slave (doing your: job, chores, etc).

Or,

2. It's, worthless/irrelevant.
   -- Because one of the keys points/requirements, is to be able to leave life, whenever you want.
   -- Ie, if one of the key requirements, is that you be allowed to leave whenever you want, then that requirement must be met, and if this key requirement is not met, then it's a totally different subject, (and is therefore totally irrelevant to this

discussion).
-- And, in many cases, people want to leave “immediately”.

Yes, it is also true, that many people want to have an instant/painless/effortless/guaranteed/permanent death, whilst they’re in deep sleep. Ie, what they might want, is that the next time that they're in deep sleep, they permanently leave this existence.
-- However, the point it still the same, which is that each person is allowed to choose, whenever they want their instant/painless/effortless/guaranteed/permanent death, (whether that is immediately/now, or in the future (eg, the next time that they’re in deep sleep)).

It's so obvious, that almost all enlightenment/awakening/spirituality stuff, is all a scam/trick/con/trap, because none of it makes life consensual.

The only way to make life (or any activity) acceptable, is to make it consensual.
-- And, to make it consensual, you need to be allowed to leave the activity, whenever you want, (in an instant/painless/effortless/guaranteed/permanent way), with no exceptions.

Indeed, if you can't leave the activity whenever you want, this means that the activity is forced, and/or non-consensual, (and therefore rape).
-- Ie, for life to be consensual, you need to be allowed to leave it, (in an instant/painless/effortless/guaranteed/permanent way), whenever you want, with no exceptions.

Ie, in the activity of life (which is in existence), for this activity to be consensual, you would need to be able to go to non-existence, (in an instant/painless/effortless/guaranteed/permanent way).
-- However, enlightenment/awakening/spirituality/etc, do not do this. Ie, they all promise freedom/peace/etc, but they all keep you trapped in life.

Yes, they can be good at giving you a short-term relief from suffering, but this is always only short-term, because they are programming you to believe in a lie/illusion. And, all people will (at some point), know that the illusion is not really helping them (in terms of not suffering). Therefore, all delusions will collapse (at some point).

If enlightenment/awakening/spirituality/etc, really was able to provided long-term relief from suffering, then there would not be so much suffering in the world.
-- Indeed, this can be expanded, to state that:

> **It's obvious that there is no activity/thing in the world, which provides long-term relief from suffering, because if it did exist, then everyone would be doing it, and therefore, there would not be so much suffering in the world.**

Therefore, any activity/teaching/thing, that says that it provides long-term relief from suffering (whilst still in existence), is lying.

Meanwhile, this book can talk about long-term (or permanent) relief from suffering, because this book is talking about non-existence (which is the absence of life/world/existence).

Therefore, this book can talk about true freedom/peace/etc, since you can go to non-existence (temporarily, or permanently), where you're truly free from all suffering, (including physical pain).

Moreover, this is for everyone in the manifestation, (not just for the person who did the enlightenment stuff, and not just for all humans). Ie, this is about the end of all suffering, for all entities (human/non-human, and physical/non-physical, etc). Ie, this is all inclusive, and no entity/thing is excluded. I will discuss all of this throughout this book.

To help understand why non-existence is the ultimate/inevitable, desire/realisation/conclusion/solution to all problems, in (and of) life, this book will analyse all aspects of everyday life. This will be done later in the book.

It's important to realise, that the events/experiences (themselves) in life, are not that important, because what's more important, is to be able to recognise the patterns that are underlying (in every aspect of life, and life in general).
-- This is important, because after you do this, you can see what is causing you suffering, and this will naturally make you stop doing those things, (which means that the suffering in your life will be reduced).

Also, since there are patterns that underlie life, this means that life is not a mystery, but a very simple thing to understand, (as long as you're willing to look clearly/honestly).

Therefore, this book will take a clear/direct/honest look, at all the every day aspects of life, and expose these underlying patterns in life.

Many spiritual/enlightened/awake/truther/etc people, are brainwashed/programmed to believe, in concepts like: “Non-interference”, “You create your own reality”, etc. -- The only result of such beliefs, are that suffering will inherently/inevitably spread to them, and to all people/entities.

It's obvious, that beliefs like these, are selfish/immoral/service-to-self, and are stupid/primitive/unwise.

What makes these types of beliefs/concepts (like non-interference) even worse, is that these people then go on to brainwash/program other people, to believe that higher-level (more spiritually evolved) people/beings/entities, must follow these rules.

Eg, some people believe, that higher beings exist, but they are not helping the people on

earth (who are suffering), because the higher beings, must follow the rule of “non-interference”, or “letting everyone create their own reality”, etc.

Of course, this is ridiculous, because if you were a bystander to rape, you are just as guilty of that rape.

However this is not just about being legally guilty, (or socially/morally guilty), because all legal/moral/social/interpersonal rules and consequences, are just one side of it.
-- Ie, even if you're legally/socially/morally innocent, this is all totally irrelevant, because you'll inherently/inevitably always take on the responsibility/consequences, of all your actions and inaction, (whether direct, or indirect). Ie:

1. If you take action, (and interfere), then you'll inherently take on responsibility, (and you'll be involved in any future consequences).

And,

2. If you choose to not interfere, then you'll still take on responsibility, (and you'll be involved in any future consequences).

Therefore, if there is even one small person/entity/thing, that is suffering in the whole of existence, then “non-interference” is:

1. Selfish/immoral/cruel/evil. Because, why would you be ok with letting some person/thing/entity suffer?
   -- Ie, if you do help to try to reduce/eliminate/prevent suffering, then that is not done out of “responsibility”/“duty”/etc, but because it's just something that you naturally do.

2. Inherently/inevitably going to lead to that suffering spreading to you (and to everyone else). This will always happen, because if one domino is knocked over, all the rest will eventually be knocked over, which means that one (or more) dominoes will eventually hit you. It's obvious.

Ie, from all of the above, it becomes extremely obvious, that “non-interference”, certainly isn't service-to-others, and therefore, it's service-to-self.

It's also important to note, that if you deliberately try to hide (from seeing/admitting that there is suffering occurring), then this does not make you free from responsibility/consequences.

And, if there is suffering, but it's seen by 99.99% of the population (in existence), as being something that is legal, (and morally acceptable, and socially acceptable, etc), then this still does not make you free from the inevitable responsibility/consequences.
-- Ie, hiding behind any of these rules/ideas/beliefs (whether: legal/moral/social/interpersonal/personal/religious/spiritual/etc), does not change these inevitable consequences.

What this also proves, is that: “Ignorance, is not bliss”.

What's worse, is that if it's believed that “You create your own reality”, then this is implying, that the person that is getting raped, is being raped, because they created their own reality, and therefore, by not interfering (to end that person's rape/suffering), the “higher beings”, are (in effect) saying:

1. You asked for it.
2. You deserve it.
3. It should happen to you.
4. It needs to happen to you.
5. Suffering like that, is good/important/etc.
6. Etc.

The point is, that if any of these comments (in points 1 to 5), were made to you, and your six year old daughter had just be brutally raped, then you would be outraged/furious/etc.

And, if you then found out, that loads of people were watching the rape happen, and they could have all stopped it, but they didn't, you would be furious at all of them.

And, if they told you that they didn't stop it, due to their belief of “non-interference”, and they then told you that you too should believe in it, then you would be outraged/furious/etc.

And, after that, you certainly wouldn't label any people (who believe in non-interference), as being people who are service-to-others, nor would you label them as: benevolent, wise, compassionate, loving, divine, “higher” beings, etc.

And, this it true, regardless of: what other beliefs they have, or what advanced technology they have, or how they live, etc.

All of this stuff is obvious, yet people continue to blindly believe in these beliefs, (and try to brainwash/program others with it), just because they selfishly want to:

1. Appear spiritual/enlightened/awake/wise/etc, by appearing as though:
    a) They know about things which are “higher-level”, or “deeper” things.
    b) They've been “chosen” to know these things (whether due to them having been “contacted” by aliens/higher-beings/god/etc, or they've had “downloads” from them, or they've been specially chosen to channel them, etc).
    c) Etc.

2. Use (and spread) this belief system (to everyone), because it helps them to persuade/brainwash/program/coerce/condition people, to believe that it's:
    a) Acceptable, (or moreover, morally correct), to not have to help any people who are suffering/starving/etc, (because they believe in “non-interference”). Ie, their belief in “non-interference”, frees them from feeling guilty about x, y, z.
    b) Acceptable/ok/good/important/vital, to do all the things that they want

to do in life, (eg: have children, relationships, families, etc).

c) Etc.

3. Get attention.

4. Get praise/thanks/gratitude/etc.

5. Seem special/unique/etc.

6. Have people who look up to them, and respect them, and listen to everything they say.

7. Do this, in the hopes that this will get them a partner/friends/money/fame/a career/etc.

8. Etc.

The point is, all people/groups try to brainwash/program you, to believe that they are doing things that are: moral, good, wise, important, necessary, vital, acceptable, normal, etc. However, all these people/groups, are just doing this, to control/manipulate/use you, as their personal-slave, work-slave, energy-slave, or whatever else, (whether directly, or indirectly).

Their selfishness/immorality is made very evident, by the fact that they will say/do anything, to give the impression that they're spiritual/enlightened/wise/awake/etc, regardless of the fact, that their words/actions/inaction, will cause so much suffering in the world.
-- Ie, as long as they get to create/believe/live in, a nice/pretty delusional world for themselves, then they're happy. Ie, they just don't care, that their selfish beliefs/actions/inaction cause suffering.

It's so obvious, that if even one small person/entity/thing is suffering, (and the rest of existence is happy), then this is totally unacceptable.

The only acceptable existence, is one which has: zero suffering, zero them-and-us, zero separation, etc.

Ie, no one suffers, and no one gets punished, (regardless of whatever they've done in the past).
-- Indeed, if punishment does exist, then that is not true compassion/benevolence/love/etc.

What this also means, is that this book has to cover everything in existence. Ie, this book is not just about humans/earth/etc, but all people/entities/being/dimension/etc in existence.
-- Indeed, it would be foolish not to do this, because if you only help out one group, (and let others suffer), then that suffering will always inevitably end up causing you suffering. And, this will happen, whether you understand/realise this, or not.

Therefore, you either look at everything in existence, or don't bother.

And, “Everything in existence”, means just that, (ie, it includes all aspects of life, and all races of people/beings/entities, and life/existence itself).

Moreover, if you only look at one part of existence, then you'll just cause more suffering.
-- This is inevitable, because if you only look at one part of existence, and then create a conclusion based on that, then you will have missed all the other factors/aspects (that make up existence), which means that your conclusion will create more suffering (for you, and everyone else). And this will happen, regardless of whether you wanted to help others suffer less, or not). (I'll explain this in more detail, in the next section.)

Although it sounds impossible to analyse “everything in existence”, it is possible, due to the fact, that after you go deep enough into all aspects of life (and everything), you’ll see that:

1. All aspects of life, have the same underlying patterns, which keep repeating themselves, (at all levels).

2. All things always point back to the one same realisation/conclusion, (no matter what aspect of life you analyse).

Of course, if you want to analyse everything in existence, (because you truly/honestly want to deprogram yourself, and end all suffering for all), then you have to do this “no matter what”. This is important, because this process will:

1. Shatter how you see every single aspect of your life, (and life in general).

2. Turn every single concept that you have, upside-down.

3. Make you examine how you truly/honestly feel about something, regardless of what beliefs you have been brainwashed/programmed to believe.
   -- Ie, many people are feeling that they’re suffering, but they’ve been brainwashed/programmed to ignore this direct experience (of suffering), and instead, to believe x, y, z, (where x, y, z, are some beliefs), that makes them believe, that:
      a) They're not suffering.
      b) Suffering does not exist.
      c) Suffering is worth it.
      d) Suffering is good/important/necessary.
      e) Etc.

4. Etc.

These things (points 1 and 3), are inevitable, because this is how you expose what is causing you/others suffering.
-- And, unless you know what is causing you/others suffering, then it can't be ended, which means that you/others will continue to suffer.

Also, these things (points 1 and 3) are to be expected, because everything in your reality will always be upside-down, because that is how it has to be programmed into you, (in order to be able to control/manipulate/use you).

Ie, all things that you know, are ideas/beliefs/concepts/desires that have been programmed into you, (in order to be able to control/manipulate/use you).

Ie, there is no good/benevolent programming.

Ie, the only good/benevolent things, are things that deprogram you/others, and/or end all suffering for all, (in an instant/painless/effortless/guaranteed/permanent way).

Life is a thing/entity, that is made up from many different aspects/subjects/topics (in and of life), and these are all interrelated, and inextricably interlinked.
-- Therefore, if you make even the smallest of changes to one aspect of life, the other aspects will all be affected.

Therefore, if you want to solve problems in life, you can't just solve one aspect at a time, (because this will solve one aspect, but cause problems in all other aspects of life).
-- Therefore, you have to examine it all, or not bother.

Almost all people/groups/companies/governments/organisations/etc, solve problems in this compartmentalised way, which is why the problems/suffering in the world, keeps getting worse.

The only way to reduce the problems and suffering in the world, is by examining it all.
-- Doing anything else, will just create more problems/suffering.

Most people cannot truly grasp this (even when it's explained to them), because they're selfish, and still stuck in the programmed belief, that specialisation is good. They think like this, because:

1. Everything in life is always broken into pieces/categories/subjects/topics/etc.

2. All systems/communities in life, are set up in a compartmentalised way, eg:
    - The school system (has different subjects).
    - The governments (have different departments).
    - The universities (have “experts”, who specialise in certain fields of study/research).
    - The truth movement (examine some aspects of life, but never all at the same time).
    - Etc.

Of course, most people will never want to admit/recognise this issue, because most people

have a job/hobby/group/community/etc, which makes them an expert in one aspect of life, (whether officially, or unofficially).
-- Ie, people do not want to see/admit, that throughout their whole life, where they've specialised in something (so that they could be seen as being an expert/clever/intelligent/spiritual/etc), is actually:

1. Worthless.

2. Worse than worthless, because they're actually causing all of the problems in the world, (whether they know it, or not).

3. A tactic that was used to trick/fool/control/manipulate/use them. This is a common tactic. All controllers/rulers use this tactic of compartmentalisation.

4. Etc.

Note: “Compartmentalisation”, is a basic tactic used, to hide the truth of what is really being done (in the big picture).
-- Eg, if you want to make a secret weapon/device, you get different groups of people, to make different parts of the device, (because this means that none of these people/groups, will know the bigger picture).

Of course, this is also applicable to normal life.
-- Eg, if you do anything in life, without knowing the bigger picture, you will inevitably be causing more problems, (instead of solving/reducing/eliminating/dissolving them).
-- Therefore, anything worth doing in life, requires you to do it, with the understanding of the bigger picture, (which includes everything in life, and life/existence itself).

This should be obvious, since if you do something, without knowing about all of life, then you might have missed a key part of life, and therefore, you'll not know, if the thing that you're now doing, will cause serious problems, (instead of alleviating them).

Of course, this all means, that all organisations/institutions/systems/groups/etc, that use a compartmentalised system, (eg: the education system, governments, universities, etc), are not things that are seriously flawed (by accident), (since they use a compartmentalised system), but are things that are deliberately designed/created that way, because their creation, was for selfish/immoral/malevolent purposes.

This might sound extreme (to some people), but it's obvious that compartmentalisation is necessary, and it must pervade all of life, because this will then:

1. Make (and keep) people blind, (which makes them easy to control/manipulate/use (as slaves, and/or whatever else)).

2. Make (and keep) people arrogant, with big egos. This is an added bonus, because the more arrogant they are, the more blind they are.

> -- And this will all be compounded, if all slaves are brainwashed/programmed to believe, that winning/success/etc, is good, and is going to get them what they want.

I'll explain “winning”/“success”/etc, in the next section.

If people stopped seeing life in a compartmentalised way, they would then be able to see the big picture.
-- This would help reduce their suffering a lot.

Eg, they would see, that:

> “Winning”/“success”/“promotion”/“passing tests”/etc, are just ways to test the obedience of slaves, and if they “pass”/get “promoted”/etc, then they just get put into a “higher” level of slavery, (where they’re expected to: be more obedient, work harder, etc).

And, this is true, in all aspects of life, including: relationships, friendships, family, jobs, etc, (because slavery is an intrinsic part, of all relationships, friendships, family, etc).

Most people will not want to hear/believe/admit this, but this is true, since no relationships/friendships/family/children can be created, unless a person wants something from that other person. (Ie, they want to use the other person, as their personal-slave, and/or work-slave.)

Ie, “winning”/“success”/“promotion”/“passing tests”/etc, was all just invented, for this purpose.

But, of course, people had to also be brainwashed/programmed, to believe that these things were good things.

Ie, people were brainwashed/programmed, to see all things black, as white.
-- Ie, it's all upside-down. All of it.

And, the amount of things that are upside-down, is unknown, (and unknowable), since you can't know what is in your unconsciousness.

All that can happen, is that with ever-deeper honesty, you keep freeing yourself from all these ever-deeper lies.

All of this will be explained in more detail, in a few separate sections, later in the book. In those sections, I will discuss how people test each other verbally, and in other ways. And I will also discuss, how similar things happen, in other aspects of life.

However, in the next section, I will discuss this subject, at an earlier stage, (non-verbally), and before the people even start to interact.

Before people even start interacting (with each other), the will have already done many tests (on the other person, or group of people).
-- Ie, people are creating separation, all the time.

And, even if an interaction/relationship is formed, the deeper the interaction/relationship, the deeper the separation will be (between themselves, and/or between themselves and the world), which inherently/inevitably, will cause suffering, (in the long-term).
-- Ie, all interactions/relationships, are inherently/inevitably going to cause suffering, (in the long-term).
-- Ie, interactions/relationships/etc, are fundamentally flawed activities/hobbies/games.

A simple example of this, is that before you even start interacting with a person, you might look at the other person's:

1. Clothes.
2. Image.
3. Energy.
4. Way of walking/standing.
5. Etc.

And, based on this, you might decide to not interact with them.

However, even if they do pass your tests, and you do allow some words to be said (or non-verbal interaction to happen), you will then use their responses (to your words/actions/energy), as a further tests.

Ie, when people are interacting, their interaction/relationship with the other person, is in a constant state-of-testing, and the interaction/relationship will potentially be ended, as soon as that person says/does something unacceptable, or, as soon as they stop providing you, with what you were wanting to get from them.

Of course, it is totally understandable, that as soon as something unacceptable happens, that you end the interaction/relationship. Indeed, that is what should happen, because otherwise, you're just compromising/prostituting yourself, which will cause you suffering, (not just in the short-term, but also the long-term, since it will only get worse from there).

However, even if you think that you're in an interaction/relationship, which has zero compromising/prostitution, you will be (inherently/inevitably) separating yourself, in an ever-deeper way.
-- Ie, all interactions/relationships, create an ever-deeper:

- Separate "i", "me".

- Separation between myself and others.
- Separation between them-and-us.
- Separation between me and life/existence.
- Etc.

Yes, an interaction/relationship, can provide many moments, when you dissolve into oneness. However, this is only for moments. Ie, it's temporary, and these moments are perhaps 0.1% of the interaction/relationship, (as compare to the 99.9% of other non-blissful moments, (which all create separation)).

The point is, that this separation (suffering), is inevitable in all games/activities/hobbies, especially: relationships, friendships, family, jobs, chores, having children, etc.

Therefore, games/activities/hobbies like: relationship, friendships, family, jobs, chores, having children, etc, can be thought of, in the following analogy:

> If you have a sharp pencil, and you poke your eye with it, it hurts, (and causes you suffering). However, everyone is telling you, that this game/activity/hobby, (of poking your eye), is the way to happiness, (and respect, and success, etc).

The point is, that it's absolutely insane/ridiculous, to believe that games/activities/hobbies, like: relationships, friendships, family, jobs, chores, having children, etc, can brings you happiness (and: peace, love, bliss, “That”, etc).

However, this is only half of the insane/ridiculous story, because what's more, is that to be able to poke yourself in the eye, you need to stay alive.
-- And, to stay alive, you need to:

1. Get a job, (which is itself prison/torture/slavery/rape, and more suffering). This will take up a huge percentage of your time, and energy.

2. Do chores, (so that you reduce/prevent/eliminate, physical (and mental and emotional) discomfort/pain/torture). This will take up a large percentage of your time, and energy.

3. Etc.

Ie, people, are enslaving themselves (in jobs, chores, etc), just so that they can then suffer, in their free-time, (by repeatedly poking themselves in the eye).

However the insanity/ridiculousness continues, because although people know that it hurts (when they poke themselves in the eye), they override their direct experience (of that

pain/suffering), and instead believe that they must have done that activity (of poking themselves in the eye), in a slightly wrong way. And, so they try other methods/techniques/etc.

And, when they finally realise that these activities/hobbies/games are the cause of their suffering, they then might stop playing with those activities/hobbies/games, but then they just move onto other activities/hobbies/games, which then also cause them suffering.

Of course, it's to be expected, that they would suffer in these other activities/hobbies/games, because all activities/hobbies/games, are games, and all games end in everyone losing, (in the long-term).
-- This is true, because winning is losing. (I explained this in the long conclusion.)

The point is, that no matter how you come at any activities/hobbies/games in life, (or life/existence itself), the end result is always the same, (suffering).
-- And, it's not just you, (and one or two other people), who will lose/suffer, but everyone. Because suffering spreads, like a virus.

However, this is to be expected, because all activates/hobbies/games in existence, cause separation, (and therefore, they also cause suffering).

Therefore, to reduce/prevent/eliminate suffering, the change has to happen, at the level of existence.

However, this is not a bad thing, since this needs to be done, if you want “That”.

Therefore, a change in existence, is the only wise thing to do, (whether it's changed to non-existence, or an ever-deeper freedom/peace/love/bliss).

Even the most amazing things in life, are prison/torture/slavery/rape.
-- This is true, regardless of whether you realise this, or not.
-- Therefore, everything is prison/torture/slavery/rape.
-- Therefore, life is prison/torture/slavery/rape.

The only problem in life, is suffering. Suffering is any prison, torture, slavery, rape, of any kind (mental/physical/emotional/spiritual/etc), and includes anything that you don’t want.

Suffering can be comprised of various amounts of each (prison, and/or torture, and/or slavery and/or rape), and (physical, and/or mental, and/or emotional, and/or spiritual). However, to keep it simple, I will just use the term prison/torture/slavery/rape, and that can encompass all variations of it.

Sometimes, I will use the term prison/torture/slavery/rape (rather than the word “suffering”), because it can be important to identify/emphasise how suffering is created by prison, torture, slavery, and rape. However, I will also sometimes use the word “suffering”.

Prison/torture/slavery/rape is in all parts of life. Prison/torture/slavery/rape even exists in

the pleasurable moments of life, because the most effective form of torture, is to deliberately give the tortured person, some pleasure, so that they don't just “check-out”. Ie, if a torturer only gives negative (or extreme experiences) to the tortured person, then the victim could physically pass-out, (or mentally check-out). However, if the victim is provided with some positive times, then they have hope, and stay in the game.

Also, if the torture is only kept to a medium level, then the victim is not able to leave the body, nor can they move into pleasure and peace (through extreme pain), nor pass-out. Also, if it were all negative, then the tortured person would stay at a constant state, which is not what the torturer wants to see. The torturer wants/needs to see the tortured person go “down”, and to do this, the tortured person will need to have been “up”.

To torture someone, you can just inflict pain on them, but you can also use their desires and fears against them. Ie, you use their desires and fears, to control and manipulate them. The more desires and fears that they have, the more ways that you can impose prison/torture/slavery on them, to use/rape them.

And, the stronger that each desire/fear is, the easier it is to do, (and the longer you can do it for). To perpetuate their prison/torture/slavery/rape, you only need to perpetuate their desire and fears.

If they do not have any desires or fears, you can try to impose new desires and fears onto them. And, if you're able to drum these new desires/fears into them (enough), then you'll have successfully brainwashed/programmed them, and then imposing prison/torture/slavery on them, (to use/rape them), is easy, which means that controlling and manipulating them will be easy.

The brainwashing/programming will be complete, when the person does exactly what you want them to do, whilst believing that they are choosing to do these things (by their free will).
-- Moreover, the victim will then even tell other people, that they should (or must), go through the same thing/activity. Ie, this means that the victim that is in prison/torture/slavery/rape, is themselves starting to brainwash/program other people, (and so they're also imposing prison/torture/slavery on others, and therefore, they are now themselves raping others).

With time, people will even forget that these desires/fears are not real, and they'll think that these desires and fears are: facts of life, indisputable, vital, and necessary. And, as more time goes by, people have children, and they brainwash/program them.

Inevitably, this will spread to the majority of people, and once the majority believe these desires/fears are important (and necessary/normal/etc), they'll then introduce laws/rules (legal, moral, social, interpersonal, personal, religious, spiritual, etc), which makes people even more entrapped in these desires/fears. Further still, the majority will then be able to make these desires/fears, the things that are said to be: morally good, important, successful, etc.

As you can see, the suffering spirals quickly, (in intensity, duration, and to everyone). At

this point, it will then be hard to see (or believe), that these desires/fears were designed, to put a person into prison/torture/slavery, to use/rape them.

All desires and fears will do this, but the ones that are the most ingrained/brainwashed/programmed into everyone, are the desires of:

- Wanting a partner/relationship.
- Wanting to have babies/children.
- Wanting to have a close family.
- Wanting to have friends.
- Wanting to have sex.
- Etc.

There are many different reasons why people may want these things, but it doesn't matter what reason they have, because the result is always the same, (which is that they'll still end up suffering). (Note: Sometimes I might use one of these reason (eg, happiness), in an example, but the example will probably apply to many other reasons.)

The key point is, that if any of these desires really made people happy (in the long-term), then the world would not be full of suffering.
-- Indeed, the world would be a totally different place.
-- Ie, since these desires are in most people's lives, and most people are suffering, that should be proof that:

1. These desires do not make people happy, (in the long-term).

2. These desires cause a lot of suffering, (in the long-term).

Yes, these desires do provide a few moments of happiness, but the ratio of "pure/true happiness -vs- suffering", is very poor.
-- Ie, these desires are the perfect tool to enslave people, since the person can easily be trapped into long-term prison/torture/slavery/rape, and they can be kept in this state, by just giving them the occasional moment (scrap) of happiness.

Ie, if you heard that a slave was working 24/7, all year round, for a few scraps of bread, you would say that that was immoral. And, you would try to free the slave (from their slave-driver, and slave-owner).
--- And, you would know, that any attempt to free the slave, will be met with maximum resistance/fight, from the: slave-drivers, slave-owners, and slave-creators.

The brainwashing/programming, that is done to make you believe, that these desires (mentioned above) will make you happy, is so deep, that even if a person realises that these desires are not making them happy, the person will just blame themselves, and try the same desire in a slightly different way. This is another sign, that the brainwashing/programming is complete.

Also, if the brainwashing/programming is maintained in the person (throughout their life), then the person will keep trying to get happiness from the exact same desire, (despite the fact that this desire, keeps bringing them more suffering than happiness). In this way, most people will never be able to see, that these desires are responsible for their suffering, and that they've been tricked/fooled/conned/deceived/betrayed/lied to, and/or were just being used by other people/companies/organisations/etc.

Sometimes, it's not just that they're unable to see this, but that they're unwilling to see this, because they don't want these desire to be exposed (for what they truly are), because they think that they can be “successful” at these games, (and therefore that they'll still get long-term happiness from these desires).
-- However, for this to happen, they need other people to believe, that these desires will bring happiness, because otherwise, they'll not have any slaves to play their games with.
-- Ie, they might even know, that these desires cause people to be trapped in a life of prison/torture/slavery/rape, but they don't care if other people suffer, as long as they get what they want.

Ie, these people are not just the slave, but also slave-driver, and the enslaver.
-- Ie, in order for people to fulfil these desires, they're willing to use whatever weapons/tactics they've got, to control and manipulate other people, (into fulfilling their desires). Ie, they are also enslavers, and therefore, they actually want to keep these games/wars/prison/torture/slavery/rape going.

Ie, people will actually do anything in their power, to prevent other people from revealing that these games/wars/prison/torture/slavery/rape/methods/tactics (of control and manipulation) is going on, (whether individually, or collectively).

This book will attempt to expose everything. And, this book will attempt to do this, from the following two angles:

1. Make the selfish people realise, how their actions are causing so much prison/torture/slavery/rape/suffering, to others. And, this book will also make them see how, what they're doing to others, is: selfish, immoral, cruel, and sometimes extremely evil.

   -- Ie, this might make them naturally stop causing suffering to others, in a direct way, (by appealing to their selfless nature).

2. Many people are too selfish, to care about the amount of suffering that they impose on others, and all they care about, is getting what they want. Therefore, this book will show them, how these desires, are things that are sold to them (via brainwashing/programming), as things that will make them happy (in the long-term), but in practice, people only ever get a few moments (scraps) of true happiness/peace/love/pleasure.

> Also, this book will show them, that in order to get these scraps of true happiness/peace/love/pleasure, they themselves, will inherently be trapped, in a life of prison/torture/slavery/rape. To make them believe this, this book will show just how much prison/torture/slavery/rape is needed, just to get these few moments/scraps, of true happiness/peace/love/pleasure.
>
> -- Ie, this might make them naturally stop causing suffering to others, in an indirect way, (by appealing to their selfish nature).

I'll give a few brief examples of this (below), but all of these examples, will be expanded on (in detail), throughout this book, along with many other examples of desires/fears that are in everyday life, and all kinds of other things. Ie, anything that might help end all suffering for all, will be covered in this book.

One very common example (of an everyday desire/fear), is that most parents do not like their jobs, (which is proved by the fact that they would leave their jobs, if they won £100 million on the lottery). They know that their jobs make them suffer in many ways, and they dislike having to go to work five days per week. Yet, they will brainwash/program their children, (directly and indirectly), starting from a very young age, to believe that they must go to work (when they're older).

Ie, the parents know that jobs are a form of prison/torture/slavery/rape, and yet they're actually pushing their children into a life of prison/torture/slavery/rape.

Ie, the parent is the enslaver, and the slave-driver. And, they're also the imprisoner, torturer, and rapists.

Another example, is that some parents find it incredibly hard to raise children, and the parents suffer immensely whilst raising the child, (regardless of how young or old their child is, (and this even continues, when their child is an adult).

However, despite this, the parents will encourage/push other people (and their children) to have children, whilst only telling them the good side of it. Ie, they are lying about how much happiness this desire will bring people, and they're not telling people, just how much this desire is making them suffer.

The point is, that when enough people lie like this, people believe that this is how it is, and then they also decide to fulfil this desire for themselves, and therefore they decide to have children. And, in doing so, they're not just the enslaver, and the slave-driver, but they're also now, a slave-creator. Ie, they have created a person, that will become the slave, that will go through a lifetime of prison/torture/slavery/rape.

Some people suffer greatly in life, and realise that it's impossible to go through life, without suffering. However, despite this realisation, most of these people, will still decide to have

children. This can happen for a variety of reasons (all selfish), one being that they hope that it will ease their suffering (by making themselves happy).

Needless to say, the fact that the child will suffer throughout their entire life, is totally disregarded.

It's clear that they “totally disregarded” the child's inevitable suffering, because they never cared enough to say:

> “I know that any child (that is brought into this world) will inevitably suffer, and therefore the most selfish and cruel act in the world, is to bring a child into this world”.

Another example, is that some people who are in relationships (short-term, or long-term), suffer a lot, in many ways, (eg, from feeling: trapped, suffocated, drained, exhausted, etc). However, despite this suffering, they'll constantly encourage other people, to get into relationships. Of course, they don't tell their friends, the truth about what a relationship is really like, and instead, they lie, (talking mainly about the good parts, whilst omitting the fact, that there is always more suffering than happiness).
-- This is true, because if relationships brought more happiness than suffering, then there wouldn't be so much suffering in the world.

Inevitably, most people fall for all of these lies, and then later on, they realise how things really are, and that they were lied to (misinformed/tricked/conned), into so many things.

However, by then, it might be too late, (eg, if the partner has managed to trap you, via: marriage, children, emotionally, mentally, energetically, financially, threats, fear, only having one place to live, or other means).

The deeper you examine all these everyday life activities/hobbies/things (aspects of life), the more lies you will uncover.

By “deeper”, I don't just mean subjects that are unknown in the mainstream. Indeed, many people say that they've examined many issues, and gone “deep”, and although they might have deeply examined many external subjects, most of those subjects, will not have made them analyse, how they themselves, are enslaving/imprisoning/torturing/raping other people, (at an ever-deeper level), whether directly, or indirectly.

Ie, they're not going deep at all, because they haven't examined how:

1. They themselves, are causing suffering to others, (via their action, or inaction), in all aspects of everyday life, (eg, in the areas of, having: children, relationships, friends, family, etc).

2. Each individual is responsible, for causing all the suffering in the world, and how this happens at all levels (eg, physical/mental/emotional/energy/etc).

3. Etc.

Of course, most people don't want to go deep into all of this, because the inevitable realisation, is that every individual, is causing suffering to everyone else, by imposing prison/torture/slavery/rape on them, (directly and indirectly, whether by their action, or inaction), and they're doing this, just because they want to fulfil some selfish personal desires.

The point of this book, is to expose all of this, and in so doing, people might be able to free themselves (and others), from their life of prison/torture/slavery/rape, and then the amount of suffering in their life, will be reduced.

This might all sound depressing, however, if you don't go through it, your suffering will continue, and you'll continue to cause others to suffer. (I'll explain why, in the next section.)

To reduce your suffering, (and increase freedom and peace), you need to keep proving (to yourself), that all your beliefs/theories/ideas about everything, are wrong.
-- If your beliefs/theories/ideas, about a certain subject, are hard to prove wrong, then just keep trying, and never stop.

If these remain unchecked, then your thoughts and actions may be: bad/immoral/selfish/cruel/evil/toxic/parasitic/predatory/psychopathic/etc.

If you want to reduce the suffering in your life, (and become more free, and at peace), you will have to see what is causing the suffering.

The cause of your suffering, will be (directly or indirectly), related to your beliefs/theories/ideas, about all things in life.

By “all things in life”, I mean absolutely everything in the manifestation/existence.

If your beliefs/theories/ideas about a certain subject, are hard to prove wrong, then just keep trying, and never stop. Look for any information (from anywhere), to try to find a way to prove that your beliefs/theories/ideas are incorrect. Never stop challenging them.

The point is, that by constantly doing this, you will keep reducing your suffering, (and keep increase peace), because one of these will then happen:

1. If your beliefs/theories/ideas, are able to be proved false, then that is good, because you will then see, that they were causing you suffering.

2. If you're unable to prove that your beliefs/theories/ideas are false, then at least you know that they are correct (for the time being). Ie, you have done all you can, and that will bring you some peace.
   -- However, the process of proving that they are false, is a naturally continuous one. Ie, during everyday events/situations/experiences, you will naturally be aware of anything that will disprove them.

The point is, that if you're not challenging your beliefs/theories/ideas, then you can't have that peace of mind, (of knowing that you've done all that you can, to check that your beliefs/theories/ideas, are all correct/good/moral/etc).
-- And, if these remain unchecked, then your thoughts and actions may be: bad/immoral/selfish/cruel/evil/toxic/parasitic/predatory/psychopathic/etc.

It's important to note, that this process never ends, because it's all ever-deeper.

Most people never want to analyse, the deepest (most fundamental) issues in life, because they know that it will expose some truths (and implications), that they can't bear to see.
-- However, the deepest (most fundamental) issues in life, are the ones that are causing their suffering.

Ie, this is why most people will always keep suffering, and never escape it.

Most people do not realise, that unless the fundamental issues in life are dealt with, then all ideas about their life, will probably be upside-down, and incorrect/bad, and therefore, so will their choices/actions/etc. And therefore, this means that they will always inevitably suffer.

Eg, if a person is brainwashed/programmed to believe that “1=2”, then any sums that they do (in the future), will be incorrect/bad, and cause them suffering.
-- Ie, because the fundamentals were incorrect/bad/upside-down, all the superficial things will always be incorrect/bad/upside-down, and therefore, you will suffer.

The example of “1=2”, is good in certain respects, but another good example, is that people are brainwashed/programmed, so that when they see something that is white, they'll just believe that it's black. And vice-versa.

And, the brainwashing/programming is so strong/deep, that they'll believe that the way that they see it, is fact/unquestionable/indisputable/etc.
-- This is why, everyone is seeing everything, upside-down.
-- And, this is why, all morals/responsibility/etc, are upside-down.
-- And, the way to know that this is true, is because there's so much suffering in the world.

This is all obvious, however, even if some people know this, they'll still not analyse any serious/deep/fundamental issues in life. The reason why they'll not want to analyse any serious/deep/fundamental issues in life, is because they know, that if they do this, it will:

1. Expose how ugly/selfish/immoral they have been.

2. Expose how ugly/selfish/immoral everyone is.

3. End up with realisations (and implications), which will suggest, that they make changes to their life, which they cannot bear the thought of.

4. Etc.

Therefore, the serious/deep/fundamental issues of life, are beliefs/ideas/things, that people have been brainwashed/programmed to believe, and they've never deeply/properly/truly/honestly, challenged and questioned any of it.

And since all programming is lies/misdirection, (which is done to make people more easy to control/manipulate/enslave/use), this means that they'll be controlled/manipulated/enslaved/used.
-- Ie, the only way to free yourself, is to examine the deepest issues in life.

To reduce/prevent/eliminate suffering, the absolute deepest issues in life, must be analysed.
-- By "deepest", I mean the absolute deepest, because if there are 100 levels, but you only analyse 99 levels, then all those 99 levels which you analysed, can all be incorrect/bad/upside-down, because all those 99 levels, are built on top of the most fundamental level, (which you have not analysed).

A good example of not analysing a fundamental level, is the word "suffering".
-- Eg, if you've been brainwashed/programmed to believe that "suffering is good/important/vital/necessary/acceptable", then when you do an activity in life, which makes you suffer, you just thinking that "suffering is good/important/vital/necessary/acceptable", and therefore, you'll just keep doing that same activity, and therefore, you'll keep suffering.

Ie, this will keep happening, until you analyse (and deprogram) the brainwashing/programming in you, which made you believe that "suffering is good/important/vital/necessary/acceptable".

I have covered all of the fundamental levels, at various points throughout this book, so I will not use more examples here.

Even if you do analyse, all of the fundamental level/issues in life, it is also vital, that you analyse all of the other levels, (all the way up to the most superficial levels).

Most people do not do this, and this makes their knowledge (about the fundamental level), meaningless (due to it being an incomplete picture/understanding of the whole), and therefore, this will inevitably lead to suffering.

Of course, most people don't want to examine/recognise/admit all levels, because that is their tactic. Ie, to avoid appearing as a selfish/immoral/cruel person, they simply change their argument/stance/position, to a different level, (eg, the level of non-duality).
-- This is why, this book covers not only the most fundamental levels, but also all the superficial ones, (and all levels in between).
-- Therefore, this book will show:

1. How everything in life, is upside-down, (to how you thought it was).
   -- Note: This is a never-ending process. Ie, no matter how deep you go into everything, you'll always find new things, that are upside-down. This is because, it's not just about the deepest levels, but also all the levels in between.

2. How/when/what/why, things have been brainwashed/programmed/conditioned into you, to make everything upside-down.

3. How doing all of this, makes you easy to control/manipulate/use/enslave/imprison/torture/rape you.

4. How the brainwashing/programming, is so deep/strong/powerful, that you'll believe the brainwashing/programming, even if you're going through extreme suffering (physically/emotionally/mentally/financially/spiritually/etc).
   -- Eg, you can be suffering, and you can be hating it, and yet you'll believe the lies (eg, “suffering is good/important/vital/necessary/acceptable”), and therefore you'll continue to do the same things/activities, (and therefore you'll continue to suffer, in a never-ending cycles).

The “ugly”/“negative” words in life, eg: selfish/immoral/bad/wrong/cruel/evil/toxic/parasitic/predatory/psychopathic/etc, are fundamental to all things in life.

Therefore, if you try to analyse various things in life, but you try to avoid these words, (or you haven't deeply examined each of these words), then your analysis of life, will not only be meaningless, but you'll create more suffering for yourself, and everyone.

Similarly, unless you've deeply analysed, the “beautiful”/“positive” words, (eg, freedom/peace/love/bliss), you'll create more suffering for yourself, and everyone.

The key starting point to all things in life, is “suffering”. All things revolve around this.
-- Fundamentally speaking, everyone's actions, are usually to get to a place of zero suffering, whilst also trying to get to a place of ultimate/eternal/ever-deeper freedom/peace/love/bliss, for all.

By “all”, I mean any person/being/entity/planet/universe/dimension/realm/thing/non-thing/etc, in the manifestation.
-- Ie, “all” includes the unmanifest (non-existence), and the manifestation (existence). (These terms will be explained in more detail, in the next few sections.)
-- The point is, nothing is excluded.

It can be said, that the one realm (dimension) of ultimate/eternal/ever-deeper freedom/peace/love/bliss, is what remains, when all suffering is at zero. And, that this realm is just one realm. Ie, it's not about people experiencing this. Ie, this realm exists, and nothing else exists. Ie, All that exists, is one realm of ever-deeper freedom/peace/love/bliss. And therefore: Freedom/freedom/peace/love/bliss alone, exists.

Also, this freedom/peace/love/bliss, is not like what people experience on earth. Ie, this is not the “love” that people experience in a relationship, or for their children, or anything else. It's infinitely beyond that, and transcendental to it.
-- Due to this, it's hard to explain, because it's also not something that is “experienced” by “you”, because it's more like “All there is, is freedom/peace/love/bliss”.
-- Ie, you are it, not separate from it. This is why (in the previous paragraph), I explained that this realm exists without people. Indeed, this realm does not need people/planets/universes/etc. It alone exists.

Of course, to “get” this, this would mean that suffering would have to be brought down to zero, for ever, for all.

However, whether you want to eliminate suffering for the purpose of gaining such freedom/peace/love/bliss, is perhaps irrelevant, since zero suffering is worth attaining, regardless of whether such bliss will then “appear”, or “remain”.

However, in this physical existence, most people are just trying to reduce the amount of suffering in their life, whilst also trying to get a few moments of happiness (and/or pleasure).
-- Therefore, in this book, I will say things that apply to all levels/realms/dimensions/etc.

This might mean, that certain things that are said, can appear to be contradictory, but this is just because, they are applicable to different levels.
-- Of course, this book is trying to help reduce/prevent/eliminate suffering (for all people/entities/beings), and therefore, this book will have to try to explain things, on a variety of levels/wavelengths.

Since suffering is not wanted by anyone, then it can be said, that a person that creates/causes/perpetuates suffering, is doing something that is: selfish/immoral/bad/wrong/cruel/evil/toxic/parasitic/predatory/psychopathic/etc.

It should be noted, that some people do sometimes choose to experience pain, or go into an activity, where pain could be an outcome (for themselves), however, these people are doing so voluntarily, and as long as no other people suffer (unless that too is consensual), then there is no problem.
-- Ie, this book is focussed on helping people, who do not want to suffer any more.
-- Ie, there are people who find themselves in a situation, where they are non-consensually suffering, and want to be free from it.

So, following on from the above, it follows that, if a person prevents/eliminates suffering (instantly/effortlessly/painlessly), then they're doing something that is: moral/selfless/good/right/kind.

Whichever way you come at it, it's clear, that suffering (in all people, and the world, and existence), can never end, until you know that “Suffering is unacceptable and unnecessary”, and all of the other realisations (as explained in the conclusion of this book).

Whether the belief that is inside you, is that of “Suffering is unacceptable and unnecessary”, or “Suffering is acceptable and necessary”, is therefore important.

It's simple to know, which of these two beliefs, exists inside you, because your actions will clearly show, which category you are in.

No one needs to suffer, because there is no valid reason, why suffering needs to exist. (I went through the reasoning of this, in the long conclusion.) And, no one wants to suffer.
-- Therefore, actions that come from the belief that “Suffering is unacceptable and unnecessary” will (inherently) be: moral/selfless/good/right/kind.

And, therefore, actions that come from the belief that “Suffering is acceptable and necessary” will (inherently) be: selfish/immoral/bad/wrong/cruel/evil/toxic/parasitic/predatory/psychopathic/etc.

This book will examine all these words, in detail, throughout this book.

The words “unnecessary”/“unacceptable”, and “necessary”/“acceptable”, are important, because they are fundamental words, which can show how people are, at a fundamental level.
-- Eg, if someone is suffering, but they believe that “Suffering is a good teacher in life”, then they will fall under the category of “Suffering is necessary”.

Other phrases that these people use, include:

1. “Suffering is just a part of life.”

2. “Everything happens for a good reason.”

3. “Everything is perfect.”

4. “It's all god's plan.”
5. “Focus on the positive side of life.”
6. “Suffering helps us evolve.”
7. “We need suffering to learn lessons in life.”
8. Etc.

It's never pleasant, to interact with this group of people, because they will complain about many things in life, and want sympathy, yet they believe (consciously/subconsciously/unconsciously) that suffering is good/necessary.
-- Ie, they're not able to see, that they're not being honest with themselves.

Of course, they will usually have a whole list of reasons/excuses/arguments/discussions/lies/etc, to justify the suffering that they cause themselves (and other people), and they can be 100% convinced in their own lies.
-- Ie, they're living in their own illusion/bubble, and are delusional.

Also, these people will complain, but really speaking, they have no right to. Ie, if one of these people are complaining, (ie, they're talking about how they're suffering), they expect sympathy, but it makes no sense to give them sympathy, since they believe that suffering is good/important/necessary/acceptable.

Eg, everyone knows that all children/people will suffer (at some point in their life), and so if a person decides to have a child, then they know that that child will suffer. So, by having a child, that parent is inherently saying, that suffering is acceptable.
-- The point is, that since the parent is saying, that suffering is acceptable, then that means, that the parent has no right to complain (when they are suffering).

Actually, it's not that they have “no right to complain”, but it's more that it's just ignorant/foolish/ridiculous/makes no sense/etc.

Note: What I have just described, is not only applicable to parents, but also all people who believe, that it's ok for anyone to have children, (or to raise children, etc).
-- This also applies to the many other times (throughout this book), where I use the word “parents”.
-- Ie, there are many times, when I use the word “parents”, but this is supposed to also also include (apply to), all those people who believe that it's ok, for anyone to have children, (or raise children, etc).

Note: In this specific example, (of people who have “no right to complain”), this also applies to all those people, who believe that: “Suffering is a good teacher in life”, (and all other such beliefs (as mentioned in points 1 to 8, above)).

Many problems in life, stem from the fact, that people are not able (or willing), to go deep enough into the subject of “suffering”. Ie, they would rather cause other people to suffer, rather than have to ask themselves some deep/hard questions, which have the implications of destroying all their illusions, and destroying everything that they greatly value in life. Indeed, all of these things, are what makes up their whole life.

Therefore, they want to keep all their illusions in tact, and they just want others to have the same illusions (and suffering that goes with them), so that they can feel, that what they're doing, is normal/ok/acceptable/good/moral, because this will give them a good feeling, along with the belief, that they do not need to change their life, nor look deeper.

Needless to say, this behaviour is extremely selfish. I say “extremely” selfish, because there is nothing worse, than encouraging/persuading/pushing/making others do things, (that you know will cause them to suffer), and you do it, for your own personal benefit.

It's clear, that not only is this selfish, but immoral. Further, it's cruel, and it can be evil. These are strong words, but there is nothing worse, than doing something that causes others to suffer.

“Cruelty” = Doing something, that causes suffering.

“Evil” = Doing something, that causes suffering, either with high intensity (over a short period of time), or at a low intensity (over a long period of time).

Eg, since all humans will regularly suffer (throughout their entire lifetime), the act of creating a human, is inherently (by definition), evil.

However, the category of evil needs to be split into two sections:

- Evil = A person that does an evil act, to a person/entity.

- Ultimate evil = A person that does an evil act, to a person/entity, that they themselves created.

Ie, making someone suffer (long-term) is evil, but creating them, and then making them suffer (long-term), is obviously infinitely more evil, (because it's evil, on top of evil).

Yet, (somehow), most of the population believe that it's good/moral/selfless to have a baby.
-- Indeed, this is so widespread, that pregnant people expect to hear “congratulations”, (because they need to be congratulated on this deed).
-- It could not be more upside-down.

A key distinction, between the two fundamental groups of people, is:

1. **If the people who believe that "Suffering is acceptable and necessary", try to 'help' (brainwash/program) the other category of people, to believe the same as them, (and they succeed), then everyone suffers.**

2. **If the people who believe that "Suffering is unacceptable and unnecessary", try to help (deprogram) the other category of people, to dissolve all beliefs, (and they succeed), then no one suffers.**

The point is, people have a choice, between: "everyone suffers", or "no one suffers".

It's important to note, that I'm talking of long-term suffering, (and long-term happiness). Ie, there are some activities/techniques/methods/ways/etc, that can reduce suffering, (and perhaps also increase happiness), but this is only ever in the short-term, and it's always followed by long-term suffering.
-- The point is, that the short-term relief of suffering, (or gain of short-term happiness), are just a con/trick/etc. Ie, it was done, to lure you in, and then once you're hooked, you have to endure long-term suffering. (I will explain all of this in more detail, throughout this book).

With the previous paragraph, it's important to note, that if this was not true, (ie, if it was not a con/trick), then the world would be a totally different place, (without any suffering, or with a lot less suffering).

Another key distinction, between the two fundamental groups of people, is:

1. **Those who believe that "Suffering is acceptable and necessary", will use many reasons/excuses to justify this belief, and will do all that they can, to keep the games/wars going, (despite the fact that they know, that these games/wars cause suffering).**
   -- Ie, this group of people, inherently want to create (and/or perpetuate) suffering.

2. **Those who believe that "Suffering is unacceptable and unnecessary", will try to expose the games/wars/beliefs/systems (and the players), because this can lead to all suffering being ended.**
   -- Ie, this group of people, inherently want to end all suffering, for all.

By, "end all suffering", I mean all types of suffering. And by, "for all", I mean for all beings/entities, whether human or otherwise. (I will go into more details about this, later in the book).

Obviously, most people are going to do all that they can, to avoid being put into the category, of selfish/immoral. Indeed, this is why, this category of people, give so many reasons/excuses, (to explain/cover/hide their selfish/immoral behaviour).

Basically, they're trying to deceive you (and everyone, and themselves).
-- Indeed, this is to be expected, since this group of people, are always trying to deceive/trick/con/control/manipulate/enslave/use/rape others, to get what they want, (whilst trying to appear as the moral/selfless ones).
-- Indeed, the really subtle/sly ones, will do all of this, whilst trying to make it seem, as though they're doing you (and others) a favour.

The whole situation is absurd, because they'll try to convince other people, that they're: good, selfless, honest, etc, but their actions are clearly causing suffering to others.

It's so clear, but they'll never admit it, because that is the game that they're playing.

Ie, they're trying to maintain this game, and their position in the game. And, they will do whatever it takes to try to be “successful” at the game.

The absurd part, is that the people who see what is happening, will see the suffering that is created (by that person), and they might even be made to suffer (by that person), but most people will believe the words (that that person said), which can make them believe, that that person, is good/moral/selfless, (instead of observing the direct fact, that they themselves, are actually suffering).

Needles to say, this is why, such people will always attack anyone, that tries to expose the game, or expose the subtle/sly tactics, that they use to keep their position in the game.

However, the same is never true, for the other category of people. Ie, those people that believe, that suffering is unnecessary, know that they can say things to help expose the truths of the game (and the players), and that this would help end everyone's suffering.

However, they also know, that many people do not want their game (or position in the game) to be exposed/destroyed/dissolved, and therefore they know, that it's ok to expose it all, but there is no point forcing it.
-- Ie, they know, that they might be able to help by exposing it, but after that, they just walk away.
-- Ie, they're not deluded into believing, that they can help any such people, (who want to keep their illusions/games intact).

Note: The above paragraph is talking about helping, via the use of words. Later in the book, other ways of helping will be discussed, which do not involve “cause and effect”, nor does it involve “people needing to understand or change”.
-- This book will also explain, that there can be many different methods of ending all suffering (for all), because each method exists, at a different level, (which works in a different realm).

If person A, is suffering from something, (which most people would classify as

“light suffering”), but person A, knows that suffering is unnecessary/unacceptable, this means that person A, will always suffer more, than person B (who believes that suffering is necessary/acceptable (for whatever selfish reasons)).

And this is true, even if person B, is suffering from something (which most people would classify as “severe suffering”).

Ie, no matter how badly person B suffers, it will never be as bad, as how much person A suffers, due to the fact that person B, will always feel (deep down), that the suffering is necessary/acceptable/good, (for whatever reason).

And, when person A, is complaining about how much they're suffering, (especially if it's something, that most people would classify as “light suffering”), person B, will never be sympathetic, because they're the type of person who sees, that it's light suffering, and that see suffering as necessary/acceptable, and just a part of normal everyday life.

Eg, yes, some people have had extremely bad childhoods (where they were tortured, raped, molested, etc), and this is immoral and cruel, but this does not mean that:

1. Other people (who have not had this amount of suffering their life), must therefore accept any suffering, that happens in their life, (since their suffering is less bad (than what these people went through)).

2. All suffering below that level of severity, should not be classified as: suffering/prison/torture/slavery/rape/etc.

3. Normal everyday life (with normal amounts of suffering) is acceptable.

4. Etc.

People who brainwash/program other people, are always trying to refine their techniques, whilst also trying to find new ways, to make themselves appear as moral people.

A programmer will always want to make sure, that they are never recognised, as being a brainwasher/programmer. Therefore, they will always find new ways to do this. And, this game of trying to hide themselves, gets easier, if that person is programming more than one person.

Eg, one way to hide themselves, is to program one of their victims, to reveal to everyone, that they've broken their programming, and they (the victim), now knows that they were programmed, and that that programming was put into them, via a very specific brainwashing technique.
-- The reason why the programmer does this, is because once this specific technique is revealed (to the world), then all the other victims (that the programmer has programmed), will not think/believe that they were programmed, (since that specific technique, was never used on all the other victims).

An example of this, is if some victims, are programmed to reveal (to the world), that the special brainwashing technique (that was used on them), involved being raped/molested/tortured/etc, when they were a young child.
-- Of course, as soon as this is released to the public, everyone will be brainwashed/programmed to believe, that they have not been brainwashed/programmed, (since they know that they were not raped/molested/tortured/etc, when they were a young child).

Of course, if the programmer has programmed many victims, then the programmer can program many of them, to reveal this information. Ie, the programmer knows, that if many victims reveal this information, then this means, that more people will hear about it, and more people will believe it.

Note: I'm not saying that raping/molesting/torturing children (with the aim of brainwashing/programming them), is not a technique that is used. I'm sure that this technique has been used.

However, if this technique is used, then the programmer might still want one (or a few) of their victims, to reveal this information, for other reasons.

And, of course, the programmer will make these victims reveal this information, only when the programmer already has a new method of brainwashing/programming perfected.

And, this new method of brainwashing/programming, will (of course) be:

1. Infinitely harder to recognise, (if it's possible to recognise it at all).

2. Able to be done remotely, (without any physical contact with the victim).

3. A much more complete way to program a person, which will be so liked by the victim, that the victim (themselves) starts to program other people, (which makes the programming spread like a virus).

4. Etc.

Another way to see this, is to compare it to the process, of having a certain memory wiped (from a person's mind), where the basic level of memory wiping, is to wipe a certain memory from a person (forever), but that person might feel that something is missing/wrong/off/etc. However, the next evolution in memory wiping, is to be able to wipe that certain memory from a person, but in a more clever way, so that the person won't ever know that something is missing/wrong/wiped/odd/off/etc. Ie, the fact that this has happened, is totally undetectable, (for their entire life).

Note:

An alternative to the covert methods (of brainwashing/programming), is to bring it all out into the open, but in such a way, that everyone in society is doing it to each other, (but they don't recognise it), because it's just been accepted as a part of normal/everyday life.

Indeed, this is what has happened, where everyone is the brainwasher/programmer, and the brainwashed/programmed. But, due to everyone's selfishness, they want to keep doing it to themselves, and each other.
-- And, they also have to keep doing it to each other, because otherwise they'll have to admit, that their past actions, have been selfish/immoral/cruel/evil.

And, when it's done like this, the aim is to make everyone not just do it (and accept it), but to make it seem like:

1. It's the most moral act possible.
2. It's part of god's work.
3. This will make you be seen by your peers, as being a “successful” person.
4. Etc.

Of course, when this happens (and it has already happened), anyone who is trying to expose this, is going to be instantly attacked/criticised by everyone (in the general population), because all these people, do not want to be labeled as being selfish/immoral/cruel/evil.

Ie, there is no way to expose it, and avoid labelling everyone as being selfish/immoral/cruel/evil.
-- However, if it's not exposed, the delusion continues, and therefore, the suffering continues.
-- Therefore, there is no choice, but to expose it.

People like to hear (and spread) information, about people who have suffered intense suffering, because this information allows them to convince themselves (and others), that:

1. They have not got such a bad life, (and therefore they should not complain), and that therefore, they are right to continue their life, and encourage others to continue their life, and to even have babies, (despite the fact that their life can sometimes feel like prison/torture/slavery/rape).

2. Other people are not allowed to complain about their suffering, (since many people suffer much worse than them).

3. Etc.

And, the above is true, whether the information is true/false/whatever.
-- And, saying that people “like” to hear (and spread) this information, might sound harsh, but it's true at some level, (whether conscious, subconscious, or unconscious).

Of course, the behaviour described above, is to be expected, since most people are selfish, and therefore, they will like to use this type of information, since it is most effective, in reinforcing all their beliefs, and reinforcing that all their choices/actions in life, are acceptable/moral/etc.

Similarly, many people like to:

1. Say that they've suffered more than others.
2. Say that they know of someone, who has suffered more than others.
3. Talk about information, in which someone suffered more than others.
4. Etc.

However, people like to do all of this, not to make the point, that life is unacceptable, (so that people can then analyse how to solve the suffering in life), but they do it just for a variety of selfish reasons.

Some examples of these selfish reasons, are that they want to:

1. Get attention.
2. Be a person, who knows something that others don't.
3. Give the impression, that they know some “dark”/“deep” information.
4. Say anything, that makes their life seem ok/acceptable.
5. Say anything, that makes them not focus on their life of prison/torture/slavery/rape.
6. Etc.

It's important to see, that discussions about whether people are aware of these reasons, (that are behind their words/actions), are discussions that are going to misdirect everyone (at this point in time), because what is more important, is to expose what is happening.

When you know that suffering is unacceptable and unnecessary, you then don't need to keep hearing horrific stories/information (of how intensely other people are suffering, and/or have suffered), because these pieces of information will not change your conclusions about life, (eg, that suffering is unacceptable and

unnecessary, and the other conclusions mentioned in the conclusion of this book).

However, these pieces of information (about horrific stories), are still wanted by the many people, who all still believe, that suffering is acceptable and necessary.

Moreover, it's not just a "want", but a "need".
-- Ie, they need these horrific stories/information, because this makes everyday suffering, seem acceptable.
-- And, most people need it to be acceptable, because otherwise, they will be seen as cruel/evil, for having had children.

Of course, the events which create these horrific stories/information, will all stop, when everyone realises that suffering is unacceptable and unnecessary, and that life/existence is also unnecessary/unacceptable.

Therefore, yes, all horrific stories (no matter how horrific), are important, and do need to be said, but only if they make people realise, that life is unacceptable, and therefore (at the very least) they should not have children.
-- However, horrific stories/information, can actually cause more suffering, (rather than reducing suffering), because instead of people realising that life is unacceptable, they just use those stories, to see that they have got an ok life, and then they perpetuate life/suffering.

All types of enlightenment/awakening/self-realisation/etc, are cruel, because they are a trap/con/trick, (deliberately designed to enslave millions of people).
-- However, certain parts of enlightenment, can help reduce suffering, and so these need to be identified, and used, (but the rest of it, needs to be seen as a trap/con/trick, and avoided).
-- However, enlightenment is definitely not a thing, that is useful, if you want to end all suffering (for all).

Regardless of your definition of enlightenment, enlightenment is a trap/con/trick, deliberately designed to enslave millions of people. By this, I mean that most paths to enlightenment will only increase suffering (in the long-term), and the people who become "enlightened beings", can also themselves be trapped, and/or become the people who (knowingly or unknowingly) spread suffering to others.

Moreover, it can argued that all enlightened beings (whether true/pure/real, or fake), spread suffering, because there have been many enlightened beings on earth (for the past thousands of years), and yet suffering still exists. Ie, this is proof, that enlightenment is not an effective method to end all suffering (for all).

Moreover, it's proof, that enlightenment is only helpful, to a very small percentage of the population (who get enlightened). However, although enlightenment helps a few people, enlightenment can't be seen as a good thing, because it enslaves millions of other people, by making them want to attain it. Therefore, by definition, enlightenment is cruel.

All true teachers of enlightenment, say that enlightenment cannot be attained by a person's efforts. Ie, enlightenment just "happens", when life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), makes it happen to a person.
-- The point of explaining this, is that if they're saying this, then this is another reason, why enlightenment is definitely not an effective method, to end all suffering (for all).

Ie, an effective method, to end all suffering (for all), is something that can actually be done.
-- Ie, there's no point waiting for life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), to end all suffering (for all), because life/the creator, will not do this, because it wants people to suffer.
-- This is obvious, because if life/the creator, wanted everyone to be free and happy, then the world would be a free and happy place.

Ie, whatever life/the creator wants, it can do.
-- So, if the world is full of suffering, then that is what life/the creator wants.
-- And, therefore, if that's what life/the creator wants, then there's no point expecting (or waiting) for life/the creator, to end all suffering (for all).

Indeed, even the truly enlightened beings, all say, that they (after enlightenment), still have to endure pain.
-- Ie, the state of enlightenment, is not an ideal state at all, (whether personally, or for everyone's benefit).

Yes, enlightenment can help reduce your suffering considerably, but this must be weighed up, against the amount of people who suffer as a consequence (of wanting to attain it). Ie, if only a few people get enlightened, but for this to happen, millions of other people will suffer trying to get it, then this does not seem very benevolent to me. Indeed, this is a typical con/trick.

Ie, to con/trick many people into doing something, you simply give a few people something (that everyone wants), and by doing this, you can have millions of people wanting the same thing, (which means that you have enslaved those millions of people).
-- Indeed, it's the simple tactic/trick/con, of controlling and manipulating people, by making them want something.

It's important to note, that the "thing" that is given to those few people, can be genuine/real, or fake/false. Either way, the con/trick will work.
-- Eg, sometimes a con-artist, will give a few people, some really expensive genuine real gifts, because they know, that this will mean, that even more people will be enslaved, (and under their power/spell/control).

Also, whilst enlightened beings are teaching, (to the millions of people that want enlightenment), they might explain what the "state of enlightenment" is like, but, this state-of-being, can be false. Indeed, all states-of-being can be faked, and therefore can be false. (There are many ways that this is possible, and I'll discuss them all, later in the book).

One key point, is that no one can ever know, that they're not dreaming. Eg, after a normal person wakes up from a dream, there's absolutely no way for them to know, that they've not just woken up into another dream.

Moreover, it's pointless to discuss which reality is real (and which is false), because they're all false. Ie, all realities (whether you think they're real, or a dream), are false/illusion/delusion.
-- Therefore, none are worth fighting for.
-- Therefore, nothing is worth fighting for.

Moreover, since all delusions/realities will always inevitably shatter/end, the only “reality” that is true peace/freedom, is non-existence.
-- Of course, non-existence is that which remains, when there is no reality/awareness/being/identity/anything.
-- Therefore, non-existence, is that which is beyond: peace/freedom/enlightenment/manifestation/entities/beings/dimensions/realms/etc.
-- Therefore:

1. Nothing is worth fighting for, including: peace, freedom, enlightenment, etc.

2. It's not worth trying to becomes something.

3. Nothing is worth creating.

Note: In terms of “states-of-being”, it is very easy, to create confusion/traps/cons/tricks/etc, (which everyone can become enslaved/trapped in).
-- Eg, the “state of enlightenment” might be real, but it might be limited. Ie, there might be a deeper state/realisation/dimension/realm/etc.
-- This (in theory), is impossible, and ridiculous. However, in practice, this is possible, because:

1. Everything can be faked, and/or put into you. (This includes all: feelings, sensations, senses, experiences (whether they are negative, or positive, or godly/divine/spiritual/transcendental/etc), thoughts, realms, dimensions, dreams, the waking-state, etc).
   -- And, this can all be done, whether you are: conscious, subconscious, unconscious, in a coma, medically dead, etc.

2. No one can ever know, that they are not dreaming.

3. Anyone who thinks that they've got to the unmanifest, and/or a “place” that can't go deeper, (since that “place” contains all dimensions/realms/etc), is still not going to be able to know, that there is nothing that is beyond that “place”, (especially since the depths/levels are not linear).

4. The unmanifest, and manifestation, are “ever-deeper”. (And, “ever-deeper” is not just in a linear way). Ie, there is always “deeper”.

However, whether the state of enlightenment is real or not, is irrelevant, since the same problem will exist, (where either way, it will enslave millions of other people).

I will discuss all of this, in more detail, throughout the book. Similarly, I will also explain how certain “paths to enlightenment” are good (in that they can reduce suffering), whilst others only increase suffering. One reason for discussing enlightenment throughout the book, is to help free all those people, who are trapped in it.

It's important to be able see the difference between: programming, deprogramming, and reprogramming.

1. “Programming”, is like brainwashing, which is what all parents/friends/partners/companies/organisations/institutions/people/etc do, (to varying degrees).
   -- There are many techniques/methods that can be used to do this, (eg, using a person's desires and/or fears against them, to get what you want from them).
   -- The point of programming people, is to control and manipulate them, to get what you want from them.
   -- Ie, it's about making people into slaves, to fulfil your personal desires.

   And, when programming is done well, people will be trapped in it for a very long time, (usually for their entire lifetime).
   -- Also, creating dependancy, is a very important tool/weapon, and is common in all aspects of life, (especially in parents/friends/partners/etc).

   Many things will masquerade as being good/important/moral/necessary/etc, but they're usually just subtle methods of programming.

   It's simple to recognise programming, because you'll be told to believe in something, or do something, or, the person/company will be getting something from you, (eg, your: money, time, labour, energy, etc).

2. “Deprogramming”, is the process, as described in the previous section.
   -- True deprogramming (where you deprogram a person, and then do not reprogram them), is rare, because it just sets the person free.
   -- Ie, after deprogramming a person, you can't then control and manipulate them. Ie, there's no benefit to the deprogrammer.
   -- Eg, after deprogramming a person, you can't then convince that deprogrammed person, that they need to keep seeing you for help (which you can charge them money for). Ie, you are setting them free from everything, and everyone, (including yourself). Moreover, you even set them free from themselves. Ie, it's something that is beyond “freedom”, and beyond “peace”.

3. “Reprogramming”. To get someone to be your slave, you have to program them to be your slave. And, ideally, you want them to be your slave, and not a slave that is shared with others. So, to do this, the usual tactic, is to make them realise, that they are a slave to someone else, and that therefore, if they want to be free from that person, they should break that programming (that is inside of them).
   -- Ie, they have to be deprogrammed (from those programs/commands, that make that slave obey, that other person/programmer).
   -- Then, whilst the slave is deprogrammed (to the exact level, which is not too free, but free from the other programmer's commands), you then reprogram the slave, to believe that they need you (or your products, services, help, sex, looks, social standing, etc).

   It's important, that the deprogramming is not done too much, because otherwise they'll become too free, and see that you're also trying to enslave them.
   -- By reprogramming them, that person is now dependant (on a person/organisation/company/thing/etc), and therefore, that person is now just a different kind of slave.

   Reprogramming is really easy to do, and everyone does it to each other. And, it happens at all levels. Eg, a person might try to turn one friend, against another, so that they can then control/use them exclusively, as their personal-slave.

   An example at a larger level, is that housewives are exposed to some truths, (that in being a housewife, they are just domestic house slaves), and by exposing these truths to them, they might want to free themselves (from this slavery). However, at the same time, they are also reprogrammed, to believe that it's a good idea, to want to work in companies/institutions/organisations/etc. And, so they follow their programming, and get jobs at companies/institutions/organisations/etc.
   -- Ie, they are still slaves, but they just have a new master/controller/ruler.

I have mentioned all of the above, because programming and reprogramming, happen in all aspects of life, and the worst, is perhaps when it comes from sources that are supposed to be good for you, and ones that you can trust, eg:

1. Parents/friends/family/partners/etc.

2. Religion, spirituality, healing, meditation, yoga, ancient texts/teachings, freedom, peace, etc.

3. Governments/companies/institutions/organisations/etc.

4. Etc

All of these people/groups (mentioned in points 1 to 3), will offer to help you, and they might have be brainwashed into you (as being good/trusted sources), but almost all are just reprogramming you.

I say that “almost all are just reprogramming you”, because if they were deprogramming you, then there would be zero suffering in the world.

Yes, this means that almost all people/groups, are trying to program (and reprogram) you, to enslave/use you.

However, for some people, this can sometimes be hard to see, especially when the programmer is wanting to get something from you, that is more subtle, (eg: your energy, (life energy)). If a person has ever made you feel “drained of energy”, then they'll know that this is not some weird mystical thing, but a real thing that happens, which can seriously affect your health (emotionally/mentally/physically/spiritually).

Brainwashing/programming/reprogramming, is always very easy to identify, because if they (a person/company/organisation/teaching/etc), are doing anything other than setting you free from themselves (and yourself), then it's just another type of programming/brainwashing/slavery.

And, it's obvious that almost all people/companies/etc, are trying brainwash/program you (and other people), because if they were deprogramming you (and other people), then there would be zero suffering in the world.

Indeed, people/companies/etc, are constantly trying to brainwash/program/reprogram everyone, and therefore, all their actions are: selfish/immoral/bad/wrong/cruel/evil/toxic/parasitic/predatory/psychopathic.

And this is in direct opposition, to those people who are helping to deprogram people (who want to be deprogrammed), and therefore, all their actions are: moral/selfless/good/right/kind.

Note: The reason why this book is going to have to discuss enlightenment (throughout this book), is because this subject of enlightenment, spills into all these other areas, (eg: religion, spirituality, healing, meditation, yoga, ancient texts/teachings, freedom, peace, reducing suffering, etc), and therefore, the number of people trapped (and suffering in all these areas), is not millions, but billions. Therefore, it has to be done.

The reason why the subject of enlightenment, spills into all these other areas, is because true “paths” to enlightenment, are about true deprogramming of a person. Ie, to reprogram someone, you have to deprogram them a bit, and this is where some truths might be used. Therefore, it's important to be able to distinguish the truths that will set you free, and the ones that are there to enslave you.
-- Therefore, this book will have to cover all of these ways to deprogram you, whilst also showing what is used to brainwash/program you.

To reduce suffering (in the long-term), you have to deprogram yourself, which you can do, by just recognising (and admitting), the brainwashing/programming/reprogramming inside of you.

To do this, you have to examine all aspects of your everyday life. The reason why you have to examine "your everyday life", is because those everyday things, are the things that you have been brainwashed/programmed to do, (and it is those things that are causing you suffering).

This title shows why so few people want to deprogram themselves. Ie, to be free from suffering, you have to examine the things, that you think are making you happy. Ie, the things that you do in everyday life, you chose to do, because you believed that there would be some reward at the end of it. Indeed, if you did not see any reward, in the things that you do (in everyday life), you would not be doing it.

What makes this all infinitely harder (for many people to do), is that people have invested so much time/effort/energy/money into getting certain things, (eg: relationships/friends/family/children/etc), that they don't even want to consider, that there might be a 0.1% possibility, that it is these things, that is causing them suffering.

Ie, deep down, they know, that if they examine these things, they might come to that conclusion, and they can't bear the idea, that all that time/effort/energy/money was spent, and the end result, is that all of those things, only ever gave them a few scraps of true happiness/peace/love/pleasure, and lots of suffering.

Also, if the people/companies still believe that they will be successful, (in being able to get what they want (by controlling and manipulating other people)), then they will do everything in their power, to defend (and/or hide) their position/game/tactics/etc.
-- Ie, they will not welcome criticism, or anything that exposes/challenges their subtle and sly ways/beliefs/actions/etc. And, this is true at all levels, and in all areas of life.

Indeed, in a previous section, I mentioned that: All true students/teachers/teachings (of: enlightenment, freedom, peace, etc), that are trying to deprogram you, will always welcome criticism/challenges, because everything must be challenged, and seen to be false, and seen to be just an idea/belief/concept/story/fairy-story/etc, and/or a trap/con/trick/method of control and manipulation, which makes you a slave, (and that this is the cause of your suffering).

The point is, that if any student/teacher/teaching, has an idea of enlightenment/freedom/peace/etc, and wants to defend it, then they are not true students/teachers/teachings, (who are trying to deprogram you).

Indeed, if a student/teacher/teachings, ever wanted to defend something, then that does not sound very "free". Ie, you only ever defend/attack something, when you are still clinging/desiring/fearing something.

The only exception to this, is when you're attacking/annihilating absolutely everything (including yourself), and not leaving a single part of the unmanifest/manifestation out. Ie, everything is included. No exceptions.

How this book will define the words: Enlightenment, Awakening, Self-realisation, Unmanifest, and Manifest/Manifestation.

(The following one page, is a repeat from the long conclusion.)

Earlier on, I stated that “True enlightenment occurs, when the whole of existence permanently becomes “That”, (non-existence)”, and therefore, this means that there can’t be any things like “enlightened people” (or enlightened: beings, entities, societies, worlds, times, eras, dimensions, realms, etc).

However, for me to be able to discuss how other people misuse the term “enlightenment”, (and how enlightenment causes suffering to so many people), I will have to state the type of false-enlightenment that I’m talking about. There are many different types (and definitions) of these false-enlightenments, however, in this book, I’m only going to talk about the highest type (of those false-enlightenments).

Obviously, if I’m talking badly about the highest type of false-enlightenments, then what this means, is that all other types (and definitions) of enlightenment, are even worse than this one. Ie, they’ll cause even more suffering.

> Side note: To be able to explain this in a sentence which flows (and is easy to understand), I will not be able to use the term “false-enlightenment”. Therefore, from this point onwards, I will just use the term “enlightenment”.
>
> It will be obvious enough when I’m talking about that type of enlightenment, because if I’m ever talking about the true definition of enlightenment, there is only “That” for the whole of existence.
> -- Ie, when I’m talking about the true type of enlightenment, there is not much to say about it, (because nothing can happen in “That”, (non-existence)).
>
> And, there’s no need to discuss this true type of enlightenment, because there is absolutely no ambiguity, (nor issues about interpretation, nor anything to dispute, nor any other stupidity), because this enlightenment is about the whole of existence as “That” (non-existence), and in non-existence, there are:
>
> - No teachings.
> - No teachers, (and no enlightened people/beings/etc).
> - No students/disciples/followers/etc.
> - No special places, (eg, ashrams, monasteries, etc).
> - No rules, dogma, etc.
> - No person that can get enlightenment.
> - No special powers.
> - No such thing as enlightenment, (or awakening, etc).
> - No special/higher dimensions (or realms, etc).
> - No god.
> - No existence.

- Etc.

Indeed, it’s even ridiculous to use the term enlightenment.

So, what this all means, is that in this book, when I use the term “enlightenment”, and say all types of things about it, then it should be obvious, that I’m referring to the false-enlightenment things.

So, from this point onwards, when I talk about these types of enlightenment (and enlightened beings, and truly enlightened beings), then I’m talking about the following type of enlightenment:

(End of repeat from the long conclusion.)

In case it helps people, I will explain this type of enlightenment again, (slightly differently), as follows.

This type of enlightenment, is the sudden realisation (by nobody) that nobody exists (as a person, or as any other type of identity). And, this sudden realisation, is not something that you (or anyone), can make happen.

Ie, after this realisation, the “person” no longer exists, and nothing has replaced the person. Ie, after the “person” is totally dissolved, what remains is nothing, (no identity, of any kind, not even as: “awareness”, “consciousness”, “the no thing”, “that which is nameless and formless”, “empty space”, the void, the unmanifest, the manifestation etc).

And, this realisation is permanent. Ie, this “state-of-being” is permanent, (ie, it's not just a glimpse, or experience that you have occasionally, or regularly, or 99% of the time).

The term “enlightenment”, can also be called “awakening”, “self-realisation”, etc. Everyone has different definitions of these words, and so it's always important to state how you intend to define it. This is a large subject, and so I'll describe it all, in more detail, at various points throughout this book.

The subject of “enlightenment”, is a very important one, because an enlightened “being”, doesn't suffer (mentally). Ie, since this book has the subject of “suffering” at it's core, it would be foolish to write a whole book about it, and omit the subject of enlightenment. So, throughout the book, there will be bits about: what enlightenment is (and isn't), how a person can (and can't) “become” enlightened, other misconceptions about it, etc.

Although enlightenment can't be attained by a person (through their own actions), the “path” to enlightenment, is still very important (in respect to this book), because the things that you do to “get” there, will reduce the amount of suffering in your life.
-- Ie, if the correct “path to enlightenment” is taken, then the person will definitely be able to free themselves, from many different types of prison/torture/slavery/rape, which means that freedom and peace will increase.

In this book, I will also use the words: the “unmanifest”, and the “manifest / manifestation”.
-- The “manifestation”, is all things, no matter how gross or subtle, (eg: physical, mental/thought, consciousness, awareness, energy, light, subtle dimensions/realms/etc).
-- Ie, the manifestation, is the same as existence, (if “existence” is taken to mean the whole of existence, (as opposed to it being used as something like “my existence”, meaning “my life”)).
-- Ie, “existence” includes: all dimensions, across all space, and all time, etc.
-- I will use the words “manifestation” and “existence”, to mean the same thing.

The “unmanifest”, is “that which remains”, when there is no manifestation.
-- Ie, the unmanifest, is the same as non-existence.
-- I will use the words “unmanifest” and “non-existence”, to mean the same thing.

The unmanifest can (perhaps) be called: “Your true home”, “Your true self”, “The source”, or “A glimpse of enlightenment”. However, there are different depths of this, so this is not always true/pure.

It's a bit ridiculous to try to describe such a realm, where words (and the person, and awareness, and consciousness) do not (and cannot) exist. However, this is a book, and so words will have to be used, and so this will have to do.

Hate, truth, hurt, and freedom, are all interlinked.

Whenever a truth is found, there will be some hate present (to some degree), at some point. This is inevitable, because, if you realised a truth, this means that you saw through a lie. And, wherever you see that you were being lied to, that hurts.

Many people try to avoid hate, but this is foolish, because you can only get to the full truth, by going through the hate.
-- And, when you get to the full truth, it will set you totally free.

The reason why I say “at some point”, is because some people have no problem with hearing truths, but this is only because, they're just hearing it in theory, and they have not yet fully comprehended the implications of it.
-- When they begin to comprehend the implications of it, then the hurt/hatred/anger/etc, will start, and gradually increase.
-- However, it should be seen, that they might never want to fully comprehend the implications of it. Some people never want to go beyond theory, but theory is never enough to help reduce suffering.

In the previous paragraph, I mentioned “hurt/hatred/anger/etc”, and how it gradually increases. So, I will now explain this in more detail. Initially, you might realise that you have been deceived, and when this happens, you will feel things like hurt/anger/etc. However, what is usually the case, is that the deeper that you examine it all, the more you realise, that you've been deceived/betrayed/lied to/etc, for most of your life, and by most people/companies/institutions/governments/etc.

-- Ie, it's inevitable, that this hurt/anger/etc, will move into hatred.

Also, it hurts the other way too. Ie, you might realise some things, which makes you realise, that you've caused other people suffering.

Sometimes, a person does not go deeper (in theory/practice/implications/anything), and in these cases, they might never feel much hatred, or any hatred.
-- Or, what can happen, is that the person starts to go a little bit deeper, and then begins to feel the hatred, and this then immediately makes them stop going any deeper, because:

1. They don't like the feeling of hatred.

2. They don't like the image, of being a type of person, that has hatred in them.

3. They've been brainwashed/programmed/conditioned, to repress any such feelings.

4. They're scared of the implications.

5. Etc.

Ie, many people would rather continue suffering, (even after being told how their life is prison/torture/slavery/rape), rather than face truths, and the implications of those truths.

The “truths” that I talk of, are nothing more than observations and realisations, that you can see for yourself, when you examine all aspects of everyday life. This book, is an attempt to help people, with this process (of seeing life clearly/honestly), in an ever-deeper way. Ie, this book will try to expose, all of the everyday things in life, that are causing people immense amounts of suffering.

Truths can be brutal, and will hurt.
-- However, this type of brutality, is not about trying to hurt people (for your selfish benefit).
-- Ie, it's not about bullying people. It's about helping people see what is causing them suffering, (so that they can free themselves from it).

It's important to note, that the truth can be brutal. This brutality will hurt, but it will also set you free. However, it's also important to note, that the brutality that I am talking about, is not the type which hurts, but does set you (or another person) free.

Eg, if a person says (to another), “You're fat”, then this is just bullying, and not the type of brutality that I'm talking about. Ie, it's not about trying to hurt people (for your selfish benefit). (I'll briefly discuss bullying, in a later section.)

Indeed, perhaps we begin to see, that brutality can be split into: “Selfish brutality”, and “Selfless brutality”.

-- “Unclear seeing” (of the manifestation), will cause more suffering, (due to causing separation, and not solving problems at a fundamental level). Examples of this, are: feminism, misandry, misogyny, misanthropy, antinatalism, efilism, etc.

-- “Clear seeing” (of the manifestation), with a conclusion like “The whole manifestation is cruel/evil”, will eliminate suffering, (because there is no separation, and the solutions are at the most fundamental level), because no person/entity/being/dimension/realm/planet/machine/universe/thing/no-thing/etc, escapes from this conclusion.

It's important to see, that all of the following, create separation:

- Feminism.
- Misandry - hatred of men.
- Misogyny - hatred of women.
- Misanthropy - hatred of mankind.
- Antinatalism - hatred of procreation.
- Efilism - hatred of human life.
- Etc.

They all create a war, between two (or more) sides. This book has no interest in creating sides, (to start a fight), nor in taking any sides (that have already been created). The problem with all of these types of groups, is that they do not look to solve problems from a fundamental level. Therefore, they are never all-encompassing, and therefore they will exclude, and cause separation. And, if even one thing is missed, then suffering will continue.

This will happen, because even if one small person/being/entity/thing (in the manifestation) is suffering, then the whole manifestation is responsible (and the cause) of that suffering. And, therefore, every part of the manifestation, would have to be classified as cruel/evil. And, therefore, to eliminate suffering, the whole manifestation has to be totally changed. I will explain more of this throughout the book.

If this book was forced to say what it hates, then it would be: “Hatred of the whole manifestation”. Because, if hatred is applied to the whole manifestation, then there are no opposing sides, and therefore, no fight/war/games can be played. Also, this hatred will naturally create a natural drive, to change the whole manifestation.

However, it's important to note, that this book is not about “hating the manifestation”, but more about just a simple clear seeing (of the manifestation), which concludes that: “The whole manifestation is cruel/evil”. How this conclusion is reached, is explained throughout this whole book.

And, again, in this statement “The whole manifestation is cruel/evil”, there is no separation, because no person/entity/being/dimension/realm/planet/machine/universe/thing/no-thing/etc, escapes from this conclusion. Therefore, there are no sides, and therefore it's impossible for there to be a fight.

And, this works from the most fundamental level, which means that it can provide a permanent end to suffering (for all), via non-existence.

Hatred for the manifestation (due to the fact that it causes suffering), is inherently a positive thing, due to it's clear seeing/honesty, and it's intent.

Many people will argue, that this book is full of negativity, (eg, “hate”), and so perhaps it's important to explain, that there is a massive difference between, hating a specific person/thing, and, hating the manifestation (due to the fact that it causes suffering).

This difference should be obvious, especially since “hatred for the manifestation (due to the fact that it causes suffering)”, is inherently a positive thing, due to it's intent.

Meanwhile, if you “love everything”, then this is a negative thing, because you are inherent saying, that “suffering is ok/acceptable”. I will go deeper into this, in the next few sections.

Another way to examine “hate”, is by examining how “hating everything”, is a “path to enlightenment”. This might not be obvious to some people, so I will explain all of this, in a few sections, later on in the book.

People who see others suffering, and then believe/say things like, “Everything is love”, are cruel/evil, because they're not only letting suffering spread, but they're saying that this is acceptable/ok.

Worse still, is that they're not only saying that suffering is acceptable/ok, but they're saying that suffering is a good thing, (because they have called that suffering, an “act of love”).

Bullying is a huge subject, especially because it usually happens, whilst other people stand by, and let it happen. Ie, the bystanders are just as bad as the bully, not only because they're letting it happen, but also because their non-action, will give the bully no reason to stop doing this, (in the future). Ie, the bystanders are letting suffering spread, in many ways, and on many different levels.

However, what is worse, is if these bystanders see others suffering, but then also believe/say, that “Everything is love”.
-- Ie, this is worse, because they're not only letting suffering spread, but they're saying that this is acceptable/ok/good, (because they have called it an “act of love”).

Moreover, many people use the word “love”, to also mean that it's “perfect”. This is even worse, and I will explain why, in the the next section.

Option 1 =

If you “love everything”, and think that everything is “perfect”, that (inherently) means, that you would not want to change a single thing, in the manifestation.
-- And this (inherently) means, that all suffering continues, forever.
-- Therefore, “love everything”, and thinking that everything is “perfect”, is (inherently) selfish/bad/wrong/immoral/cruel/evil.

Option 2 =

If you “hate everything”, and think that everything is “cruel/evil”, that (inherently) means, that you will be naturally propelled, to make changes to everything, to reduce suffering.
-- And this (inherently) means, that you will naturally be propelled, to keep doing this (at an ever-deeper level), until all suffering is permanently eliminated (for all people/entities/beings, and existence itself).
-- Therefore, “hate everything”, and thinking that everything is “cruel/evil”, is (inherently) selfless/good/right/moral/kind.

In the next few sections, I will discuss the difference between “love everything”, and “hate everything”, and also how this relates to enlightenment.

“Hate” is vital (in life), because “dislike”/“prefer not to”/etc, is not strong enough, to naturally propel you to make a big enough change in your life, (which is needed, to reduce/prevent/eliminate suffering, for yourself, and/or others).

For many people, the big changes in their life, happens when they accept the larger feelings.
-- Ie, if you “dislike” something, you might still be willing to deal with it, and therefore, it will stay in your life.
-- However, if you “hate” something, then you're going to be naturally compelled/propelled to make a change, (away from suffering).

Ie, this is an example, which shows the importance of hate.

It's important to realise that, that hate is a natural thing, which naturally propels you.
-- Ie, you don't need to think about anything, because that natural force will drive you away, from whatever is causing you that suffering.

“Hate” is a very powerful energy/force in all of us, which we have been brainwashed/programmed to repress, because this then makes you:

1. **A more docile obedient slave.**

2. **Not try to to break out of your prison.**

Let's follow on from the previous section. When you see the word “hate” in this light (as explained in the title of this section, and the previous section), then you start to realise, that perhaps everyone has been brainwashed/programmed to believe, that “hate is bad”, and that perhaps this has been done, so that the people/slaves don't rise-up, against the rulers/controllers/programmers, (eg: parents/friends/partners/governments/religions/organisations/etc).

Ie, all these people/groups, have tried to make the word into something negative, so that you try to ignore any such feeling within you, which makes you stay compliant to their wishes and desires.

Like it (or not), hate is something that can arise in anyone, so it seems to make more sense, that people are taught, how it can be used, to help reduce suffering (in themselves, and for other people).

It's very easy to teach people about hate, because all a person needs to do (when hatred is in their body), is just identify, if it's “selfless-hatred”, or “selfish-hatred”.

- Selfish-hatred, is a very negative force, which will impact themselves (and others) negatively.

- Selfless-hatred, is a very positive force, because it has the power to transform themselves (and others), into an ever-deeper selfless person, reducing/preventing/eliminating suffering, everywhere.

The deeper you go, the more you realise, how important “hate” is. Hence why I'm devoting quite a few sections, to this one word.

“Love” (on earth), is a “selfish-love”. It might feel wonderful, but this worldly conditional love, will only ever cause problems for yourself (and others), because it creates a strong bond/position/thing to cling to.

Selfless-hatred, does the opposite, by freeing you (and others), from these selfish strong bonds/positions/things to cling to.

Obviously, selfish-hatred, also creates a strong bond/position/thing to cling to.

In the title, I said, “Love” (on earth), is a “selfish-love”, because it is. The love on earth (that people call “love”), is just their selfish desires being fulfilled. Their love is full of

conditions/rules/limits/expectations/etc, along with dependancy on other people, or things. Indeed, when this “love” is exposed like this, it hardly sounds like something that is a true/pure love. Indeed, it sounds more like a prison/torture/slavery/rape, (that is imposed on other people, and things). (I will go into this in more detail, in other sections.)

-- “Selfless-love”, will trap/prevent/block you, because, if there's even one small subtle thing, that you're still wanting to cling/bond to, then you're still in selfless-love. And, love will give you a feeling, which will naturally make you not want to give up that feeling/bond.

-- “Selfless-hatred”, does not have this problem, since the feeling of hate, is not something that you want to cling/bond to. Ie, hate will always naturally propel you, to go ever-deeper, because if there's even one small subtle thing that you hate, it will be natural and effortless to give up this bond, (because it's something you hate, and want to move away from).

Ie, you will always have a natural desire, to free yourself from this bond/thing (that you hate), because it's causing you a feeling of hatred, (which no one naturally likes), and so you naturally do everything that you can, to break this bond, and move onwards (deeper).

Of course, “move onwards”, is to keep repeating this process. Ie, this process will naturally lead you, to keep freeing yourself from all bonds (ever-deeper). This is very important, so I will go into this is detail in the next section.

“Freedom” (being free from some thing/bond/position/person/etc), is nowhere near as deep as “Beyond freedom” (where there is no one, and no things, and so there is no one who can be free, nor no things to be free from).

When a person does not have any things/beliefs/etc to cling to, they then have no “position”, which means that they will not exist. Actually, the last sentence is incorrect, because it doesn’t happen by cause and effect. Ie, they all happen simultaneously. Ie, in the same moment that there is no position, there is no “person”, nor “things/belief/etc” in the “world”. This is always the case, because “i” can only exist, if other things exist. And other things can only exist, after “i” exists.

Indeed, this is all perhaps obvious, because, if you go deep enough, you will see (for yourself) that “i”/“me”/etc, is just made up of layers of beliefs.

Ie, it's just like “words”, where words have no fundamental basis of reality. Ie, words only exist, by their definition, and definitions are just more words. Ie, there really is no fundamental reality to: “i”/“me”/etc.

Of course, if there is no “i”/“me”, then nothing else exists. Ie, the first layer of creation, is “i”, and after that, all other things can be created. I will explain the “layers of creation”, later

in the book. And the “process of creation”, was explained in the long conclusion.

The point of all of this, is that selfless-hatred, can take you to a place that is “beyond free”. Of course, “beyond free”, is a bit silly, because at that depth, it's silly to want to create labels. However, this is a book, and so I will have to use some labels. Perhaps it should be rephrased, as: selfless-hatred, can propel you to non-existence.

Hatred is the natural fire (within you), which burns all things/bonds/beliefs/etc, which are all the things that cover/hide, what (and who) you truly are.
-- Ie, hatred is the fire, that will set you free, (even from yourself).
-- Therefore, selfless-hatred, is inherently (by definition), a path to enlightenment.

In a previous section, it was discussed how, selfless-hatred can free you more easily (than selfless-love). If we combine the information in that section, with the information in the previous section, we find that:

- Selfless-love, will trap/prevent/block you from totally dissolving yourself (the “i”).

- Selfless-hatred, will naturally propel you, to free yourself from all things, and then free yourself from yourself (the “i”).

Therefore, selfless-hatred is inherently (by definition), a path to enlightenment, (since enlightenment is about the total dissolution of “i”/“me”).

All paths to enlightenment, will always (inevitably), cause a person great suffering, (because no path can ever lead to enlightenment).
-- However, certain (correct) paths to enlightenment, can be beneficial to you, since they can greatly reduce a person’s suffering.

Ie, you just have to know:

1. What a path to enlightenment, can do for you, and can't do for you.

2. Why some paths to enlightenment, will reduce your suffering, and why others will only ever increase your suffering.

In the previous section, I mentioned “paths to enlightenment”. So I will discuss it in more detail here. I said that “no path can ever lead to enlightenment”, because enlightenment is something that just happens, whenever life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), makes it happen.

However, as mentioned before, it's important to realise, the benefits of a path to enlightenment, because the correct type of path to enlightenment will greatly reduce a

person's suffering. And, “greatly reduce a person's suffering”, will have to be good enough, since enlightenment cannot ever be attained/achieved/arrived at/etc.

Ie, as long as you know, that no path will actually get you to enlightenment, then certain correct paths to enlightenment, will reduce your suffering, and not cause more suffering.

Note: Although certain paths to enlightenment, will reduce a person's suffering greatly, most paths to enlightenment will only ever increase suffering. The way to know the difference is simple.

The paths which will reduce suffering (in the long-term), are the ones which make you examine (at a fundamental level), what is causing your suffering. Because, when you examine everything at this level, the natural changes (of reduction in suffering), will be permanent.

By “permanent”, I mean that the issues that you examined (of what causes you suffering), will not come back. Eg, after you realise, that touching a hot stove will cause you suffering, you never do that again. Ie, this is a permanent realisation. Ie, this issue will never cause you suffering again. However, there might be other things in life, that will cause you suffering, and so you'll have to examine each of those as well (whenever they happen in life), so that you can prevent them from causing you suffering (in the future).

Note: When I say that some paths only ever increase suffering, what I mean, is that they might provide some relief from suffering, but only because they have shifted your attention elsewhere, or brainwashed/programmed you.
-- Ie, they never solve the fundamental issues, that are causing you suffering, and therefore, it's only a matter of time, before the old suffering reappears, along with the extra (new) suffering, that is caused by realising that you've been deceived by this “path to enlightenment”. Ie, at the end of it, you have more suffering, (than which you started with).

It's important to note, that all such paths, (which shift your attention elsewhere, or brainwashed/programmed you), only ever provide short-term relief, because these paths/techniques/methods/teachings/meditations/ways/etc, can't ever work in the long-term. Of course, whilst you're doing such paths/techniques/methods/teachings/meditations/ways/etc, it's easy to believe, that you could just keep doing this forever, however, all of them will always stop working. And, since they don’t work in the long-term, it's absolutely inevitable, that the old suffering will reappear.

Unfortunately, the only way for most people to believe this, is for them to try it, and see. However, even when these people have tried many of these paths/techniques/methods/teachings/meditations/ways/etc, and seen that they all only ever work in the short-term, these people will still probably choose, to keep trying these same (or thousands of similar) paths/techniques/methods/teachings/meditations/ways/etc, because the only other option, is to try the path that makes you examine all the ugly truths about your life (and life itself), and this is not something that many people want to do.

Ie, they would rather stay in their bubble of prison/torture/slavery/rape, rather than see/admit/expose, the ugly (and inconvenient) truths, that they know will inevitably be

revealed, (about themselves, and everyone, and existence).

If hatred arises, that does not mean that you are the one hating.

Many people have been brainwashed/programmed to believe that “hate is bad”, and “love is good”.
-- Therefore, it's important to analyse both of these, in more detail.

Hate is an emotion, which many people do not want to experience, especially because they want to be appear (to themselves and others), as being person that is: “positive”, “loving”, “spiritual”, etc. However, this attitude, will just mean that the person will be acting fake, and deceiving/deluding themselves.

Hate is an emotion, that will arise (in you), and fall (out of you), and this will happen, regardless of whether you like it (or not), or believe it (or not).

If you repress hate, (or any “negative” emotions), then they will cause you infinitely more suffering.

Ie, if hate is going to arise, then it's going to arise.
-- Therefore, you have two choice:

1. You let it arise, and fall. Ie, you let it do what it wants, and then once it's gone, it's gone.

2. You try to deny, that there is hate in you. Ie, hate has arisen in you, and you choose to pretend, that it's not there, by making up some story, or by having some belief, or whatever else.
   -- If you do this, then you will trap the hate within yourself, (for a longer period of time, than it would have originally been there for, (if you had done option 1).

   The key point of this, is that when you deceive/delude yourself like this, it causes you all sort of problems (mentally/physically/emotionally/spiritually). And, because the hate is trapped within you (for a longer period of time), the mental/physical/emotional/spiritual problems, will be inside you for a longer period of time.

On the subject of hate, one of the key things to realise, is that hatred has “arisen”. Ie, you are not hating anything. Ie, the idea of “i” has arisen, and hatred has arisen, and that's all.
-- Ie, at this point, there are not any problems, and there is no suffering.

Or, if hate arises in you, another way to look at it, is that a sensation has arisen in you, and you just don't put a label on the sensation. Ie, if you don't label the sensation as “hate” (or anything), then it will be a whole different experience.

Ie, the suffering starts, when you think that: “I am the one that is hating”, and “I don’t want to be a person that hates”.

Of course, there is nothing that you can do about this, because, “I am the one that is hating”, and “I don’t want to be a person that hates”, are also just thoughts/things, that have arisen.

Knowing all of the above, it can be seen why people who think that it's important to say “I must love myself”, are going to cause themselves suffering.
-- Ie, not only are they creating the “i”, but they're stuck in the believe that “love is good, and hate is bad”, instead of just knowing that these things (love and hate), are things that arise and fall, and there's nothing that you can do about it. And with that realisation, comes a bit more peace.

Hating everything, is a path to enlightenment, and this particular path, will lead to a deeper/wider state of enlightenment, (as compared to other paths).

However, the deepest/widest state of enlightenment, will only ever happen, if the person has experienced all paths to enlightenment, (including “love everything”, and “hate everything”).

Many people believe, that the only way to get enlightened, is to “love everything”. This is not true, because there is nothing that you can do, to get enlightened.
-- And, even if there was a path, the path of “loving everything”, will just end up in a trap, (which I will explain in more detail, in the next two sections). In this section, I will discuss it only in a general way, (because it might act as an analogy).

If you want to play the game of “paths to enlightenment” (via this type of path), then let's look at it now. The reason why “loving everything” could (theoretically) help you get enlightened, is because the person will then see everything as being the “one-same-thing”, (which, in this case, is love). Ie, if you see everything as love, then that will do the trick, (as long as this love includes absolutely everything, including “you”, “i”, and everything that you hate/hated in the world).
-- Similarly, if you see everything as hate, then that will also do the trick, since you are still seeing everything as being the one-same-thing, (which, in this case, is hate).

Given these two paths, it can be argued that “hating everything” will lead to a “deeper” and “wider” state of enlightenment.
-- However, the truth is, a deeper/wider state of enlightenment, will only really happen, if the person has experienced both “love everything”, and “hate everything”.

Needles to say, if this is going to happen, the “love everything” path, will have to be traveled first. Ie, it cannot be other way around.

Of course, to get to an even deeper/wider state of enlightenment, it's best that the person has had experiences, of all the different types of paths to enlightenment. The reason why

this leads to a deeper/wider state of enlightenment, is because you'll then have had more direct/personal/first hand experiences, which will inherently give you a wider perspective/seeing.

Yes, the idea of a “deeper” or “wider” state of enlightenment, is theoretically ridiculous, but there are some practical truths to it, and this is important, because “theory” is totally irrelevant, (because knowing about enlightenment in theory, does not help you get enlightened, nor make you enlightened).

More needs to be explained, which I will do in the next two sections.

If you “love everything”, then you're either: selfish, or delusional, or brainwashed.

The reason why the title of this section is true, is because if you're able to love everything, then that means that you're able to love everything, despite knowing that all people are suffering.
-- If someone is suffering, and you believe that this is love, then this just shows, that you're either: selfish, delusional, or brainwashed/programmed.

It's important to note, that all of these words (selfish, delusional, brainwashed/programmed), all go hand-in-hand. Perhaps the best way to explain why, is to do so in an example. So, let's do this in the example of a person that “loves everything”. This is as follows.

In the moments where a person “loves everything”, they're happy, and that's all that matters to them. Ie, they don't care that other people are suffering. Alternatively, if they think that suffering is good, then, no problem, they are free to believe that. However, if some other people believe that suffering is bad, and those other people are suffering (and they want the suffering to stop), and that person (who “loves everything”) knows about this, and yet they still think that love is everywhere, then that person is being selfish, or, that person has been so brainwashed/programmed, that they are now delusional.

Ie, that person is brainwashed/selfish/delusional/etc, because they believe in some reason/god/religion/thing/spiritual teaching/etc, which says that it’s ok/acceptable for suffering to exist. Or worse, it says that it’s good for suffering to exist. Or even worse, it says that it’s perfect for suffering to exist.

When you see life clearly/honesty, suffering is seen as something that is beyond despicable. And this keeps getting worse, as you go ever-deeper.

A person that “loves everything”, will not get to enlightenment, because to “love everything”, they need to create (and maintain) the “person”.

In “hating everything”, there is a natural shift, from, a person hating, to “all there is

hate", (or "hate alone exists"). And, if only one thing exists, then no thing exists. Ie, the label of hate dissolves, and all that remains, is the unmanifest.

It's important to note, that an enlightened person/being, would not "love everything", because at the level of "everything", everything is the one-same-thing, which means that no word can be used to describe it. Also, they would not "love everything", because, to "love everything", a person would need to exist, and a truly enlightened being, is not a person.

The previous paragraph, will perhaps also help explain the difference between "a person that 'loves everything'", and "'loving everything', as a path to enlightenment". Ie, there is a big difference between the two, because, in that type of path to enlightenment, the goal is to let everything dissolve into the one-same-thing. Ie, whether you use "love" or "hate", makes no difference, (in theory).

However, (in practice), if you put yourself into a state where you "love everything", then you can end up in the trap (as explained previously), where you're either: selfish, delusional, or brainwashed. Ie, this will not get you to enlightenment.

And, a person that "loves everything", will not get to enlightenment, because to "love everything", they need to create (and maintain) the "person".

However, this is not the same for "'Hating everything', as a path to enlightenment". The reason why "hate" can work (in practice), is because when you examine every aspect in life, then even the most beautiful things/situations/moments/etc, can be seen to be cruel/evil. Ie, this means that, everything in the manifestation, is cruel/evil (even if beautiful/good/etc), and therefore, it's possible to see everything in the manifestation, as hate. Ie, the result is that everything is seen "as" hate. (Ie, not someone hating).

Ie, in "hating everything", there is a natural shift, from, "a person hating", to, "all there is hate", (or "hate alone exists"). And, if only one thing exists, then no thing exists. Ie, the label of hate dissolves, and all that remains, is the unmanifest.

However, let's go back a step, and go via another route.
-- It can be said that:

- When you're in a beautiful moment, if you "hate everything", then you're still able to feel the beauty of that moment, and simultaneously, the cruelty of that beautiful moment, and all the cruelty in the world, (of so much suffering that exists).

- When you're in a beautiful moment, if you "love everything", then you're only able to feel the beauty of that beautiful moment, which means that you're willing to turn a blind-eye, to all the cruelty in the world, (of so much suffering that exists).

The next step, is that you also apply hatred to yourself, (the "person" that is seeing all of

this). This is a natural process, because “people” are made from layers of delusion, and the delusion is cruelty/evil, (which you would naturally have hatred for).

So, since there is now also hatred for the “person”, then “hatred alone exists”, which means that “hatred” then falls away, (because one word cannot have any meaning (without other words existing).
-- Ie, “hating everything” was the stepping-stone to “oneness”.

“Oneness”, is not a good term. A better attempt to describe it, is: “That which is not a word/concept/idea/belief”. The word “unmanifest” (or “non-existence”), will have to do.

Hatred of “everything”, means “everything”, (including yourself).

If you miss one piece out, then you'll end up going in a totally opposite direction, (towards more suffering).

As seen at the end of the previous section, included in this hatred, had to be yourself. However, for some people, this might be the easy part. Ie, they might find it easy, to hate themselves, but hard/impossible to apply that to:

- Their parents/family/partner/etc.
- Their pets, and/or animals/nature/earth/etc.
- Their god, or divine/spiritual experiences/etc.
- Etc.

The point is, nothing can be left out. No exceptions.

If you're not able to see, how even the most beautiful people/animals/gods/moments in life can be cruel/evil, then you have not examined everything deeply enough. Ie, all aspects of life (and life itself), needs to be examined, in every way, and at every level.
-- And, this process will never end, because it is all ever-deeper.

If you miss one piece out, (eg, because you can't bear to examine that aspect of life), then you'll end up going in a totally opposite direction, (towards more suffering).

Hatred for “I”/“Yourself” (as the unmanifest, and the whole manifestation), can lead to a change in the whole manifestation.
-- And, the larger/wider/deeper that that hatred goes, the more fundamental the level, at which the change is naturally made.

Note: In the title, I'm talking about “I” (the unmanifest/manifestation), not “i” (the person). And, the capital letter in “Yourself”, also denotes this.

The only way to make a permanent change, is to do it at a fundamental level. If the most

fundamental thing, is the unmanifest/manifestation, then that is obviously the best level to work at, (especially if you want to end all suffering (for all).

It might sound ridiculous, to say/think that a change can be made at this level, however, it can be argued that, what you truly are, is the unmanifest, and that the manifestation is a reflection of yourself. Therefore, it is possible.

Ie, if you can widen the hatred to encompass the whole manifestation, then you'll naturally have the desire/will/drive, to naturally make changes at that level, in whatever way is needed.

Ie, you'll not ever be able to make a change at that level, until (and unless), you have a natural hatred of everything in the whole manifestation. This would include, all planets/universes/dimensions/realms/etc. And, it includes Yourself (as the unmanifest, and manifest).

And, the larger/wider/deeper the hatred, the more fundamental the level, at which the change is naturally made.

If you look at "Yourself" (as the unmanifest, and the whole manifestation), and realise (and admit), how ugly/despicable/cruel/evil you are, then from this clear/honest seeing of Yourself, you will naturally want to change Yourself.

There will then be a natural desire/will/drive, to want to end all suffering for all, (via non-existence).

In this title, it's important to see the word "naturally". Ie, this whole process, is a natural one. Indeed, this is always the case, with this process of seeing clearly/honestly, how you really are. Ie, whenever you clearly/honestly see, how you really are, you will cringe, and this will naturally propel you to change it.

Note: Perhaps part of this title, is written wrongly. I wrote, "you will naturally want to change yourself", but, perhaps a more accurate wording could be: "you will naturally change yourself".

Ie, all I need to do, is see life clearly/honestly, and this will show me how ugly/despicable/cruel/evil, "I" am, and then the rest is automatic.

Ie, the change towards less suffering is automatic, and the change towards an ever-deeper freedom/peace/love/bliss, is automatic.
-- Ie, this is not something that can be any other way.
-- Ie, it's all inevitable.

It's important to be able to distinguish between a selfish-complainer, and a

selfless-complainer.

The difference is:

- A selfish-complainer.
  Is a person who complains, for selfish motives, (whether that selfishness is (directly or indirectly), for themselves, or for their group, (eg, for their: gender, family, race, etc)).

- A selfless-complainer.
  Is a person who complains, for selfless motives. Eg, they say things, as a commentary from their natural clear/honest seeing of life, which has behind it, a natural desire, to find out why such suffering exists, and how to solve it, (for themselves and everyone).
  -- It can also be a commentary, that comes from their natural questioning/investigating/exposure, of all the games/lies/deceit/etc, that they are witnessing. And, they do this, to reduce/prevent/eliminate the suffering, of all beings in existence.

When the two groups of people (selfish vs. selfless), complain about things, it's a different action, (for many reasons). Eg, if someone is complaining about things in life, and they believe that suffering is unacceptable and unnecessary, then the complaint has justification. This is as opposed to, those who complain about things, but think that it's ok/acceptable/necessary, for people to suffer. Ie, the difference is, that with the selfless group of people, there's no deceit, no lies, and no delusion, about the way that life is.

Also, their complaints about life, is not really a complaining, but a commentary from their natural clear/honest seeing of life, (as explained earlier). Meanwhile, the people that think that suffering is acceptable and necessary, they complain, but their complaint is to elicit sympathy for themselves, (or whatever other reasons). Ie, their motives for complaining are selfish.

Some people in the selfish category, like to use reasoning/excuses like: “There is no good or bad”, “It's all relative”, etc. Yes, if you want to go to the deeper levels/states/realms, then you will hit the “places/realms”, which are neither good nor bad, nor any of the other words, nor any concepts/ideas/thoughts/etc. Indeed, not even “nothing”, “the void”, can exist in those realms.

However, these states are not permanent, and it's inevitable, that life will bring everyone back to the surface again, (to face more suffering). Therefore, the only way to deal with this thing called “suffering”, is to examine it, because only then, can it perhaps be reduced/prevented/ended.

Also, people in the selfish category, say such things, despite the fact, that they know that there are many people in this world, who are suffering. Ie, other people are suffering, but they are in an ok position in life, and so they say such things, to keep themselves in the game, and to keep the game/system alive. And, they also say such things, to trying to make themselves look good, or improve their position in the game, or whatever else.

Moreover, some will even say such things, even though they themselves are suffering.
-- Such is the strength of their desire, to not look at life in a clear/honest way.
-- And, such is the strength of their fear, (that certain things might be exposed).

Some of the things that they fear, are that:

1. The game is exposed.

2. It's exposed that, they're choosing to participate in the game.

3. Their position in the game is exposed.

4. It's exposed that, they're using subtle/sly tactics, to control and manipulate others.

5. It's exposed that, they have/are causing suffering to others, and they know that they cannot deny it.

6. It's exposed that, they've created humans/entities (babies), which will inevitably suffer, and therefore they know that they can't deny, that they've caused suffering to others.

7. Etc.

The only way to reduce/prevent/eliminate suffering, is to attack suffering head on, by exposing all of it, in simple words and sentences.

Ie, this is about clearly exposing, what is actually making people suffer, (in practice), in every part of everyday life, (without excluding any part of it).

Ie, this book is not about creating more academic/theoretical words/jargon/discussions, (which is only ever done for selfish reasons).

This book is not interested in trying to create an academic theory, (which other academics will then discuss in the future), because this is never anything more than theory. All things in the academic field, are limited by the limits of academia. It's obvious, that no one naturally wants to limit themselves, and this means that, anyone who does limit themselves (eg, to academia), is doing so for selfish reasons.

This book will try to be as free from limits as possible. And, it will try to make itself available (to be understood), by as many people as possible. Ie, it will try to use simple words, and simple sentences. People who write and talk using complex words and sentences, are involved in games.

Ie, the people who use complex words and sentences, do so for selfish motivations.

Making things more complex, does not help anyone. There are many reasons to make

things complex, and all reasons are selfish, eg:

1. To make themselves feel more intelligent/academic/expert/official/special.
2. To create/keep a job and career.
3. To create/keep a new game within the job/career.
4. To hide the truth.
5. Etc.

Indeed, one common reason for using complex language, is to hide truths/lies/games/etc. So, if this book wants to expose games/lies, it can only do so, by stripping away the many layers of it all.

Also, if this book wants to end suffering (for all), then it needs to write in a way, that can be understood, by as many people as possible. This book will attempt to do all of this, in the hope that it might expose everything, so that those who wish to free themselves from suffering, can do so.

Needless to say, since the aim of this book, is to discuss how to end all suffering (for all), and it's trying to do this via a book, it's inevitable, that words have to be used. And nothing in the book, will have any real meaning, without defining these key words. So, this is what has been done in the previous sections.

One thing that was done (in some of the previous sections), is that I grouped many key words, into the two main categories, (of: people who believe that “suffering is unacceptable and unnecessary”, and people who believe that “suffering is acceptable and necessary”). There were many key words, which were added to each of these categories, and I will use these words interchangeably.

Creating these two categories, is very important, because when people talk, if you listen to the sentences that they say, you'll be able to hear the subtext of that sentence, and therefore, you'll be able to know the subtext of that person, (ie, what that person’s underlying meaning/beliefs/ideas/views on life are).

Note: Although it might be obvious to you, to be able to see/know the subtext of a person, that person probably doesn't know what their subtext is. Ie, you can clearly see what their underlying meaning/beliefs/ideas/views on life are, but they can't.

Indeed, this is to be expected, because most of this underlying stuff, is in that person's unconsciousness, (and therefore, it's impossible for them to know what exists in there). However, it's incorrect to say this, because it's not that they don't know what's down there, so much as, they don't know that anything is down there. Or, more accurately, they probably don't even know, that there is a “down there”.

This is generally true, because if people did know about their “down there”, then there wouldn't be so much suffering in the world. I'll explain this statement, as follows.

If you truly know/understand/realise, that you have an unconsciousness, and that all your actions are based on beliefs (that are in you unconsciousness), then you know, that you are just a puppet. And people who know that they are puppets, can't be arrogant. And, most of the problems in the world, are caused, because everyone is so arrogant, (because arrogance makes you blind/stupid/selfish/immoral).

What many people do not realise, is that you can see/know the subtext of a person, even without talking to them, because their actions give it all away. Indeed, you don't even need to see them, because just knowing what they do, can be enough. Ie, there are many ways to know the subtext, including:

1. What they say.

2. How they say it.

3. What actions/activities/hobbies/lifestyles they are doing now, (and have done in the past, and want to do in the future).

4. Etc.

Of course, if people are oblivious to what is in their unconsciousness, then it's to be expected, that they'll be oblivious to the deeper beliefs in life. Ie, most people might be totally oblivious, to these two main categories, (of: people who believe that “suffering is unacceptable and unnecessary”, and people who believe that “suffering is acceptable and necessary”). And therefore, they won’t know, how fundamentally important they are.

Yes, people know all the words used in the sentence, (“acceptable”, “unacceptable”, “suffering”), but they only know these words at a superficial level. If they knew these words at a deeper level, there wouldn't be so much suffering in the world.

This book will demonstrate all of this, in many ways, by examining how everyone creates suffering, (for themselves, and others), in all aspects of everyday life. This will be done, later in the book.

After clearly/honestly examining every aspect of life, some clear conclusions arise, which are that:

1. “The meaning of life”, and “The purpose of life”, is (at a deeper level), to get/be “That”.
   -- This is obvious, since that is what life is.
   -- However, if people/societies/entities/dimensions are taking the indirect route (to “That”, (as explained in the short conclusion)), then life just

becomes about using/enslaving/raping lots of people/animals/entities/things/energies, (which is all done, in the hope of reducing/preventing/eliminating suffering, and increasing pleasure/happiness/feelings/sensations/etc, and also increasing freedom/peace/love/bliss).

Therefore,

2. Life is not: “A mystery”, “Beyond comprehension”, “Unpredictable”, etc.

Indeed,

3. Life is just the same pattern repeating itself.
   -- The pattern of life, is that: people suffer, get a scrap of happiness, and then go through more suffering, ad infinitum.
   -- The “scrap of happiness” (which lasts for 5% of your time), may vary in description, (eg: happiness, pleasure, peace, spiritual experience, etc), but whatever it is, it's always followed by more suffering (emotional/physical/mental/spiritual), which lasts for 95% of your time.

Therefore,

4. Life/existence is just a never-ending prison/torture/slavery/rape.

Therefore,

5. Life/existence is cruel/evil.

The information above is important, because it's a very good demonstration, of how people deliberately delude themselves, and then wonder why they're suffering.

Ie, they deliberately delude themselves, by thinking things like, “Life is a wonderful mystery”, “Life is beyond comprehension”, etc, however, if they just clearly/honestly looked at life, they would see that there is no “mystery” to life. None at all.

Indeed, life is the opposite of “mysterious”, because anything that repeats itself, is certainly not mysterious. This pattern is obvious.

Indeed, perhaps all these phrases (eg: “Life is beyond comprehension”), are there to make you give up (trying to understand life), before you even start.

Indeed, there are also questions like “What is the meaning of life?”, but people are only happy to discuss such questions, if they get the answers that they want to hear.

Ie, people will do everything in their power, to stop you from revealing the truth. And, they will do this, because:

1. They do not want to lose their personal-slaves.

2. They do not want their bubble/delusion to be burst.

3. They do not want to be labelled as being selfish/immoral/cruel/evil, (which they know they will be, if they had children, or think that it's ok for other people to have children).

4. Etc.

Ie, if people see that the “purpose of life”, it to get “That”, but people are only interested in using/enslaving/raping people (as explained above), then people will start to question their lives, and see that people (parents/friends/family/companies/etc) are using them as personal-slaves, and work-slaves.
-- And, with this realisation, they will break free.

Of course, the slave-drivers and slave-owners, do not want this to happen, and so they want life to be something, that is:

1. “Impossible to ever understand.”
2. “Beyond human comprehension.”
3. Etc.

However, all it takes to free the slaves, is to tell them that “the meaning of life”, is simple to know, because all you need to do, is to observe what life is doing. And, upon observing life, it's clear to see, that there is a pattern. And, the pattern, is one of: suffering, followed by a scrap of happiness, followed by suffering.

However, the slaves have to take this information, and really see/realise it for themselves. Ie, the only way to reduce (and end) their suffering, is if they themselves, see the cause of suffering.
-- Ie, someone can point it out to them, but they have to see/recognise it. And, if they don't fully see/recognise it, they'll continue to suffer.

Therefore, unless you (yourself) examine life, and see how life causes you suffering, you will be doomed to repeat the cycles-of-suffering, (in every part of your life).

Conclusions that come from a “clear/honest seeing” of life, are not up for debate/discussion/argument/etc, because they are not opinion.

Eg, if suffering is seen to exist, then it exists, and it's ridiculous to try to argue that it doesn't exist. And, if it's seen that “life is full of suffering”, then that is just how it is.

The only people who want to argue such things, are those who want to hide the fact, (or misdirect your attention, or program you). And, people only ever want to do such things, for selfish reasons/motives.

Conclusions that arise from clear/honest seeing, are never liked by slave-drivers and slave-owners. They prefer conclusion that are just ideas/theory/etc. Indeed, if something is not theoretical, then it can't be up for debate, which means that they can't try to persuade you to change your mind.

It's important to see, that clear/honest seeing, is not something that can be argued against, since it is not programming.
-- Ie, programming can be argued against, and/or, exposed as being false.

The result is that, the only way that the slave-drivers and slave-owners, can attack conclusions (from clear/honest seeing), is to use their usual tactics, of: shaming, ridicule, etc.
-- However, all these weapons/tactics, can only affect people who are programmed.

Indeed, some slave-drivers might know this, but they'll continue to use their usual tactics of shaming/ridicule/etc, because they might have lost some slaves, and so now they're just trying to stop their other slaves from freeing themselves too.

To see life clearly, you might (firstly) have to break your brainwashing/programming, of the belief that:

"Negative thoughts/realisations/conclusion/etc, are bad for you".

This was programmed into you, because this is what keeps you trapped in slavery, because you will never be able to free yourself (from being a slave), until you see/admit, many negative things, eg: that you are a slave, life is prison/torture/slavery/rape, etc.

The only reason to brainwash/program someone, is to be able to control and manipulate them, (to get something from them, and use them, etc). Ie:

1. No programming, is ever good for you.

2. The more programming in you, the more you will suffer, and the less freedom/peace you will have.

3. No programming can ever increase your freedom, or peace.

4. All your beliefs/ideas/concepts/etc, have been programmed into you, to keep you enslaved, and imprisoned.

5. When you are programmed deeply enough (with beliefs/ideas/concepts), you won't even know them to be beliefs/ideas/concepts. Instead, you'll think that they're indisputable/unquestionable/unchallengeable "facts of life").
   -- Therefore, you'll never even know, that it's something that you can question/challenge. And, you'll believe these "facts of life" to be good/important/etc. Ie, the brainwashing is now complete. And, you'll now become a person who brainwashes/programs other people.

It's all so ingrained in everyone, that almost everything's upside-down. Ie, almost all things

“negative”, are actually “positive”.

Indeed, that is the purpose of inventing (and using) the words “positive” and negative”. Ie, unless the programming begins with this, the programmer can't tell you what to stay away from. And, the programmer needs you, to stay away from anything that makes you realise, that you're a slave.

After the programmer has brainwashed/programmed the victim with concepts like “positive”/“negative”, (and “good”/“bad”, etc), then they can program you to believe that certain things are bad/negative, and this is what you should stay away from, and/or never question.

The key point is, that no programming is ever good for you. And the other key points, were described earlier, (in points 2 to 5 (above)).

Therefore, it's to be expected, that people are going to think/believe, that: “Negative thoughts/realisations/conclusion/etc, are bad for you”.
-- And this means, that many people are going to find it extremely hard, to accept observations/realisations like:

1. “Life is a never ending prison/torture/slavery/rape.”
2. “Life is cruel/evil.”
3. Etc.

Yes, some people might say that they know this, but most will still be doing some things (in their everyday life), which are causing them suffering. Ie, they're still suffering, because they haven't examined:

1. All aspects of life, with ever-deeper honesty.

2. The full implications of each examination, (on a personal level, and an impersonal level).

3. Etc.

The point is, that freedom will natural come, with each thing (in life) that is seen/admitted/exposed to be causing prison/torture/slavery/rape. And therefore, freedom cannot happen, unless they examine all things (in life).

Of course, the key word in the previous sentence, is the word “they”. Ie, the person needs to do this examination themselves, because only with they (themselves) coming to this conclusion/realisation, will they naturally stay away from the traps/slavery/torture/imprisonment/rapists.

Ie, you have to free yourself. No one can do it for you.
-- Yes, people can help reveal what traps/programming exist in various aspects of everyday life, but unless the person can see that they are (themselves) trapped/enslaved,

they will remain trapped/enslaved.

Therefore, this book will go through many different aspects of everyday life, to try to reveal all the traps, and how each trap works. However, the book can do no more than that.

Peace and freedom, is not something to "get", or "get to".

Peace and freedom, is something which "remains", when you stop doing things, that cause you suffering.

This "stopping", will naturally happen, when you examine (and then realise/admit), what things (in everyday life) are causing you suffering.

In spirituality/enlightenment/etc, there are hundreds of methods/techniques/meditations/teachings/etc, that promise to reduce your suffering, and/or bring you peace and freedom. However, these will only ever provide short-term benefit, because the underlying cause of the suffering, is never seen/admitted. Ie, they're just a temporary escape.

Indeed, it's obvious, that the only way to permanently stop suffering, is to find out what the cause of your suffering is. After this is done, you will naturally be propelled, to do what is necessary, to stop this suffering from occurring again.

The key point is, that no other method, will do this.

Ie, the only way to peace and freedom, is to clearly/honestly examine everything, in everyday life.

If a person stops doing, all spiritual meditations/techniques/methods/teachings/etc, then in that exact moment (that they stopped doing all that stuff), peace and freedom will remain.
-- This is inevitable, because peace and freedom, is something that "remains", (and is not something that is "got"/"attained"/etc).
-- Therefore, this is a very good demonstration, that:

1. All the spiritual meditations/techniques/methods/teachings/etc, are just a different way, to keep you enslaved.

2. You've been enslaved, by the belief, that all things (worth having), must be: attained, reached, got, etc.

And, of course, it's important to see that:

- A person (or company), can only get something from you, (eg: money/energy/etc), if they make you believe, that something needs to be: attained, reached, got, etc.

- A person (or company), can't get things from you, (eg: money/energy/etc), by just telling you to: “Stop doing all techniques/practices/teachings”, “Stop”, “Rest”.

When a person “stops” and “rests”, in this manner, they're not just resting (in the normal sense), because they're resting in pure peace/freedom.

This is important, because when they’re in this “place”, fundamental changes (mental/emotional/physical/spiritual), can take place in them.
-- Ie, this type of “resting”, is not just about recharging, but instead, it's about fundamentally changing their entire being.

This is nothing new, because it's been often said, that the deepest changes in a person, happens when they have: a still mind, “no mind”, no thoughts, etc.

However, they'll never be able to stay in that state forever, because life will make sure of that, (in some way). And, after they come out of that state, life will seem relatively normal. Ie, they're probably not going to notice a huge change (or any change). However, something (at some point) will occur, which will make them realise, what is causing them suffering (in a certain aspect of life). And, they'll then eliminate that suffering, from their life.

This process will keep happening, where they keep constantly flipping, between a contracted state (in the normal world), and an expanded state (where the person's mind goes silent, and they experience deep silence and peace).

Of course, the more times that this cycle happens, the freer the person becomes. And, this is not what other people/companies want, because the more free they are, the less useful they are as a slave, (because they'll naturally not play those games anymore, nor be able to be programmed, and they just slowly keep moving away from it all).

Indeed, they'll naturally keep moving away from it all, and this will never stop, because they can't go backwards.

They won't be able to go backwards, because: You can't un-ring a bell.

Ie, once you've seen how something causes you pain/suffering, you can't then pretend, to not know it.

And it's just natural, to move away from people/things that cause you suffering. And therefore, they'll just keep moving towards an ever-deeper peace and freedom.

Knowing this, it's clear why parents/partners/friends/companies/institutions/etc, do not want you to “rest”, “stop”. Nor will they encourage you to go down this path (of peace and

freedom). Or, they will encourage you, but this encouragement will stop, when they realise that you're changing, and this change is in a direction, where they'll not able to control/manipulate/use you anymore, (as their personal-slave, and/or work-slave).

At this point, they might try to regain control over you (using whatever weapons they've got), but by then, you'll probably be able to see through their games/control/manipulation/etc, and their attempt at doing this to you, will make you naturally move further away from them.

It's important to see, that this moving away from them, is not out of revenge/anger/etc, but just because it's natural to move away (and keep clear), from any thing/person, that is toxic.

When examining every part of life, listen to all opinions, and all sides of the argument, from all sources.

Ie, don't limit yourself to experts/academics/official sources/etc. Nor to people who talk eloquently/poshly/charmingly/etc. Nor to people who are successful/wealthy/famous/popular/etc. Because all these people, are the ones who are probably (knowingly or unknowing), hiding what is causing you a life of prison/torture/slavery/rape.

This is true, because most of the population listen to these people, and the result is clear, (a world full of suffering).

Therefore, listen carefully to the unpopular opinions, because if you leave out even one of them, that might be the one, that could have saved you (and others), from extreme suffering.

In the example of the hot stove, some people might be saying that “You're not touching the hot stove, because you're fear-based”, and others might be saying “Don't touch the hot stove, because it'll cause you pain”. The point is, listen to all opinions, and then you have to decide, if it's necessary to test it out. Of course, if you want to test it out, it must only be if it doesn't cause suffering to others.

Indeed, before testing anything, you need to ask yourself: “If I test this out, are there any long-term consequences, for me, and others?”. Eg, in the example of the hot stove, some people say that it will burn your hand, and that this can be permanent (if it's a bad burn). So, perhaps you slowly put your hand towards the stove, and you realise that you feel some heat, and you feel that it's uncomfortable, and so you move your hand away from the stove, and then you tell yourself, to not do that again. Ie, some tests are safe to do.

Most people have many common activities and beliefs, (eg, believing that it's

good/important to have: children, relationships, friends, jobs, family, etc).
-- However, these activities and beliefs, cause a lot of suffering to themselves, and many other people.

What this means, is that most people are either: good people (who have been brainwashed/programmed), or, they're not brainwashed (and they're just naturally cruel/evil).

The phrase/belief/attitude “stay positive”, can cause you and others to suffer, because this can make you not look at, what caused you suffering, and so instead of analysing what caused you suffering (so that you do not repeat the same mistake), you are doomed to repeat it, which is how endless cycles-of-suffering continue.

The point is, that it's important to stop blindly listening (and accepting) what people say. Instead, look at how everyday words/beliefs/ideas are, and you'll see how they're actually creating/causing/perpetuating your suffering. This writing, is going to try to show you, how many everyday things (that we are told we should do), is actually what causes us suffering.

Moreover, many of these everyday things, have been so repetitively drummed into our heads, that most people do not even know that any other option exists. Nor do they see, that it causes suffering. Nor do they see, that you do not have to do it.

All this stuff that is repetitively drummed into our heads, is usually done from a very early age, and is done by parents/extended family/friends/media/education/tv/etc. It's brainwashing/programming.
-- When the words “brainwashing/programming” is used, it suddenly sounds a lot more sinister, but let's not sugar-coat what has been done to us. Ie, we have literally been “programmed” to do certain things. And, to be free from this programming/conditioning, you must firstly admit, that it has happened to you.

It's important to see, that this is not just a type of mind control, because this form of control and manipulation (of you), is of your: mind, body, and soul.

And, it's so deep, that you will do things, without really questioning if the desire for that thing, is actually immoral, or if it even needs to be done.

This might all sound extremely harsh, and serious, but it does seem to be at about the right level, and therefore is fair assessment, (since the resultant suffering is extremely harsh and long lasting).

Ie, it must be at about the right level, because how else is it, that people are choosing to continue do a daily routine of prison/torture/slavery/rape, (eg, having a job), and see this as “good”, and think that bringing a child into the world (where they will suffer) is “good”. Ie, this proves, that they're either good people, who have been brainwashed, or, they're not brainwashed and naturally cruel/evil.

The people that do not want to hear (or discuss) these issues, are probably the people who know, that they're the ones, who have done this to others. Ie, they'll not want to

accept, that they've caused so much suffering to others, especially their own children.

However, this will only make their situation worse. Ie, it's much better to admit that: “I too was fooled, and conned by it all, and I will try to make sure that all these lies (that cause suffering), will not happen any more”.

Of course, to do this, you'll have to see the lies in every aspect in life.

So, let's take one subject at a time.

Jobs are prison/torture/slavery/rape.

It's important to differentiate between: Slave-driver, Enslaver, and Slave-creator.

Jobs and careers, are prison/torture/slavery/rape. It's obvious. So, what makes so many people go into jobs and careers? It could be argued, that the main people that push jobs and careers onto you, are your parents, partners, friends, and family.
-- Eg, most parents raise their children, with the idea that their children will have a job when they grow older. Therefore, the parents are not only the slave-driver, but also the enslaver.

Note: There is big difference between slave-driver, and enslaver. Obviously, the slave-driver (the person with the whip), will not have anyone to whip, unless the enslaver brings them some slaves. So, the enslaver is worse than the slave-driver.

The slave-driver, could be seen as the boss at work. And, the parent could be seen, as the enslaver, since it is they, who are constantly telling their children to get a job (from a very young age).

Any person who says, “I chose to get a job, by my free-will”, is only doing so, due to the many years of brainwashing/programming by the parents, partner, extended family, friends, etc. This is obvious, for many reasons, including the fact, that no job is an ideal solution, to all problems in the world, and this will mean that, at some point in a person's career, they will question not just the job, but what life is all about.

Also, give a person £100 million, and then see how soon it is, before they quit their job.

Note: There's a huge difference, between the enslaver, and the slave-creator. Obviously, the enslaver will not be able to find any people to enslave, unless they are created. Therefore, the parents are the slave-creators, because if they did not create the children, then there would be no one to enslave, nor slave-drive.

“A puppy isn't just for christmas”, vs., “A baby isn't just for christmas”.

Everyone knows that a baby will suffer regularly (throughout their entire lifetime), and therefore, deciding to have a child, is not only inherently immoral, but the most cruel/evil act possible.

Some animal rights organisations, have used phrases like: “A puppy isn't just for christmas”, “A dog is for life, not just for christmas”, etc. Ie, the message is that, if you decide to have a puppy, then you should know that you have to look after it, for the entirety of its life, and not just throw it out into the world (to fend for itself), after it has grown up into an adult dog, or after you're bored with it.

Ie, you can't just enjoy the dog whilst it's a “cute little puppy”, and ignore the fact, that it will inevitably become a dog.

And, even as a puppy, your feeling towards it might change very quickly, when you realise that they take time/effort/money/etc, to maintain.

Many animal rights groups, believe in this strongly, and do sometimes try to spread this message, in the hope that people will not make this mistake. What this means, is that they probably knew, that some people would understand the message, and therefore, it might help prevent some dogs from suffering.

Indeed, this is a fair assumption, because in the “civilised” world, many humans seem to treat animals in a much better way (as compared to how they treat other humans), especially when it comes to suffering.

The point is, I don't know how many people would understand an advert saying: “A baby isn't just for Christmas”.

Indeed, in the “civilised” world, it's totally normal/acceptable, to have a baby/child, and as soon as they are a certain age, you kick them out of the home, and make them fend for themselves, (in a world which the parents know is harsh and ruthless).

Therefore, it can be argued that, since the world is prison/torture/slavery/rape, that the decision to have babies/children, is not only immoral, but the cruelest and most evil act possible.

Note: I will use the words “civilised world”, to mean all countries in this world.

Prison/torture/slavery/rape, is felt by all children, at all ages.

All children are “Child-slaves”, (children born for the specific purpose, of being a personal-slave, for their parents), whether to entertain them (entertainment-slave), create pleasant emotions in them (emotion-slave), fulfil their life (fulfilment-slave), get energy from them (energy-slave), etc.

Ie, child-slavery exists, when the child is being used, (for whatever purpose/reason). And, parents only ever have children, with a selfish purpose/reason in mind.
-- Therefore, parents are the enslavers/imprisoners/torturers/rapists, of their children.

To start this section, I will use one of the reasons from the previous section. One reason why people have children, is because they want a relationship with a human, and they think that they can groom the child, into being their ideal friend/companion.
-- Ie, in these cases, the parent is forcing the situation.
-- Ie, it's a forced relationship.
-- Ie, the parent is trapping the child, and having their way with them.
-- Ie, it's prison/torture/slavery/rape.
-- Ie, it's child-slavery.

“Child-slavery”, is commonly used to mean, that a child is used for the purposes of working some job. However, the term “child-slavery” is also applicable, if the child is used in other capacities.
-- Ie, it doesn't matter what the child is being used for. Child-slavery exists, when the child is being used.

Ie, if a child is used to do work, then you can call them a “work-slave”. And if they are used to make you have certain emotions, then they can be called an “emotion-slave”. Or, if you use them to make you laugh, then they are an “entertainment-slave”. Indeed, this is all very common. You will see just how common this all is, if you clearly/honestly watch people, who have children.

Eg, just watch when a child isn't happy, but the parent wants to see the child smile (or verbally say that they are happy), and so the child just says whatever they have to, to make the parent believe that they are happy, and they will also fake a smile.
-- The child does this, because the child knows, that if they don't do this, then the parent will make the child feel bad, and they also know, that the parent will not let the child go, until the parent has got what they wanted.

The above example, is extremely common, and it happens in so many different ways. Ie, until the parent gets what they wanted (from the child), the child will be made to feel bad, (suffer).
-- There are some key points to realise from this:

1. Extracting something from a person, via pain, (or threat of pain), (whether it is: physical, emotional, etc), is (by definition), torture.

And,

2. Since the parent is forcing the child to do something (that they don't want to do), this is (by definition), non-consensual, and rape, and slavery.

And,

3. Although this happens at all ages, (even when the child is an adult), this is more common when the child is very young. And, of course, when the child is young, they physically can't escape from the “home” (prison). Therefore, the child is (by definition), imprisoned.

Therefore,

4. From all of the above 3 points, it can be seen, that the parents are the enslavers/imprisoners/torturers/rapists, of their children.

The parent-child relationship, is forced, and non-consensual (rape).
-- And, even if a young child tells their parent, that they want to leave the relationship, they are forced to stay with the parent.

Ie, the parents have literally forced/trapped/held hostage/etc, the child in a prison. And, a prison is an (inherently) torturous place to be. And, if the child is then told to do things, that they do not want to do, then this is slavery, and rape.

Therefore, the life of a child, is (inherently) prison/torture/slavery/rape.

Many parents look down on couples (who are in a relationship), where one has money (and wants a good looking partner), and the other is good looking (and wants a partner with money). The parents might also make comments at such couples, saying things like: “You can't buy love”, “You can't buy a relationship”, etc.
-- Needless to say, what the parents are missing, is that all parents have children, to have love, and a relationship (with their child), etc. Ie, the situation is not that different.

In the previous sentence, I said “not that different”, but I only said this, for the purposes of that example. Of course, the situation is massively different, because:

1. The couple might be “buying” love (and a relationship), but the parents are “forcing” love (and a relationship), because the parents forced the creation of the child, and then forced the relationship (with that child). Ie, the child cannot escape the parent-child relationship.

2. The couple might be exchanging looks for money, but this is a consensual relationship. Meanwhile, the parent-child relationship, is non-consensual.
   -- Moreover, when the child is able to speak, if they say to the parent, that they want out of the relationship, then the child will still not be allowed to leave the relationship.
   -- And, in addition to imprisoning their chid, they will force the child to do many things, that they do not want to do, (which is slavery, torture, and rape).
   -- Ie, the life of a child, is prison/torture/slavery/rape.

Needles to say, if the parents are to be compared to that couple, then the parents are infinitely more cruel/evil.

All relationships are parasitic, where one person “feeds-off” (or is “fuelled-by”) the other person's energy.

-- One person is usually more parasitic (than the other), and so they usually have to enslave/tie-down/control/manipulate/deceive/etc, the other person.

However, the easiest way for a parasite to feed, is to create a human (baby) for them to feed-off, (because babies/children, can't physically escape).

Therefore, all parents are parasites, but moreover, they're the worst type of parasites, (because the parent-child relationship is forced non-consensual rape).

Ie, the parents create a baby/child, to be their personal-slave. (When this slave is a baby, it is a “baby-slave”, and as a child, it is a “child-slave”).

And, parents use their personal baby-slave (and child-slave), as an “energy-slave” (where the parents feed-off their child's energy).
-- Ie, the parents are basically:

1. Using the child, as an energy source/supply.
2. Using the child, as a means of sustenance.
3. Using the child, as a human battery.
4. Etc.

It's important to realise, that all parents do this, (whether they know it, or not).
-- What this means, is that the parents are the worst type of parasite.

Using other humans are a source of energy, is something that is very common, in all relationships. Some people might only believe that humans get sustenance via food and water, however, this is only a part of what is necessary, as is evident, by the fact that humans need sleep, more than they need food water.

Ie, humans need to recharge themselves (via sleep), and this is forced onto them, via feeling tired, and needing to lie down. And, this needing to lie down, happens sooner, than needing to feed or drink.
-- Ie, humans can go without food and water, for much longer, (than without sleep).

All this information may sound extreme, but this parasitic behaviour happens, in all relationships (between any two people), whether the interaction/relationship is short, or long.

Of course, it's obvious, that if an adult wants to feed-off another adults energy, and they're struggling to find other people (eg, friends), that they can do this to, then they might simply realise, that they could just create a human baby, so that they can feed-off it, as much as they want, (because this human baby, can't escape from them, for many years, (eg, 16 years)).

Believing that babies/children, are forced into a non-consensual parasitic

relationship, for many years, (eg, 16 years), is not true.

The situation is actually much worse than this, because whilst the baby/child is young, all parents brainwash and program their baby/child, so that it always wants to give the parents their energy.

Indeed, this is extremely common, and can be seen in many ways.
-- Eg, many parents emotionally blackmail their child to be/act happy, because when the child is happy, they feed-off the child's energy.

This might sound strange, but if you look carefully at the parents and child (when this situation is happening), you'll see how the child just fakes being happy, because the child knows, that the parent won't let them go, until they say that they are happy, or act happy.
-- Ie, the child is not genuinely happy. And, the fact that the child is forcing themselves to act happy, just shows that they are in a forced/trapped relationship.
-- Indeed, this behaviour can be seen in a parent-child relationship, even when that child is 60 years old.

Also, this behaviour can be seen, in all relationships.

The sad fact is, that after being brainwashed/programmed at such a young age, most children are unable to undo this programming for the rest of their life. Ie, the parasitic behaviour, will continue for their entire lifetime.

One of the reasons why the child (even as an adult) can't undo this brainwashing, is because they don't know, that this has happened to them, because they've been brainwashed/programmed to believe, that having a child, is the most important/selfless/good/moral/etc, deed that a person can do.

And, if the child (even as an adult), does not choose to examine why they are suffering, they will never find the cause. And, without knowing the cause of the problem, they will keep suffering.

When a child becomes an adult, it then needs energy, and so it then creates it's own human (baby) to feed-off. And so the parasitic behaviour, keeps continuing endlessly, throughout each generation.
-- Ie, it's not that parasitic behaviour spreads to all humans. It's that all humans are parasitic.
-- Ie, the human race is parasitic.

And it's important to realise, that: “Parasites are parasites”.
-- Ie, it's foolish to believe, that a parasite is ever going to be able to stop being what it naturally is (a parasite).
-- You can try to cover this with as many words as you want (eg, humans are good/moral/etc), but the underlying truth, will never change.

The previous section, focussed on the parent-child relationship, but this parasitic behaviour, is in all relationships, (between any humans).

The problem is, that it's so common, that it's normal.
-- Ie, since all relationships are parasitic, no one is stopping to see, that all relationships are (inherently) bad/toxic for you.

Also, this is not just in relationships. It's in all interactions, no matter how brief, and no matter whether it is verbal, or non-verbal.

Most people know all of this, but many are ok with it, because they think that they can be successful at this game. The “game” being, that they’ll be able to get what they want, whilst not having to give away much, (or anything).

It's important to note, that the previous sentence, is a description of a selfish person.
-- Of course, it should be no surprise, that all of these words, are tying in together. Ie, no matter where you start (in looking at life), the conclusion is always the same.

The unmanifest is a parasite, and it created the manifestation, so that it could feed-off it.

The previous sections, were mainly about humans. But this is not just a human issue. Ie, there are many other non-human entitles/beings, that are parasitic.

Indeed, when you go deeper, it can perhaps be argued, that the manifestation is created purely as something to feed-off. Ie, the unmanifest has created the manifestation, as it's personal-slave, so that it could feed-off it.

Indeed, many people believe, that the manifestation is holographic. By this, I mean that whatever happens at one level of the manifestation, is exactly the same as what happens at another level. And, in this case (of parasitic behaviour), this appears to be exactly true.
-- Ie, just as parents create children to feed-off, so too does this happen at all levels, including the most fundamental level, where the unmanifest creates the manifestation, to feed-off it.

Parasitic relationships will end, as soon as one person (in the relationship), recognises that the relationship is parasitic.
-- Ie, it only needs one of them to see it.
-- Ie, even if the other person remains a parasite, it makes no difference, since the relationship is over, (or it's the beginning of the end).

In relationships/interactions between two people, as soon as a person sees that the other person is toxic to them, the relationship/interaction can never recover from that. Ie, it's the beginning of the end.
-- And, this is all a natural process. Ie, after one of them realises that the other is parasitic, then the relationship, just naturally comes to an end.

What is interesting to note, is that if the person (who realise that the other is parasitic), tells the other person that they are parasitic, then they will both move away from each other.
-- Ie, the parasitic person, realises that their game has been exposed, and so they know that there is no chance of being able to conceal their game again. And, therefore, they move away from that person, (since that person has nothing to offer them any more). Ie, the parasitic person, will just try to find a new victim (to feed-off).

The previous paragraph is important, because it means that a relationship can end, if one of the people choose to end it. Ie, there's no need to wait, until both of them to want to end it.

Exposing a person as being parasitic, can make them want to naturally not be parasitic any more. And, it can make them realise, that the parasitic behaviour, was just something that was brainwashed/programmed (or copied) into them, from their parents, (whilst they were a baby/child).

Sometimes, when a person is told that they are parasitic, they might react in two main ways:

1. They realise that their game has been exposed, and so they know that they can't feed-off that other person any more, and so they move onto their next target/mark/victim.

Or,

2. In being exposed (as being parasitic), the person sees how ugly it is (to be parasitic), and they can suddenly/naturally be so disgusted by the parasitic nature, that they naturally never want (or are able to) go back to it.

   Along with this, they might realise, that they had been behaving in a parasitic manner, because they had been brainwashed/programmed (by their parents and other people), to be parasitic. Or, as a baby, they just naturally copied their parents, (who were inevitably parasitic, since they were parents).

If the manifestation is holographic, then the manifestation can end it's parasitic relationship with the unmanifest.
-- Or, the manifestation can expose the fact, that it's the unmanifest that is parasitic, and in this exposing of the truth, the unmanifest is transformed into a something that only creates a manifestation that is made of ever-deeper

freedom/peace/love/bliss.

The reason why the previous sections are important, is because if the manifestation is holographic, (and the unmanifest created the manifestation to feed-off it), then this parasitic relationship can end, just by the manifestation choosing to end this relationship.
-- Ie, the manifestation doesn't have to wait, until the unmanifest also wants to end the relationship.

Ie, the manifestation can decide, to end this cruelty/evilness, of being parasitic.
-- All it needs to do, is recognise what is happening, and decide to end this relationship.
-- Ie, the manifestation realises, that it doesn't want to be in a parasitic relationship, and it frees itself.

Or, the manifestation can expose the fact, that it's the unmanifest that is parasitic, and in this exposing of the truth, the unmanifest is transformed into a something that only creates a manifestation that is made of ever-deeper freedom/peace/love/bliss.
-- Ie, if the manifestation needs to exist, it can exist as just one realm, of ever-deeper freedom/peace/love/bliss.

Or, it might do the ideal thing, and not create anything.

All it takes to transform yourself (and other people/entities/being, and the whole manifestation), is ever-deeper honesty.
-- Because ever-deeper honesty, will expose the ever-deeper lies/ugliness, and in that clear/honest seeing (and exposure), the natural process of transformation will begin.

So you have two options:

Option 1 =
Admit/expose that the manifestation is cruel/evil. And from this, you'll be naturally propelled, to make whatever changes are necessary, to reduce/prevent/eliminate suffering, (for all people/entities/beings).

Option 2 =
Continue to say that life is acceptable/good/amazing/perfect/etc. However, if you say this, then you're not going to be naturally propelled, to change anything. And therefore, suffering will continue, (for all people/entities/beings).

This choice is a no-brainer, but people continue to say that life is acceptable/good/amazing/perfect/etc, because they don't want to expose how they've been (or still are being) parasitic/selfish/immoral/cruel/evil/etc, by using/enslaving/imprisoning/torturing/raping people, (as their personal-slaves, and work-slaves).

Note:
The important part of the previous sections, is that it emphasises how important honesty is. Ie, all it takes to transform the whole manifestation is honesty. Ie, if people look honestly at the manifestation, and admit that it is cruel/evil, then change will naturally start to happen.

However, if people just continue to look at the world, and say that it's all acceptable/good/amazing/perfect/etc, then the suffering will inevitably continue.

What is amazing, is that all it takes, is honesty. And this is so freeing. However, people would rather reinforce their ugly/negative delusions, and stay in suffering. And they do this, only because they think that they can be successful, at trapping/controlling/manipulating/using people, to get their selfish desires fulfilled.

Many people are deluded, into believing that they are selfless (service-to-others).

Parents are the perfect example of this, because all parents believe, that just because they've had children, that makes them selfless.
-- However, the exact opposite is true, because having children shows, that they're the worst type of selfish (service-to-self).

Many parents say, that they do so much of their children, but actually, it's only them doing stuff for themselves. A classic example of this, is when parents buy their newborn baby, some cute/pretty clothes. And then they say (and feel) that: “Aren't we such good selfless people, spending so much of our money, on our baby”.

Of course, a newborn baby, is not able to know, what the clothes look like, let alone have a concept of “cute” and “pretty”. All that matters to the baby, is that they don't feel pain (from feeling cold).

Ie, the parents are buying the baby some cute/pretty clothes, for their own image, and for their own satisfaction, and/or whatever other reasons.

Ie, the parents are deluding themselves, into believing that they're selfless.

And, they'll also need to brainwash/program/delude other people, into believing that they (as parents) are selfless, because this is needed, to reinforce/strengthen their delusion, (to make it more solid/real).

The delusion of “I am selfless”, (especially in a parental/familial sense), makes those people very dangerous, (in terms of creating suffering for other people, and everyone).

-- This is because, these people then believe, that they then have the right, to do whatever they want to do.

Ie, it's the same situation as a cult, where the cult have a cause, and in the name of that cause, they feel that they are justified in doing whatever is necessary.
-- Ie, parents will do whatever selfish/immoral/cruel/evil actions (that they deem is necessary), and then they'll justify their actions, by saying:

- “I'm doing this for my family.”
- “I have mouths to feed.”
- Etc.

Of course, this is not even a valid argument, since it's the parents that created the mouths/babies in the first place, (to fulfil their own selfish desires).

Another example of such delusion, is how parents often use the word “family” (with the subtext of: “We love our children”). The point is, that the use of the word “love”, is ridiculous, because the parents are planning to force their children, into getting a job, which means that they forcing their child, into slavery/prison/torture/rape.
-- Some love that is...

Moreover, if the parents even knew what love was, then they wouldn't have had any children (in the first place).

The more you look into how a family interacts, the worse it gets.
-- And, it becomes extremely obvious, just how incredibly selfish parents are.
-- And/moreover, how the selfishness of the parents, is ever-deeper.

However, this is to be expected, because the parent's decided to have a family, because they were wanting to make their selfish desire/dream (of having a family), into a reality.
-- Therefore, it's to be expected, that after having a family, they'll keep trying to make their family do things, to fit with their picture/dream/desire, of how they want it to be.

And therefore it's inevitable, that they'll have to constantly be forcing everyone/everything, to make it fit with their desires.
-- Ie, it's absolutely inevitable, that there will be a lot of suffering, on a constant basis.
-- Ie, when you see it clearly/honestly like this, it's obvious, that this selfish hobby/activity/desire (of having a family/child), is exact opposite of “love”.

It's extremely common, that parents constantly try to make everyone in their family, be a certain way. And, this is usually in all always, (eg: looks, presentation, behaviour, activities, etc).

And, when most parents talk to their children, they're always just having that conversation, for selfish reasons.

Eg, a lot of the time, parents will feign interest in whatever the child is interested in, just so that they can try to subtly/slyly push them in some direction (during that conversation).

The parents (of course), will just call this “being a concerned parent”. Yes, concerned about making it happen the way they want it to happen. Ie, to fit in with their desires. Which (by definition) means, being selfish.

Of course, there are times, when the parents will “let” their child make their own choices. However, this is usually because, the parents have given then child the a few choices, and those choices, are still within what the parents want.

And, if the child is doing things, that is outside of what the parents want the child to be doing, then that is usually not out of trying. Ie, the parents tried to control the child, and probably still want to control it, but aren't able to.

Of course, this is then becomes a perfect opportunity, for the parents to say to themselves (and other people), that they're not the type of parent/person, that controls their child.

Note: In these sections, I explained how parents are selfish. However, needless to say, it's not just parents who are selfish. Children are also selfish, and they'll also try to direct the interaction/event/situation, to how they want it to be.
-- Ie, the whole thing (of family, parents, children, siblings, etc), is a recipe for suffering.

All interactions/relationships, (whether: family, friends, lovers, co-workers, etc), are based on people wanting something from each other.
-- When a moment (in the interaction/relationship), is going well enough for both people, then that moment is good. However, even when the moment is going well, it's always only a split-second away, from turning bad.

When you're aware of all of this, you'll see all interactions/relationships, as something that is ugly.
-- And, whilst watching people interact, you'll get an ugly/cringe/toxic feeling inside you, because you'll be able to see, how everyone is constantly trying to buy or sell things from each other.

What I mean by “selling”, is that people will try to get across certain things, to try to make themselves appear a certain way. Eg, they'll try to “sell” you the idea, that they are: a good person, an attractive person, a spiritual person, intelligent, funny, wise, sexy, cool, knowledgeable, rich, caring, happy, depressed, dangerous, strong, athletic, successful, etc.

And, other people will “buy” this, because they want to be around a person like that. Or, they will pretend to buy it, because they don’t believe what the other person is selling,

however, they are still wanting/needing to be around that person, for other reasons.

Of course, selling and buying, are not the only two options, (during an interaction/relationship). Because sometimes, one person is just trying to take something, from the other person. Or, they're trying to enslave them, or whatever else.

A person must have to be deeply brainwashed/programmed, to want to spend their spare/free-time, in the toxic environment of "friends".

The people who are involved in this activity/hobby (of wanting/having friends), all cause a lot of suffering, (even to people that they don't directly know). Therefore, these people are not good for society.

However, everyone has been deeply brainwashed/programmed to believe that this activity/hobby (of wanting/having friends), is a good/important/necessary thing.
-- And, this is at such a deep level, that it's become almost impossible (for most people) to believe that this activity/hobby (of having friends) is inherently a bad thing, (especially in the long-term).
-- Ie, it's all upside-down.

Indeed, many people are trying to perpetuate the brainwashed/programmed belief, that those people who want to be alone, (and therefore do not have any friends), are dangerous people.
-- However, the opposite is true, because the people that are dangerous, are the ones who are playing these activities/hobbies/games (eg, having: friends, relationships, families, etc), because there will inevitably be a time, when (during these activities/games) they will suffer, and then they'll want to unleash that anger, (whether on people in that group, or on other random/unknown people).

Let's continue from the previous section. Whilst watching people interact, in addition to watching how people are buying and selling things, it's also important to watch, how some people use subtle put-downs, and how some people in the group, are totally unaware of those put-downs. And also, watch how others in the group, might be aware of it, but do nothing about it.
-- Ie, the people who do nothing about it, are choosing to let someone suffer, just so that their position in the group is not damaged. This is very common/normal. Indeed, it's much more common, that people like to believe.

The point is, all of this is happening, and it's happening in the person's spare/free-time.
-- Ie, the person might have finished their day at work, and they have some spare/free-time, and they're choosing to spend it amongst a group of people ("friends"), who are interacting in such an ugly way.
-- The point is, that a person must have to be seriously brainwashed/programmed, to want

to spend their spare/free-time, in a toxic environment (of “friends”).

People do not seem to realise, how damaging this all is, (to everyone in the group of “friends”). And, instead of doing something to prevent people getting damaged in this way, most parents always push their children, to have friends.
-- Not only is the idea of “friends are important” pushed directly by parents, but also subtly/slyly, and it's repeated constantly, until it's perceived to be a fact/truth.

The result of this, is that it becomes almost impossible (for most people) to realise/believe, that the activity/hobby of (having friends), is a bad thing.

However, in time, it all becomes more serious, with people pushing the importance of friends (at a totally different level). Ie, the people with friends, try to brainwash/program everyone to believe, that those people who do not have any friends, are dangerous people.
-- Indeed, many people will say, something like: “There must be something wrong with that person, because they don't have friends”.

However, if you just look at how friends interact with each other, it seems clear, that danger is more likely to come from a person, who has friends, (as opposed to a person who is happy being alone).
-- There are many reasons for this. One reason is that, in these groups of “friends”, one person might constantly be absorbing all of the subtle put-downs, and then one day, they snap. Of course, many will have no idea why this happened, and/or plead ignorance.

Many people believe, that “communication”, and “lack of communication”, is the cause of many problems.
-- This is not true, because communication is not the problem.

The problem is, that people are only willing to hear, what they want to hear. And they never want to hear anything, that hurts their beliefs/ideas/memories/feelings/public image/etc.

Ie, when they say, “let’s talk”, or “let's have an honest talk”, what they really mean, is that they want a conversation, that goes according to how they want it to go.
-- Ie, people never really want honesty, or the truth.

The point is, that how can anything ever be resolved, if people are willing to talk, but not accept, that you have a different view on a situation, (and life). Many people say, that they want to hear how you think (and feel), about a situation, (or that they want your point of view), but as soon as you start to explain your thoughts and feelings, you can see that they can't handle it, and then they'll just get upset, and then say something like:

- “Why are you trying to hurt me.”
- “You're so mean.”
- “You're so rude.”

- Etc.

The point is, people only want to hear, what they want to hear.
-- Ie, when they say, “let’s talk”, or “let's have an honest talk”, what they really mean, is that they want a conversation, that goes according to how they want it to go.

Ie, people never really want “honesty”, nor the “truth”.

Indeed, when those conversations happen, as soon as they get upset, (and/or say something like, “Why are you trying to hurt me”), that is the moment, when the other person will never want to speak, at that level of honesty again.
-- Ie, they'll start to avoid those conversations, and realise that the only solution, is to walk away from them, (because if they stay, all they'll be doing, is banging their head against a brick wall, or getting all their energy drained from them.

And from then on, those people will never again be fooled, into believing that people really are “open” to:

- A real honest conversation.
- New ideas.
- Opposing views.
- Etc.

And, the conclusion that they reach, is inevitable, where it's just better to let those people believe, whatever they want about themselves. Eg, if that person wants to believe, that they're “open” and “honest”, (and “want to talk”), then just let them believe those things, and then just walk away from them, and never go back.

“Truthers”, (the people who say that they seek the truth), are ok with non-personal-truths, but they'll do all that they can, to avoid all information, which would make them examine/expose/admit their personal-truths.

Indeed, people are willing to do/see/examine/expose anything, as long as it doesn't involve, an examination/exposing of the key parts of their personal life, (eg: relationships, friendships, jobs, money, having children, the subtle/sly ways that they control/manipulate people, etc).

The key point is, that searching for “truths” (that are non-personal), is misdirection, because until people are willing to examine personal-truths, suffering will continue in the world.

It's important to realise, that the discussion in the previous section, is true for both “truths”, and “personal-truths”. There's a big difference between, “truths” (that are non-personal), and “personal-truths”. Sometimes these two overlap, but sometime they don't.

The point is, that it's always much easier, to accept truths of a non-personal nature.
-- Eg, a “truther”, might want to examine, how multinational corporations are causing suffering in the world. And, they'll spend a lot of time examining things, to find the truth.

Of course, examining those types of things, is infinitely easier, than them having to examine their personal-truths, because when a person starts to examine personal-truths, they have to admit, how they directly caused suffering to others.

Ie, it's easy to examine something like “how corporations cause suffering to people”, because the truther knows, that (at the end of it), they're not going to be to blame.

And, the result of their examination, will not change their life much, (certainly not as much as if they had examined a personal-truth). After examining personal-truths, the results can change all the main aspects of your everyday life. And, it can also change, the very fundamentals of what you are.

What this means, is that people are always going to be easily misdirected.
-- Ie, people are naturally willing, to be directed to do/see/examine/expose anything, as long as it doesn't involve an examination, of the key parts of their everyday life, (eg: relationships, friendships, jobs, money, having children, etc), and how they have subtly/slyly controlled/manipulated/used/enslaved people.

It's obvious, that until people are willing to examine all their personal-truths, suffering will continue in the world.

Spirituality is just something, that is invented (and sold), to fulfil people’s desire, of giving them a way, to help them feel ok about the fact, that they're controlling/manipulating/enslaving/using people, (as their personal-slaves, and/or work-slaves).

And, the same is also true, for many other things, (eg, religion).

The only exception to the statement above, is if the type of spirituality being done, is deprogramming people.

The point is, that many spiritual people say that they're looking for truths, but they're only interested in the truths, that they want to see.
-- And, they'll do all that they can, to avoid looking at their personal-truths.

And it’s obvious that: Since most people want to make money, and some people do this via spirituality, (eg, via selling things/services, or via donations), they need to sell people things, that people want.

Indeed, you can’t make money, by saying/teaching things which people do not want to hear.

If a child has a massive trust fund, this will help reduce a lot of suffering, but life will still manage to cause them suffering (throughout their whole life), and therefore, it's still selfish/immoral/cruel/evil, to have a child.

Even if parents set up a monetary fund for their child, (so that their child never has to get a job), and this trust fund has an allowance of £1 million per year, (so that that child/adult can treat life like a playground), the point is, that although this trust fund will provide the child/adult, with a much better life, (of less suffering, and more pleasure/freedom/security/etc), the issue is still that, life itself is prison/torture/slavery/rape, and therefore, (obviously), the child/adult will still suffer (throughout their entire lifetime).

Therefore, it's immoral/cruel/evil to have a child, regardless of how much money/property/education/healthcare/etc, is involved.

There is no doubt, that this type of an allowance, would definitely solve many problems, in many different areas of their life, (eg, even all the issues of “unfairness” between siblings). The issue of unfairness between siblings, causes so many deep issues, in so many children, (especially as this unfairness, can carry on throughout their entire life). However, the allowance of £1 million per year, would solve this issue (to a certain degree) if all the siblings got the exact same amount.

I say “to a certain degree”, because it will undoubtedly help minimise the unfairness issue (in many respects), but certain unfairness issues could still result, due to the unfairness of: time spent with each sibling, or affection shown to each sibling, etc.
-- Ie, yes, a massive trust fund would help, but suffering will still occur (on this issue), although to a much lesser extent, and perhaps even to an irrelevant extent, since the sibling who feels unfairly treated, can easily just walk away from the whole family (if they wanted to).

Parents are bad enough, in their selfishness to have a child, but to have more than one child is even more selfish, since the children will inevitably have to deal with even more suffering, (from the inevitable issue of unfairness, in many respects).

Another thing to realise, is that even if the child does have an allowance of £1 million per year, they'll still have to suffer the many annoying things that need to be done, to stay alive.
-- Ie, even if they employed people, to do their chores, (eg: cooking, shopping, cleaning of clothes/dishes/the home, etc), there are always some irritating things that needs to be done by themselves (to avoid suffering). Eg, they'll still need to: maintain a certain level hygiene, go to the toilet, do things to keep their body from getting too hot/cold, etc.
-- Ie, life is still going to be able to create annoying things, and cause discomfort to the person. Indeed, discomfort (over a long period of time), is a method or torture, and so too is repetition, or boredom.

Needless to say, most people do not have an allowance of £1 million per year, and therefore, they'll have to be careful with spending money, which is a very annoying thing to have to do.
-- Not only is it annoying, but it takes up a lot of time.
-- And, if you have a small place to live, then living in such a small space, will also take up more time, (since you have to constantly be sorting everything out, so that things do not physically buildup, to a point where you cannot move anymore).
-- The point is, that all of these separate issues, quickly compound together, to create a lot of suffering.

Many people will argue, that if you have less space, that you should just make sure that you have less possessions. Indeed, this is exactly like the people who (whilst travelling), say “I am able to travel light”. Ie, those people, are usually the ones who are rich. Ie, they're able to travel light, because they have the money, to just buy whatever they need, (whenever they need it).
-- However, to save money, you would try to avoid buying something that you already own, and therefore, you travel with more things.

Similarly, the people who say, “I'm able to cut down on all material possessions”, are the richer ones. Many people would love to have no clutter in their homes, and they would love to throw out anything that they don’t use regularly. However, they know, that they can't afford to throw something away, and then re-buy it again in six months time.

The point of explaining all of this, is to show how, even with an allowance of £1 million per year, the child will still not have been given enough tools, to totally avoid suffering, (and therefore, it would still be selfish/immoral/cruel/evil, to bring a child into this world).

However, let's now look at another scenario.
-- Hypothetically speaking, if a child/person was given a tool, that allowed them to (instantly/effortlessly/painlessly) make life be, exactly how they want it to be, then some people would argue, that this makes it acceptable, for that child to be born, (because if the child can do this, then the child would not mind life, because they would also be able to leave life (instantly/effortlessly/painlessly), whenever they wanted to).
-- However, this argument is flawed, because the child will still suffer, until the time when they are old enough, to know how to use the tool.

The point is, that there really is no way, (even hypothetically), to get around the fact, that it's selfish/immoral/cruel/evil, to bring a child into this world.

This might all sound harsh, but this cycle-of-abuse has to end.

It is literally, child abuse.
-- Ie, having a child, is abuse. No exceptions.

Indeed, it is a “crime to humanity”.
-- But it's perhaps clearer to say: “It is a crime to create humanity”.
-- And this crime, is the worst of them all.

The most common problem with relationships (friendships, partners, family, etc), is that people try to trap each other (in whatever way they can), but they just end up trapping themselves, (in cycles of suffering).

This applies to even the lightest of trappings, (where one person makes it seem difficult/complicated/hard/stressful/rude/shameful/deceitful/draining of energy/etc, for the other person to even think of leaving the relationship).

The situation with jobs, is very similar to the situation with relationships. If you do a job, where you genuinely/honestly want to go to do that work (for the love of it), and just help out for free (ie, you don't get paid), and there is no contract or dependency (between you and the work), then you can actually enjoy "work", (to some degree).

The key point is, that part of the reason why it can be enjoyed, is because you know that you can leave that work, at any time that you like. And, they (the workplace), know the situation, and so they're not dependant on you, and so you don't need to feel bad if you want to leave at any time.

The point is, that the exact same situation exists with relationships.
-- Ie, a relationship between two people, is only going to be good, if neither person is dependant on the other, for any reason (eg, financial, emotional, etc).

Ie, when two people are together, and they're free to leave the relationship (without any resulting hassles or stress), then perhaps the relationship has a chance of being good, (to some degree).

However, the more that the two people become dependant on each other (for whatever things), the more the relationship becomes bad/toxic. And, if the relationship is set up, in such a way that you can't just leave instantly/painlessly/effortlessly, then the person who wants to leave the relationship, might not do so, since it's too much effort/stress/etc. And therefore, they'll stay in the relationship, despite wanting to leave it.

Needless to say, such a relationship will not only be lacking love/joy/honesty/closeness/etc, but it will also be toxic.

For any relationship to work well, it's important keep everything separate, and keep everything in a certain way, which allows (either person) to be able to leave in an instant/painless/effortless/permanent way.

Ie, this is done, not because you're planning your escape (right from the beginning of the relationship), nor because you think that it's going to end, but because you want your partner to be with you, because they want to be with you.

Ie, you want your partner to come to you, and stay with you, for no forced reason.

Indeed, the opposite way to phrase this, is:

> “Why would you want to be with someone, who does not want to be with you, but has to be with you?”.

Ie, it's not just about being free to leave, but also about being free to come (and stay).
-- And, when everything is separate, you both have this freedom, and the relationship has a chance of some good moments.

Note: If you're in a relationship, where you can both leave each other (instantly/painlessly/effortlessly), then most people would not call this a relationship.
-- Indeed, most people only call it a relationship, after some rules/conditions have been imposed on each other.

Moreover, most people actually want to impose rules/conditions/etc, onto each other.

Needles to say, the word “condition” is the exact opposite of “unconditional”, and therefore, a relationship with rules/conditions, will only ever be able to have conditional love.

As nice as “unconditional love” sounds, and as much as people like to say that it exists in their relationships (and family), most people seem to be wanting to impose rules and conditions, which always seem to increase with time.
-- Ie, many people want to tie the other person down, in whatever way they can, so that the other person will have to stay with them, (or find it very difficult to leave).

People think that they're good at doing this subtly, but it's really obvious to some people.
Ie, part of the problem, is not just the rules/conditions, but that they try to do a lot of these things, in a subtle/sly way. And/or, they try to make it sound, as though it's a good thing.

It can be argued, that there's nothing wrong with rules/conditions, as long as both partners are willing to accept, that situations change, (and new situations arise), and that therefore, these rules/conditions might need to be altered, without any hassles (eg: emotional blackmail, threats, stress, draining of energy, etc).

All relationships (partners/friends/family/etc), are inherently full of never-ending games/wars/tactics/etc, where people try to control/manipulate/use/enslave each other, (via emotions/sex/desires/fears/etc), to get what they want.

Many people will say, that this is ridiculous, however, the fact is, that two people get together (and form a relationship/friendship/family/etc), because they each want something from the other.

And, people are brainwashed/programmed to believe, that this

hobby/activity/lifestyle (of having relationships/friendships/family/etc), is good/important/necessary/etc, when it's really just selfish/toxic/etc.

And this is proved by the fact, that it always causes lots of suffering, with only a few scraps of true happiness/peace/love/pleasure.
-- If this was not true, then the world would be a totally different place.

Yes, all relationships can provide some amazing experiences and moments. However, if you add up all these moments, they are just small scraps of true happiness/peace/love/pleasure (when compared to everything else, that the relationship brought (including the times from before, during, and after the relationship)).

Ie, when you look at the whole picture of the “relationships game”, it does not appear to be something that is good/healthy for you.

However, the brainwashing/programming inside people, (which makes them believe that these hobbies/activities/lifestyles are good/important/etc), is so deep, that it's hard for most people to just stop doing them.
-- Therefore, even if people do understand what is being said here, many of them will probably still have some desire, to try/test out the “relationship game”.

So, the question then becomes: Is it safe to test out the relationship game?.

Let's explore this question.

It could be argued, that the key to a good relationship/life, seems to be:

> Play any games you want, as long as you do not cause suffering to others.

So, in this case, it means that you can play this relationship game (even with some rules and conditions), but keep everything separate, (eg: houses, bank accounts, etc), so that whenever one of you wants out, they're able to leave, in an instant/painless/effortless/guaranteed way), and (if desired) it can be a clean permanent break, with no future obligations (legal/moral/social/interpersonal/financial/etc).

The importance of keeping all such things separate, cannot be overstated.

Indeed, a very common mistake, is that two people in a relationship, decide to live together, and on top of this, they also stop renting their old apartment (and/or sell all other property that they own), which means that the only place they have to live, is their joint home.
-- Of course, what this means, is that neither partner can instantly leave, (whenever they want).
-- Ie, living together is fine, as along as you also each have your own place (which you can instantly go to).

People always believe that it's a good idea to move in together, because it alleviates their fears, and fulfils their desires. Ie, they think that they'll feel more settled/safe/secure (if they

live together).
-- However, as soon as this happens, it's the beginning of the end, because no one likes to be trapped, (not in the long-term). This is obvious.

And therefore, the inevitable happens, and either the relationship ends, or suffering continues.

One reason why people keep suffering, in this same mistake/trap, is because people are sugar-coating the whole situation. Therefore, perhaps it's time to make it more clearer/obvious, as follows:

> Making people dependant on you, (or each other), will lead to your suffering, and is cruel.

There are endless examples of this, because there are many ways to make a person dependant on you, (eg: emotionally, sexually, mentally, financially, etc).

Needless to say, the worst example of this, is when people have children.
-- Ie, parents create a human being, which they know will be dependant on them, and trapped in their one place to live.

Anyhow, back to relationships. Assuming that both partners keep their housing and bank accounts separate, and that they're able to agree that there will be no future obligations (legal/moral/social/interpersonal/financial/etc), then it does cut out a lot of suffering. However, big assumptions are still being made, because all of the above, assumes that:

1. If the woman accidentally gets pregnant, she'll not keep the baby, nor ask for child-maintenance, (if you both agreed on this before hand).
   -- I mention this, because the fact is, that the thoughts/feelings/hormones/energies in a woman, can be so strong during pregnancy, that they'll naturally end up breaking any previous verbal promise/agreement (to have an abortion). And then the result is, that another human has been born, who will suffer throughout their entire lifetime. Ie, that is then on your conscience. And on top of this, the man would be legally liable to pay child-maintenance (for 16 to 20 years), or else go to jail.

2. They're not starting this relationship with you, purely to get something from you, eg:
   a) A baby, (because they want one).
   b) Money, (by deliberately getting pregnant, or by marrying you, or by blackmailing you (by making a false accusation, like rape, physical violence, etc)).
   c) Etc.

3. They're not going to steal from you, (during the relationship, or after it).

4. They're not going to use you, your family, or your friends.

5. They're not going to physically/mentally/emotionally control and manipulate you, to a point where you're unable to leave easily.

-- I mention this, because in a relationship, one partner is usually more fearful than the other, and that partner will usually bully the other, into doing something that will trap them, eg:

a) Moving in together, (and selling the old properties).
b) Sharing finances.
c) Having a baby.
d) Getting married.
e) Making them addicted physically/mentally/emotionally, so that they stay in the relationship.
f) Etc.

6. Etc.

Note: I used the word “bully”, but it's much more than that. Bullying is too small a word, since the consequences are long-term prison/torture/slavery/rape.

Note: Many people would argue, that these points are extreme. These points cannot be called extreme, since they happen quite a lot.
-- However, even if they happened infrequently, it's still a huge problem, because if it does happen to you, then you could very easily end up suffering (for a very long time), and some of it, will almost definitely affect you, for the rest of your life.

However, even if you disregard all of these points, the main point is, that you have to see relationships, for what they really are, (which I summarised in the title of this section).

So, earlier in this section, the question asked, was: “Is it safe to test out the relationship game?”.
-- As can be seen from the information in this section, the answer seems to be: No, it's not safe, because there is the risk that, (despite promises made), another human might be been born, who will suffer throughout it entire lifetime. Also, there are so many ways that you could end up in a life, of very intense prison/torture/slavery/rape (for a very long time). And, even if you avoid all of this, then you'll still end up suffering (in many other ways), because all relationships inherently cause lots of suffering, (and only provide scraps of true happiness/peace/love/pleasure, in return).

Many people will argue, that this is all too extreme. However, as with most things in life, people never really believe that things are this bad, until a really bad situation happens to them.
-- Ie, they can go through lots of tough situations/relationships/etc, where they suffer, however, they don't wake up to what is really happening, until life gives them an extreme situation/relationship/etc, which then wakes them out of their stupor.

The point is, that these risks are not theory. Ie, these things are regular occurrences, and they happen to both men and women. And, since the consequences can be extremely intense long-term prison/torture/slavery/rape, this cannot be ignored.
-- Or, it can be ignored, but that would be foolish/stupid, because pretending that this doesn't happen, (or believing that it won't happen to you), doesn't mean that it won't

happen to you. In fact, if you do this, it's more likely to happen to you, because you've blinded yourself.

No matter which way you come at it, the bottom line, is that all relationships will only ever provide you with scraps of true happiness/peace/love/pleasure, (after you include all the hassles/headaches/annoyances/energy drained from you, which all occurs before, during, and after the relationship ends).
-- Ie, it's clear, that it's just not worth it, because the pros are always heavily outweighed (by the cons).

This is a very important subject, and so all of this will be discussed in more depth, throughout this book.

When you calculate the “pros and cons” (of a relationship/activity/etc), it's important to note, that it's not just about making a theoretical list.

Yes, you can make a theoretical list, and calculate how much time/energy/money is spent on each pro/con, and this is very useful information, because it's cold hard facts, which can make you see your relationship/friends/family/job/hobby/life/etc, in a totally new light, and it can make you instantly see what is causing you suffering, and that will make you naturally want to cut out that suffering.

However, in addition to this list, it's important to see, that the cons are not just a theoretical negative, because they're the ugly (“cringe”) feelings inside you, which naturally prevents you from being able to do ugly actions.
-- Ie, use both of these, (the theoretical cons, and the ugly feeling inside you), to help you reduce/prevent/eliminate the suffering in your life.

And, with ever-deeper honesty, you'll become ever-more sensitive, which means that you'll be able to detect ever-more subtle ugly feelings (in your body), which will then give you the ability, to also avoid mild/light suffering, (and also prevent you from causing mild/light suffering, to other people).

Note: When this happens at a deeper level, it's not really that the ugly feeling provides you with a warning (of what to avoid), but instead, it just naturally prevents it from happening.

Let's look at this, from another angle. The theoretical cons, require you to analyse, and think things through, and then decide to not do an activity/relationship/etc. Whereas, the ugly feeling, will simply not allow you to be involved in, that ugly activity/relationship/behaviour/etc.

Ie, this ugly feeling, is not a “guide”, but more of a “spiky wall” (a wall with torturous spikes in it). Ie, it's not something that is giving you advice (which you then decide whether to follow or not). Instead, it's like seeing a wall with spikes in it (which you just naturally avoid (without thinking about it)). Ie, it's a natural thing.

Although it's good to create the list of theoretical cons, sometimes this list is not enough, and then, the ugly (cringe) feeling, is the only thing that will save you from suffering.

A good example of this, is with relationships. You can write a list of all the pros and cons, and perhaps conclude, that the cons heavily outweigh the pros. However, with the hobby/activity of relationships, the brainwashing/programming can be extremely deep, (telling to you that it's a good idea to do it), and so you might end up wanting to try a relationship again.
-- The point is, that this is not a big issue, if you're able to feel the ugly/cringe feeling, because what will then happen, is that you can just start a relationship, with the knowledge that as soon as you feel the ugly/cringe feeling, you know to walk away from the relationship.

However, this is only effective, if you're sensitive (and honest) enough. Ie, you have to be able to feel the ugly/cringe feeling, before you're trapped in long-term suffering.

If you're sensitive and honest enough, you'll feel the negative/ugly (cringe) feeling, before a relationship even starts.

Ie, you'll feel the ugliness, as soon as you think about wanting x, y, z, from a relationship, (even before you're in one).

And, if you don't pick that up, then when you start thinking how to get x, y, z, from the relationship (that you're in), you'll definitely get that ugly feeling.

Indeed, this is true for all things that you desire, and all things that you are planning/scheming to do.
-- Of course, this is why you always get a better feeling (eg, of peace/freedom/etc), when you're free from desiring an activity/relationship/game, (as opposed to being successful at that activity/relationship/game).

Note: If you've already had a few relationships (in the past), and you've seen the same repetitive pattern of suffering (that it inherently brings), then just the memory of this pattern, will be ugly enough, which will make you not want to go towards the activity of a relationship.

However, you might think, that a relationship will be different this time, (because you've changed yourself, or for whatever other reason). And in that case, you might want to try it again. This is not a problem (theoretically), as long as you're able to walk away from it, as soon as you get the ugly/cringe feeling.

I said "theoretically", because in practice, what's more likely to happen, is that you'll get a

slightly ugly/cringe feeling (at various points before the relationship, and at the start of the relationship), however, those ugly/cringe feelings might only be of a low intensity, and so you might override them. And the risk is, that you then start to override the more intense ugly/cringe feelings, and before you know it, you're suffering, and you might even have got trapped, (and then you'll find it hard to extract yourself from the relationship).

However, the point is, you're entering into this next relationship, with your eyes open, and then you only have yourself to blame, when you end up suffering.

“Burning a desire”, might be necessary, (instead of just watching desires arise and fall).

Note: “Burning” a desire, means to kill a desire, so that that desire never bothers you again. Ie, it never tempts you.
-- At that point, it's considered “burnt”, dead.

Of course, the more desires that are burnt, the more free/peaceful you are, (since you're not spending all your time/energy/money/effort, at each stage of it, eg:

1. Before the activity/relationship .
   -- Eg, calculating how to make your desires into reality.

2. Initially, during the activity/relationship .
   -- Eg, constantly trying to control/manipulate people and situations, so that it fits in with how you desire it to be.

3. Later on, during the activity/relationship .
   -- Eg, trying to extract yourself, from the activity/relationship, which is now just prison/torture/slavery/rape.

4. After the activity/relationship.
   -- Eg, the activity/relationship is officially over, but some bonds/ties are still there, (whether mental, emotional, or physical), and therefore the suffering is still occurring.

Note:
Generally speaking, desire leads to suffering. At a much deeper level this is not true, but if you're at that level, you would not be reading this. So, let's discuss “burning a desire”.

What can happen, is that you know that you have a desire to do activity “x”, and no matter how much you ignore the thought, it keeps coming back. At this point you have a choice:

1. Just ignore the thought, (by treating the thought, as just noise, (which comes and goes)). It will probably come back, but at a lesser intensity, and so you keep

ignoring it, until it never comes back. Needles to say, if you're able to just treat all thoughts, as useless noise, then it doesn't matter if those thoughts never go away. Ie, you'll have no desire to avoid certain thoughts. Ie, you know that it's fine for them to arise, and hang around for a while, because they will go. This is possible, since no thought stays forever.

However, if you're allowing the thought to be there, and you're doing this in the hope, that this will make the thought dissolve, then this will make the thought keep coming back. Ie, the only way that the thought will disappear (and not come back), is if you genuinely see the thought as noise, and don't really care if it stays or goes.

Also, some thoughts arise, along with with certain strong emotions/sensations/energies, which can make it hard to resist “following” the thought. By “following the thought”, I mean that you're aware of a thought (that has arisen), and instead of choosing to ignore the thought, you choose to follow what the thought is telling you to do, (eg, to go and fulfil some desire).

Of course, just as you can treat thought as noise (that arises and falls), so too can you treat emotions, as just sensations that arise and fall. Ie, in this way, the situation is exactly the same, where you just let those emotions/impulses be there, and eventually they will disappear.

However, most people have been brainwashed/programmed very deeply. Therefore, you might not be able to just watch the thoughts (and emotions) come and go. Or, you might feel that it's quicker to just “burn” the desire. Burning the desire, is the second option, (which I will explain next).

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2. Burn the desire.
   -- Totally burn/kill the desire, so that you're free from it. After doing this, that desire will never be able to suck you into that specific desire/trap/prison/torture/slavery/rape again. This is sometimes the quickest way to be free from a desire, and sometimes it's the only way to know that you’ve killed it.

   To burn the desire, you deliberately follow the thought/desire, and do the activity, but you do this whilst being very aware of the ugly/cringe feeling. Ie, during all moments of this desire/activity, (before, during, and after the activity), you stay very aware to all the sensations in the body, and very soon, you'll feel all the ugly feelings in your body, and this makes you want to stop doing this activity. And, it might be enough, to make you never want to do that activity again.

   If you feel that the desire is not totally dead/burnt, then perhaps it needs to be burned more. In this case, repeat the process. Each time you repeat the process, you will feel the ugliness at an earlier stage.

   And, if this desire involves another person, and you're able to feel the ugliness in them, then the desire will be burned even quicker.

   It's important to note, that no matter how many desires you burn, new ones will

always arise. However, if you burn the main desires (which cause a lot of suffering), then, other smaller desires may still arise, but they'll cause less suffering. Ie, you will have reduced the amount of suffering (in your life) a lot.

Needless to say, you should avoid burning a desire, if it means that you have to cause suffering to others, or, if there are huge risks in the activity (which could cause you long-term prison/torture/slavery/rape). In that case, you have to stick with choice 1, (and just ignore the thoughts and sensations, (that come and go, from your mind and body)).

To be free from your suffering, you have to be honest enough, to examine what desires/fears are controlling you.
-- This requires you to be brutally honest.

I say "brutally" honest, because to be able to see the underlying desires/fears, you'll have to see/admit, all the subtle/sly things that you've done, (eg, controlling/manipulating/using/enslaving people, (as your personal-slaves, and work-slaves), just because you wanted to fulfil a selfish desire).

Honesty is the key. Many people can't even be honest enough, to see/admit/know, what desires they have, (even when they're in the middle of acting out a desire).

Many people like to say (and believe), that they don't have any (or many) desires. And, even if they can admit to some desires, these will be the small/superficial desires, (which are not the ones that are causing most of the suffering in their life). Ie, most people have a lot of desires in them, which they're not even aware of. Needless to say, these people will inevitably continue suffer, since they're not aware of what is causing their suffering.

Deep slow intimate lovemaking, (and affection, closeness, pleasure, etc), are all amazing with a partner, and they prove that life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is cruel and evil.

This is true, because these things are just bait, to a very painful (long-term) prison/torture/slavery/rape trap.
-- Indeed, the cruelness is no different, to a drug dealer making a person addicted to a hard drug, which they know the person will crave for the rest of their life.

Or, instead of calling it "bait", it's a "fix"/"hit" (of a very addictive drug), which causes intense long-term suffering, to many people, (directly, and indirectly).
-- Ie, it's invention/purpose, is to control/manipulate/enslave people, and therefore, these things are cruel/evil.

There is no doubt, that deep slow intimate lovemaking, (and affection, closeness,

pleasure, etc), are all things, that can provide truly amazing moments. However, there is also no doubt, that they are extremely powerful, and very addictive.

People who have experienced these things, to even a small extent, will always crave more.

Note: Craving more of it, is (in itself) not cruel, if a person could have all of these things, whenever they wanted, without any effort/pain (mental/physical/emotional), whether directly, or indirectly.

-- By “directly”, I mean the need for a partner, (and all the prison/torture/slavery/rape that goes with finding (and keeping) a partner, and what can happen after the relationship has ended).

-- By “indirectly”, I mean the need for all the various things in life, which are needed to stay alive, and in reasonable health, (eg: money, job, food, clothing, housing, chores, maintaining health, etc).

As mentioned before, one thing that is cruel, is to make people dependent on each other. Moreover, it's perhaps also cruel, to even make people interact (for any reason). And, the fact that lovemaking/intimacy/affection/closeness/pleasure/etc, are all things that requires two people, just proves how cruel life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is.

In the last paragraph, I said that it “requires two people”, because to get this by yourself, is not easy for most people. Ie, yes, you can feel all of these things, in divine/religious/spiritual experiences, however, not many people are able to do this. And, therefore, all those who can't do this, still suffer.

And, it must be true that “not many people are able to do this”, because if most people could do this, then most people wouldn't be in relationships, and there wouldn't be so much suffering in the world.

One of the most common ways, to control/manipulate/enslave a person, is to create dependency.
-- It forces the person, to do (or not do) certain things, in order for them to get what they want.

And, one of the most common ways/tactics/weapons/tools to do this, is via giving (and then withholding) lovemaking/intimacy/affection/closeness/pleasure.
-- Indeed, it's no secret, that this weapon is used in all relationships.

And, people can get so desperate/enslaved, that they'll even do all types of slavery (things that they don't want to do), just to get a much lower form of pleasure, (eg, cold empty sex).

It's sad to know, that many people have only ever had sex. Cold empty sex, or lukewarm sex.
-- The point is, that even hot sex, is nothing, compared to the amazing deep experience of deep slow intimate lovemaking (whilst directly looking into your partner's eyes), where the intimacy gets so deep, that everything comes to a halt in moments of pure peace and affection and closeness.

You can't even say, that the difference (between these two things) is massive, because they're two totally different things.
-- Indeed, deep slow intimate lovemaking, is always amazing, and always gets better, whereas sex can be ok, but is also (very often) bad.
-- Ie, sex is (very often) a negative event/experience.

What is also sad, is that deep slow intimate lovemaking, can be just as amazing, with a total stranger, (as long as the stranger is seen as “pure perfection” by you, and you are seen as “pure perfection” by them).

The reason why I said that this is “sad”, is because although this is possible, it's just too risky to do, because no matter how amazing the lovemaking would be, the risks (of long-term suffering), are too great, (as explained in previous sections).

Of course, the risks are also there, even in a relationship, (whether short-term, or long-term). It's just sad, that people turn even the most beautiful things in life, into weapons.

And, this is especially true, in the long-term “loving” relationships.
-- And, this problem is compounded, when the people in these relationships, also create other desires/fears/dependancies/addictions, (which they do via: finances, social life, children, etc).

Ie, literally everything, become people’s weapons.

I say “weapons” (plural), because most people use a combination of weapons.

It all sounds more like war, than “love”, and often is.

This might all sound very extreme, but it's in all relationships (to varying degrees), and causes a great deal of suffering (for both people), and for everyone.

Note:
Lovemaking/intimacy/affection/closeness/pleasure, can also cause problems in many other ways, and therefore, it's a very good example of how cruel life is. I'll go through some of these problems, now.

One of these other problems, is that this activity can cause a very deep bond, to develop between the two people, and this can be a problem, when one partner wants to leave the

relationship. And, this is compounded, by issues such as ageing.

Some people would also add, that all types of sexual intercourse (and affection, and intimacy), have the added problem, of energy exchange.
-- Ie, when two people are engaging in any type of sexual intercourse, there is the problem, that they will exchange energy, and therefore, they will have the other person's energies/issues/problems transferred to them.

Lovemaking/intimacy/affection/closeness/pleasure, is also a good example, of how organisations/institution/governments use something that people desire, to trap them into prison/torture/slavery/rape. Eg, since lovemaking involves the chance, that the woman can become pregnant, the government use this as their weapon, by making it law, that the man would have to pay 16 to 20 years of child-maintenance.
-- I say that this is the government's weapon, because this law is done purely to trap the man, into prison/torture/slavery/rape. Because, if it was for the benefit of the child, then the government would make sure, that all of that money (given via child-maintenance), had to spent on the child. However, the government do not do this.

This might be the government's weapon, but many women also use this as their weapon, and therefore, they're happy to let the government do this. In the end, everyone suffers, because misery/resentment/anger/suffering spreads, and it spreads in many different ways, and at many different levels.

The consequences never stop. Eg, with the government doing this, the act of lovemaking will either get diminished, or it will totally disappear.
-- Indeed, for some people, it's not even lovemaking anymore, since it's impossible to not have a fear of the 16 to 20 years of prison/torture/slavery/rape, that could so easily happen to you.
-- Of course, as soon as this fear is in the person's head, it becomes impossible to make this act, one of love/intimacy/affection/etc. And therefore, the act just becomes a physical act of intercourse, (perhaps not even sexual).

It's important to always remember, that this is not about trust (or lack of trust). Ie, it cannot be argued, that the blame lies with the fact, that the two people do not trust each other. This is because, it's common for a woman to feel overwhelming thought/sensations/hormones/energies, as soon as she's pregnant, which makes her want to have the child, no matter what was previously agreed.

Of course, this problem could be dissolved very easily, if the government (or solicitors), simply gave couples the chance, to go to a solicitors (or health clinic, or a website), and sign a legal document, that states that neither person wants a child. Then, if either person breaks that agreement, then they do not get child-maintenance (from the government, or the other partner). (I'll examine this in more detail, in the next section).

The point is, the solution is not complicated, and therefore it shows, that the government want people to be trapped in prison/torture/slavery/rape.

This fear/issue of being trapped in prison/torture/slavery/rape (for 16 to 20 years of your

life, due to having to pay child-maintenance), may sound exaggerated, but, if anyone cares to listen to those people who have had to lose 16 to 20 years of their life, then they'll see, just how devastating it is.

Not only is this devastation in the form of the prison/torture/slavery/rape (for that amount of time), but also from the feeling of betrayal (from your lover), and from the helplessness of the situation, (due to the fact, that even the legal system, believes that non-consensual babies are acceptable, and legal).
-- Ie, not only will you be working for that amount of time, but whilst the 16 years of prison/torture/slavery/rape go by, you'll inevitably have the thoughts of how ridiculous/unfair it all is. Ie, it's a like a long slow 16 year rape of your life.

And, after those 16 years are over, the resentment/anger/bitterness/etc, will probably continue, especially if the person thinks that they could've used those (younger) years, in other ways.
-- Ie, it's inevitable, that the person will feel resentment/anger/etc, because they can't ever get back those younger years. Indeed, by the time 16 years has gone by, you're at a much older age, and you'll definitely not be able to do certain things, because many things can only be done, whilst you're younger.

So, when it's all counted, you might end up suffering for not just 16 to 20 years, but for 40 years. That's a long prison sentence, especially for something that you didn't consent to.
-- It's despicable.

I'm not saying that one form of rape, is worse than another. All types of rape are devastating. And, all types of rape, will perhaps end up, with you not being able to trust the gender that raped you. Ie, if a man raped you, then you might probably never be able to fully trust men again. And the same is true, if you are raped by a woman. Moreover, you might even struggle to trust any human again.

All of this, makes lovemaking/intimacy/affection/closeness/pleasure, nothing but bait, to a very painful (long-term) prison/torture/slavery/rape trap.

The NCBA ("Non-Consensual Baby Agreement"), is a legally binding document, that partners can choose to sign, which states that neither of them consent to having children.
-- Then, if either partner wants to have a child, and they do so (without both parties cancelling the legal document), then they're on their own (financially, and in all ways).
-- Ie, by going ahead with having the baby, they're not legally allowed to get money from the other partner, nor from the government.

Any baby that is born, is an extremely cruel/immoral act. However, with the majority of the population being selfish, babies will continue to be born, (perhaps for a long while). Therefore, it seems to make sense, that babies are at least born, to two consenting adults.

This is easy to implement, if people are given the option, to complete this document on the

internet, or at a health clinic, (or post office, doctors, solicitors, or wherever else), and sign the NCBA.

Note: It's strange that people are allowed to get a prenup, (which is needed for protection), but nothing like a NCBA (non-consensual baby agreement). I say that it's strange, because non-consensual babies, are something that is infinitely more important, (in terms of needing protection from), as compared to a prenup, since it's not just about money, nor just about the two people signing the document. Ie, it's about the child that has been brought into the world, in a non-consensual way.

Moreover, it's amazing that there is a legally binding way, to force a relationship to stay forced together (marriage), but no such legally binding way, to make sure that all babies, must be born out of two people's consent.

Moreover, the age of consent for marriage (18), is higher than the age of consent for sex (16). Surely the decision to have a baby (and create another human life), is infinitely more important, than the decision to get married.

I'm not saying that the age of consent should be raised. Nothing wrong with the age of consent being 16, and I do not think that it should be raised. I'm saying that people need to be legally protected, against those who choose to have a child, without their consent. Surely this is obvious.

In an earlier paragraph, I used the word “amazing”, because the issue is, that marriage is actually a bad thing, since it's a way to try to make it hard, for either partner to leave the relationship, (no matter what the other partner has done to them). However, although this is the case, it's still the choice of both partners, to go ahead with the legally binding marriage document. Ie, they both went into this consensually.

Ie, marriage must be consensual, but having babies, is allowed to be non-consensual.

It's just ridiculous, that a person can be told, that they have no choice, but to be the father to a child (which they did not consent to), and that they must now enter prison/torture/slavery/rape (for the next 16 to 20 years), either by getting a job, or by going to jail.

Of course, the NCBA only helps reduce some suffering. Ie, if the woman breaks the NCBA (and has a child), the man will be free from being legally required to provide for the child, however, this is not enough, because they might have been against having a child, because they see this act (of having babies), as cruel and evil (since the child will suffer throughout it's entire lifetime).
-- Therefore, the NCBA might have to be taken further, by making it illegal to have a non-consensual baby.

An alternative solution, is to just end all government child-maintenance, whilst also adding a new law, which states that, if two adults are both wanting to have a child, that they must go to a website, and sign a legal document that will make them be financially responsible for the baby. Ie, unless the two adults go and sign this legal document, then no one is financially responsible for the baby.

The point is, that until a solution like this is implemented, people will continue to have children, without considering the child.

At the very least, these types of solutions will make people think very carefully, before bringing a child into the world (especially in financial terms).

The reason why it's important, for the NCBA to affect the financial side of things, is because most people are selfish, and selfish people only start paying attention to things, when money is at stake.

Note: All of this section, is just about ways to reduce the amount of suffering in the world, (for the child, the parents, and all the people who are affected by their suffering). However, if people could just stop being selfish, then they would immediately see, that it's immoral/cruel/evil to have a baby, and then no laws (or legal documents) are necessary.

However, people/governments/companies/etc, all want to keep using (and creating) slaves (personal-slaves, and/or work-slaves), for their own selfish benefit.
-- If this statement wasn't true, then this world wouldn't have so much suffering in it.

Of course, there are other solutions, which would not only solve the issues (described above), but they also solve many other problems, since they work at a deeper level. And, the deeper the level, the more suffering that will be permanently eliminated. The deepest level solution, will not only ensure zero suffering, but it will also ensure ever-deepening freedom/peace/love/bliss. The solutions (on increasingly more effective levels) are:

-- No babies are allowed to be born, until a method is known, where a child/adult can leave this world, (in an instant/painless/effortless/guaranteed/permanent way).

-- No babies are allowed to be born. No exceptions.

-- The human race is dissolved instantly/painlessly.

-- This dimension is dissolved instantly/painlessly.

-- All dimensions/realms are dissolved instantly/painlessly, except for the one realm of ever-deeper freedom/peace/love/bliss.

-- The whole of existence is instantly/painlessly dissolved, and what remains, is non-existence.

The fact that subjects like “contraception” exists, is more proof that life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is cruel.

In a previous section, I explained how life/the creator, is cruel, by using the example of deep slow intimate lovemaking, affection, closeness, pleasure, etc. I will continue to use this example here, since it's such a good one. So, here are some more reasons.

Life has made lovemaking/intimacy/affection/closeness/pleasure, so amazing, and yet life has not provided any 100% way, to avoid fearing that it could result in pregnancy, (whether that pregnancy is: accidental, deliberate, fake, etc). Ie, there is not one 100% method to avoid pregnancy, except to avoid sex altogether.

Indeed, even a vasectomy is not 100% guaranteed (to prevent pregnancy). Ie, even after a “successful” vasectomy operation, there's still a possibility, that a pregnancy can occur.

However, even if a vasectomy was 100% guaranteed, there is still the issue, that you can end up with long-term side effects, (eg, pain). And if that happens, the question then becomes: What is the point of having a vasectomy, if it causes you life-long pain, or makes it painful to get sexually aroused?

And similarly, tubal ligation, and tubal implants, are also not 100% effective, and also have some risks.

The point is, that even if a person is willing to make a permanent decision (to never be able to have children again), life/the creator, will not allow it. Ie, life/the creator, is being cruel/evil, by forcing problems into people’s lives, even when some people are willing to permanently eliminate them.

Another example of the ridiculousness of it all, is that after orgasm, it's amazing to stay inside each other (for a long time), but this cannot be done, if you have to be concerned about taking out the condom, (because you fear pregnancy). Indeed, the condom is a bit of a flawed concept, because when it is used, it kills many of the sensations and feelings (for both partners), but especially for the male partner.

Ie, if you want to make love (for the pleasure aspect of it), then a condom is going to diminish this experience. And if this is compounded by the fear of pregnancy, and other risks, then all these thoughts/fears will make lovemaking almost impossible. Ie, all the thoughts and fears, means that the focus is on thoughts/fears, rather than lovemaking/intimacy/affection/closeness/pleasure. Ie, the act will just become mechanical sex.

If there was a contraception, that provided a 100% guarantee of avoiding pregnancy, and it did not diminish any pleasant sensations, nor have any side-effects, and this contraception was something that either gender could have full control of, and it was affordable (and available) to everyone, then there would be a lot less suffering in the world.

However, many people/governments/companies/organisations/secret-

organisations/etc, do not want this, because they want babies to be born, because:

1. It's a perfect way to control and manipulate people (the parents), because when people have a child, they're trapped into a life of prison/torture/slavery/rape, (in many different ways).

2. They need these children to become personal-slaves, and/or work-slaves.

Circumcision is yet another example, of how parents will do anything, to fulfil their selfish desires, regardless of what suffering it causes others, (even their own child).

Circumcision is a good example, which demonstrates how some parents do not understand, even the basics of lovemaking/intimacy/affection/closeness/pleasure.
-- What is really important during intimate lovemaking, is to be able to feel everything, both in yourself, and in your partner, and from these sensations and feelings, both bodies naturally move to create an amazing experience. However, this is really hard (or near impossible) to do, if you can't feel anything, because the male partner has been circumcised.
-- Ie, if the parents knew this, they just wouldn't circumcise their child.

Alternatively, the parents (who decide to circumcise their child), do know this, and yet still decide to do the circumcision.

And, of course, there's the issue that this operation, is being done on one of the most sensitive parts of the body.

It's just insane/ridiculous/unbelievable, that parents think: “Oh, I'll do something to my child's body, that will cause pain, and make sure that the beautiful pleasure of lovemaking, can never happen for our child”.

Ie, no matter which way you come at it, the parents are cruel for doing a circumcision to their child.

Since almost all circumcisions are forced onto children (by their parents), the blame for this atrocious act, lies with the parents. Quite simply, the decision to circumcise a child, is just unbelievably stupid, extremely cruel, and non-consensual.

Indeed, circumcision is usually done, without the consent of the child. Ie, if a parent believes that strongly in circumcision, then they should at least wait until the child is an adult, and then let them make the decision, (without pressuring them either way).

Needless to say, the reason that parents do not wait for the child to become an adult, is because the adult will do some research, and see all the benefits of not being circumcised, and then decide against it. Not just that, but they'll know, that if they did get themselves circumcised, then the newly permanently exposed area (which is extremely sensitive), will be always be touching their underwear, and it will be painful every time they made a little movement.

At an older age, the idea of circumcision is laughable. Yes, there may be many reasons/beliefs/excuses for why a parent wants their child to be circumcised, but all of these reasons/beliefs/excuses, can be seen as being lies/misinformation/misdirection.
-- Therefore, what all of the above shows, is that circumcision is just one more example, of how parents are willing to do anything (to fulfil their desires), regardless of what suffering it causes others, (even their own child).

If people have experienced amazing emotions/sensations, whilst being with a partner/friend/person (in the past), then they'll try to find another person, to try to get those same emotions/sensations again.

What this shows, is that people are using/enslaving each other, to get these things from them.

Ie, if you use a person, to get emotions (or sensations) from them, then they're your "emotion-slave", (or "sensation-slave").

And, anyone who uses people for relationships, is making those people into their personal "relationship-slave".

And, if a person goes further, and creates a human (to get these feelings), then they are creating a child-slave, and baby-slave.

Basically, it's nothing but a game of selfishness on top of selfishness. And people wonder why there is so much suffering the world.

To get to the next point, let's start from here.

There are many amazing feelings (some transcendental), that come when two perfectly matched bodies are intertwined, and melt into each other. Indeed, when this happens, a person can look at one of their own limbs (or their partner's limbs), and they'll not know which limb belongs to whom.
-- And this can happen, regardless of whether the two partners are wearing clothes, or not.
-- Ie, it can happen just whilst cuddling.

Q: So, where is the cruelty in this activity?

A: The cruelty comes, in that this activity is (yet again), dependant on needing another person. And so we are back to dependency.

Also, this activity is like lovemaking, in that it's only worth doing, (and it only works well), if it's done between two people who view each other as being perfect. However, when these two people entangle, they create a deep bond. And, although this might sound good, it's usually a bad thing (in the long-term), because it's never that long, before other issues will

make the relationship unpleasant to continue.

I say “unpleasant to continue”, because many people will keep the relationship, and there will be an underlying unpleasantness/ugliness.

Also, this type of activity, can often become a weapon, which is commonly used in “loving” relationships, to control and manipulate the other partner. Ie, one partner sees that the other really enjoys this activity, and with this knowledge, they will commonly use it, to get what they want from the other person.

The same situation is true, for the affection that couples show each other, when they're being “touchy-feely”. When two people are genuinely affectionate in this way, it's amazing and beautiful.
-- However, this too is dependant on another person, and this too gets used as a weapon.

Another layer of cruelty, is that all these amazing/beautiful/transcendental experiences, are not permanent. Moreover, in the scheme of things (when you look at your whole life, from birth to death), these experiences are literally scraps of happiness/peace/love/pleasure.

Life is infinitely worse than a con/trick/lies/deceit/etc, because, as soon as you see through a con/trick/lies/deception/etc, then you can be free from it, but with life, even when you see it for what it really is, there's still no way out of it, and you're not allowed to stop playing the game, (because if you do, there are many other types of intolerable pain/suffering that you will experience).

It all creates one endless problem, where life without pleasure, is simply not worth living, but, life with pleasure, causes so much prison/torture/slavery/rape (whether before, during, or after the activity), that no activity is worth doing either.

Many people/teachers advise things (eg: “Surrender”, “Acceptance”, “Expect less”, “Expect nothing”, “Do nothing”, etc), however, these things only help reduce suffering in the short-term.

Ie, no matter what you choose to do, (or not do), you can never be free from suffering.
-- Therefore, the ultimate cruel/evil thing, is “life”.

And therefore, bringing a child into this thing called “life”, is not just cruel/evil, but worse.

Although I did say that “no matter what you choose to do (or not do), you can never be free from suffering”, I should add, that you can reduce suffering a lot. However, the point here, is that if you want suffering to be reduced to zero, then you cannot do that, no matter what you try.

Indeed, one of the things that creates suffering in life, is trying all methods/techniques to

reduce (or eliminate) suffering. However, after trying many methods (to try to reduce suffering), you inevitably realise, that you'll never win/succeed.

However, even if you stop looking for ways to reduce/eliminate suffering, life will still make you suffer.

And, even if you “surrender” to life, and have “acceptance” of whatever life does/is, this will only create a very short-term reduction in suffering.

Or, you can try to “expect less” (in life), or “expect nothing” (in life), but this too will only help reduce suffering in the short-term.

And, even if the amount of suffering in your life is reduced, all life has to do (to make you suffer), is reduce your pain threshold, and then suffering will be back. Ie, you might be able to eliminate all types of things (that can cause you pain/suffering), but if life reduces your tolerance to all things, or increases the sensitivity in you, then suffering remains.

Or, if all suffering is removed from your life, but you actually feel the suffering of other people, then suffering still exists in your life.

Some people might argue, that suicide might be a way out of life, but suicide could easily result in all kinds of pain and suffering, (potentially much worse, than that which exists already).

Even if enlightenment “happens” to “you”, you might be free from suffering, but you'll still feel physical pain, and you'll still see that most people in the world are suffering (even if it's in their own delusion).
-- What this shows, is that no option in life, will lead to zero suffering, or a life worth living.

Many “spiritual” people say, that you should just “stop playing all the games in life”. However, if you do stop playing all games in life, it does not lead to zero suffering, let alone permanent bliss.

It does help increase freedom, and it does lessen (and eliminate) certain types of suffering, but other types of suffering take it's place, (eg, seeing so much suffering in the world, in everybody, all the time).
-- It's (arguably) still a “better” life, however, there's no doubt, that no option leads to a life worth living.

If you then think, “Ok, I'll get enlightened, because then I'll not exist as a person/entity/anything”, this also does not help, since there is no path to true enlightenment, and no one can do anything, to get enlightenment.

So, from all of the above, it's obvious, that no matter which way you come at it life, it's cruel, and it will make everyone suffer.

Many people forget, that one person's experience of “bliss”, is another person's contentedness.

People will always want to exaggerate their experiences, because they want to convince/delude themselves (and others), that they really did have amazingly good (or bad) experience/time.

Most people think that it's ok/harmless to do this, but it's actually causing a lot of harm, because every time that a person is allowed to lie/delude themselves, their suffering will get deeper. So, by allowing it, you're causing/allowing suffering to happen.

In a previous section, I mentioned how life can affect a person’s tolerance for pain, and this means that life can make a person feel lots of pain (physical/mental/emotional/etc), even though life is only keeping the pain at a low level.

What I did not mention, is that tolerance can also be effected in another way. Ie, life can make you have some extreme happiness, but if life also makes any level of happiness ok (but not great), then that's what you will feel. The same is also true for bliss. Ie, bliss (like all things) is only as deep as you know it. Indeed, many people use the word bliss, but their version of bliss, is the same as some people’s feeling of contentedness.

Indeed, this is why it's important not to be fooled (by people’s words). Eg, if a person says that they've tried some new spiritual technique, and they felt bliss, then don't jump to the conclusion, that they experienced some divine bliss. They might have, but they might not have, and you would never know. Ie, even if they describe it to you, it still doesn't mean anything, because people often lie about things, and just say those things, so that they can live in the delusion, that they really did experience bliss.

Of course, if you do experience divine bliss, this is just cruel, because after you've experienced it:

1. You'll try to do all sorts of things, to try to get it again,

2. Your other experiences (eg, happiness, joy, etc), will seem worthless. And so will everyday life.

I have used bliss as an example here, but this is also very true, for all other feelings. Ie, when people talk, one thing that they're often trying to do, is to convince themselves (and others), that their experience was as they said it was, (which is often nothing like how the experience really was).

Many people know this, but they're still willing to hear the other person lie about it, because they want something else from that person. Ie, it's not pleasant to hear someone delude themselves, and so the only reason that you'd put yourself through that, is if you

want something else from that person.
-- Eg, in return for you having listened to them (and reinforcing their delusions), you might then want them to listen to you (and for them to reinforce your delusions).

Of course, most people think that this is ok/harmless/acceptable. However, it's very harmful, because delusions will always (inherently) cause suffering, not just to them, but to everyone around them, (directly, and indirectly).

Trusting (or thinking that you know) yourself, (or someone), is an extremely foolish/ridiculous/ignorant idea (and belief system), because no person is in control of:

1. **What thoughts/emotions/sensations/energies arise in their mind or body. And, these change in every moment.**

2. **What experiences they will encounter in life, (whether good/bad, intense, divine, overwhelming, long-term, etc). And, these experiences can start/end at any moment.**

Any person can totally change, in all ways, at any moment in time.
-- All it takes, is for life to make certain thoughts/emotions/sensations arise in a person, and they will change dramatically. Or, life can just give them a big (or strong) experience/event (whether positive or negative), and they will change dramatically.

It's also important to note, that since many people have not had extreme (good or bad) experiences, that they're even more susceptible to change. Ie, they can be controlled without even needing to give them strong experiences (positive or negative).
-- Eg, for those people who have never had any positive experiences in life, you only need to give them something more positive (than they've ever experienced), and then they will be able to be controlled in that manner.

Needless to say, it also works the other way, where all you need to do, is to give a person a more negative experience (than they can handle), and then they'll be able to be controlled in that way.

Indeed, this is all that people/companies/governments/institutions/etc, do. Either controlling and manipulating people by desire (for whatever type of pleasure/reward), or fear (of punishment/pain/suffering).

It's important to note, that a person can change, not only due to life giving them an “external” experience/event, but also by changing their tolerance/threshold of pain and pleasure.

All of the above, suggests that people are not really ever in control of themselves. And, therefore, people cannot even be trusted 100%. Of course, this also applies to you, no matter how much you think you know yourself, and are sure of yourself.

A good practical example of trust, is in the activity of sex (and lovemaking). This lovely experience, comes with the issue/risk of sexually transmitted diseases. Some people argue, that all you have to do to avoid this, is to use a condom. However, when two people are in a relationship, they might decide that they don't want to use condoms, and so they might both go and get tested (for any such diseases). And after they both know that they're free from any such problems, they don't need to worry about passing any such diseases to each other.

Of course, this problem (of risks of such diseases), is only 100% gone, if you 100% trust that your partner has not slept with someone else (whilst they're sleeping with you). And, if you understand that people are not in control of themselves, then you will know, that you can never be 100% sure about any person's actions (past, present, future). And therefore, the issue of sexually transmitted diseases, is almost never able to be fully disregarded.

Of course, the issue of a sexually transmitted disease, is just a part of it. Ie, people are going to be just as bothered, if their partner cheats on them, but did not pass on any diseases. People are so bothered by this, that the fear of it happening, is enough to cause suffering.
-- Therefore, to counter this, people create a delusion, which tells/reassures them, that their partner won't cheat on them. Of course, this is ridiculous, because the issue of whether your partner will cheat on you, is something that can never be fully discarded. And, if there's even a 0.1% chance of it happening, then there is still a chance of it happening.

However, although some people can understand this, what they sometimes fail to see, is that this also applies to them.
-- Ie, it might be them, who believes that they will never cheat.
-- Of course, as soon you believe that “I will never cheat”, you've missed the point, and deluded yourself.

The main example, of how you can never trust yourself/others, and to never believe promises, (especially ones that can cause you intense long-term prison/torture/slavery/rape), is when a woman is 110% sure, that she doesn't ever want to have a child, because children repulse her.
-- Of course, with such conviction in her statement, both partners might (foolishly) believe, that they’re on the same page. However, as soon as she becomes pregnant, she might change into someone who wants to have the baby, no matter what it takes.

The point is, that people need to realise, that no one knows what thoughts/sensations/experiences, will happen to them in the future, and therefore:

1. People need to stop believing promises/words, (which other people say to them).

2. People need to stop making promises (to other other people).

3. If you do these things (in points 1 and/or 2) even once, then that might be enough, to turn your life into intense long-term prison/torture/slavery/rape.

In the previous section, I discussed the example of sexually transmitted diseases, but this is a small example, as compare to this issue, (of a woman suddenly becoming someone totally different, who wants the child, and doesn't care if the man is not consenting to it, etc).

It's important to note, that this example is not just about “not trusting other people”, but also about “not trusting yourself”.

Ie, in this example, the woman might have genuinely said that she never wanted a child, and that she thought that the act (of having children) is cruel/evil. However, she was foolish/ignorant/etc, to believe that she was in control of what she does. And, the man was foolish/ignorant/etc, to believe her promises/words.

And, this foolishness/ignorance, can come at a high cost.
-- Eg, if the woman has the baby, then there can be all sorts of consequences, eg:

1. The man will feel extreme anger/frustration/etc, (and this will be unleashed on someone, at some point in time).

2. The man will inevitably feel intense feelings of having been betrayed, (because the betrayal was done by someone extremely close to him). These feelings will change how he is in the world, and this will affect the world.

3. The man might have thought that he had found a wonderful selfless partner (who shared his views on the fact that it's cruel to create children), but now he's lost his partner. This feeling of loss, will be compounded by the knowledge, that the number of people who share his views on children, is very small.

4. The man feels that he has been violated, since she has gone against his consent.

5. The man suddenly realises, that the courts/laws/police/justice-system/etc, are actually there to just protect the perpetrators, since none of these systems are going to protect him from this non-consensual act, that has happened to him.

6. The man feels like he's suddenly in a minority, who is discriminated against, because everyone else just thinks that having babies is important/moral/good/etc.

7. The man knows that, at any time in the next 16 to 20 years, his ex-partner can demand child-maintenance from him. So, he now has this hanging over his head for the next 16 years.
   -- Ie, he knows, that even if she doesn't do this initially, she can at any point in time. And, since she changed her mind about having a baby, it would be foolish to trust her words now.

-- Of course, if she does decide to extort money from him, then the law is on her side, and he'll have to pay child-maintenance, or go to jail. Ie, both of these are long-term prison/torture/slavery/rape.

8. The man hates the fact, that another human is going to be born, because now it too will inevitably suffer (throughout it's entire lifetime).

9. The man knows, that the child will be brainwashed/programmed/conditioned to believe certain things (since all parents naturally do it), and this could cause the child to cause him hassles/problems/etc, at any point in his life, or throughout his whole life.

10. Etc.

The reason why this is the most important example, is because this is an example where another human being is created. And, in creating another human being, that human being might (themselves) create more human beings. Ie, the suffering just keeps spreading like a virus.

The issue of a woman having a non-consensual baby, is mentioned many times in this book, because it's extremely important, because it involves these two key points:

1. This issue is widespread, especially when you include the fact, that many men, only give invalid consent, (since the consent was due to: coercion, subtle pressure, passive blackmail, harassment, etc).
   -- Indeed, sex under such coercion, is classified as rape.

2. Many people/governments/companies/organisations/etc, want to keep this issue quiet, because the implications of fully exposing this issue can be massive. This is because, if people are outraged enough about it, and then want to make a change, then they'll have to make non-consensual babies illegal.
   -- And this will mean, that there will be a massive reduction in the number of babies (slaves) being born. Which will inevitably cause a dramatic change, in many areas of life, and in life (in general).

It's important to note, that if it's made illegal (to have a non-consensual baby), then both partners would have to sign a NCBA (non-consensual baby agreement), and this would mean that it would be harder for men, to be coerced into having a baby. Ie, this will partly help reduce, the issue of subtle coercion.

This issue is a big one, because it brings in so many other factors. Eg, subtle coercion, can come in many forms, (eg: emotional-coercion, verbal-coercion, social-coercion, etc).

Also, if a baby is born via methods of fraud, then this means that it can be classified as a criminal act.

The issue is massive, no matter which way you come at it. However, the importance of this issue is even bigger, because it will not only prevent non-consensual babies from being born, but it will also dramatically reduce the number of babies being born, (which means less suffering, in many different ways, and at many different levels).

Since you're not in control of the thoughts/emotions/sensations/energies that arise in your mind or body, nor do you control what experiences you encounter in life, this means that:

1. You are not the thinker of your thoughts, nor the doer of your actions.

2. If you are not the thinker/doer, then “you”/“i”/“me” (as a separate person/entity), cannot exist.

3. Therefore, “you”/“i”/“me” is a delusion. Ie, it's just something that you've been brainwashed/programmed to believe, but it's so deeply programmed, that you think it's fact/unchallengeable/unquestionable/indisputable/etc.

4. If no separate entity exists, then any identity is a delusion, (including: “I am awareness”, “I am that”, etc), and, the unmanifest and manifestation, are the one-same-thing.

5. If no identity can exist, then you do not exist.

In previous sections, I've mentioned how some brainwashing/programming, can be so deep, that the person will not even know that it's just a belief/idea, that they’ve been programmed to believe. Ie, the brainwashing/programming is so complete, that they'll not even know, that it's something that they can challenge/question/disputable/etc. The point is, that the best examples of this, are:

1. “I think”.
2. “I do”.
3. “I am a person”.
4. Etc.

This is why I have said (many times in this book), that “100% of people” are brainwashed/programmed.

Ie, if you believe that you're a person, you're brainwashed/programmed.
-- And therefore, all people (who believe that they're people), are brainwashed/programmed.
-- And therefore, 100% of people, are brainwashed/programmed.

If you believe, that no people exist as separate entities, then no one is responsible for anything, and no blame can ever be placed on anyone.

There is absolutely nothing wrong with believing this. And nothing wrong with this being the way a society functions. Ie, no one gets punished, for anything that they do.

The point is, that since everyone is enslaving everyone, everyone will have to accept blame (and punishment), and therefore, society only has two choices:

1. No one gets blame/responsibility/punishment, (for their past/present/future actions).

2. Everyone gets blame/responsibility/punishment, (for their past/present/future actions).

In most countries today, people have chosen to go down the route of appointing blame/responsibility/punishment, and this therefore means, that all people now have to accept blame/responsibility/punishment for their actions, (of enslaving each other as personal-slaves, and/or work-slaves).

And, “all people”, means all people.
-- Eg, people who decided to have children, will now have to accept blame/responsibility/punishment for their actions.

Ie, there are only two options:

1. If people become selfless (and stop using or creating other people as their personal-slaves, and/or work-slaves), then no one needs to appoint blame/responsibility/punishment, and no one suffers.

2. If people continue to be selfish/immoral/cruel, then people will continue to appoint blame/responsibility/punishment at everyone, and so everyone suffers.

Ie, the only way to get to the point, where no one suffers, is if everyone examines how they (themselves) are causing suffering to others, and then admit that they're being selfish/immoral/cruel, and then stop doing it.

It's important to note, that punishment can come in many forms, and some forms are not understood by many people. Eg, if a person (victim) feels that they have been wronged, then they might naturally have negative feelings towards the perpetrator. And, these

feelings could happen for a very long time, even when the victim is not in the physical presence of the perpetrator.
-- Ie, the perpetrator will be effected by the victim's negative feelings towards them.

The point of the previous paragraph, is that blame/responsibility/punishment can be appointed, whether a person recognises it, or not.

And, therefore, it's not long before everyone is receiving blame/responsibility/punishment, due to someone accusing them of being a perpetrator, and simultaneously sending blame/responsibility/punishment, to people that they believe are perpetrators.

The point is, that the result of this, is that everyone suffers.

To get to the point where no one suffers, everyone would have to stop appointing blame/responsibility/punishment, and for this to happen, everyone would need to stop being selfish, and stop using other people as their personal-slaves, (and/or work-slaves), to fulfil their selfish desires.

It really is quite simple. However, when the world is examined, it's clear that the majority of people believe, that it's not only ok to use people as their personal-slaves, but most people seem to believe, that it's ok to create new slaves/babies.

It's obvious, that everyone will continue to suffer, until people stop being selfish/immoral/cruel/evil.
-- And, it's impossible for people to stop being selfish/immoral, until they take the first step, where they examine, how they (themselves) are causing suffering to others.

This book is trying to show, (through the examination of all aspects of everyday life), that everyone is causing some type of suffering to other people/animals/plants/entities/etc, (if not physically, then at some other level).
-- And therefore, everyone is to blame for something.

Ie, this book is not trying to show, that some people are bad, and some people are good. It's showing that everyone is bad.

Indeed, you can't be alive, without using someone, (or something), for your selfish benefit.

And, just because everyone is doing it (and it's unavoidable), that does not make it acceptable.

Ie, if people want to argue, that this is just something that is inherent in life, (because life has been deliberately designed, to make people dependant on other people/animals/plants/entities/things/etc), then that is fine, but that still ends up in the same conclusions, that:

1. Life is causing everyone lots of suffering.

Therefore,

2. Life is cruel/evil.

Therefore,

3. Bringing babies into this world, is cruel/evil.

The deeper you understand these conclusions, the less suffering you will have in your life, and the more free and peaceful you will be.

Yes, in previous sections, I have created separation between two groups of people (selfless vs. selfish), but the point is, that it's impossible to not need something for yourself (whether that is from another human, or from an animal, plant, or whatever else).

And this is almost impossible, if you include energy.
-- Ie, people might not take something physically from another human/animal/plant/entity/etc, but they might take energy from other humans/animals/plants/entities/etc.

And, this is not including any other more subtle “things”, (ie, things more subtle than energy).

Suffering does not stop, even if:

1. **You stop running after pleasure.**
2. **You give up all material possessions.**
3. **You move away, and live off the land, (in a forrest/jungle/whatever).**

Some people argue, that all suffering can be escaped from, if you just stop going after pleasure. This sounds great in theory, and can work in the short-term. However, in practice (in the long-term), if you give up pleasure, that doesn't mean that life will stop increasing the amount of suffering (that it gives you). The suffering might decrease, but it will still be there. Ie, whilst alive, suffering never stops.

Even if you leave all material possessions behind, and walk away from all friends/family/relationships/people, and you go and live in a forest, suffering will still happen to you. In some ways, you might be more free, and more at peace, but in other ways, things might have got worse, a lot worse.

Some people argue, that suffering will end, when you are enlightened. But, if suffering does end, then it ends because life/the creator made it end. Ie, this happens for no apparent reason. Ie, it can happen, even if you do bad things. Ie, nothing you do, can help you get to zero suffering. Ie, all of this is just more levels of cruelty.

Note: Going back the example of how the pleasurable act of lovemaking has so many risks/problems/fears/etc, some people will argue, that this is deliberate, to make you stay in a monogamous relationship, (or give up sex, or give up pleasure, etc), so that you

become enlightened. However, although all of these sounds reasonable in theory, none of these are true in practice. Ie, no matter which you try, you'll still have problems, and you'll still suffer. Even if you do them all, and give up everything, and truly move away from all worldly desires, you will still suffer.

Suffering does not stop, even if you're helping people in a pure selfless way.

This shows that:

1. Life's purpose is to make all people suffer.

Therefore,

2. Life is cruel/evil.

Therefore,

3. Creating/bringing a baby into this thing called “life”, is cruel/evil.

Yes, if you're helping people, this will alleviate your suffering, but only temporarily. It might even give you an amazing feeling of love, (and energy, and all sort of other positive feelings), but only temporary.
-- Ie, it will always end.

Indeed, whilst helping, these feelings/energies can make you want to help, just so that you experience these feelings/energies again.
-- Ie, what are the true motives, of these people who are helping?

And, of course, some people help others, because they like that image of themselves.

However, even if the help is pure and selfless, suffering can be there.

When brainwashing/programming starts from birth, and goes on for years, the ideas/beliefs/desires/fears that are drummed into you, stop becoming ideas/beliefs/desires/fears, and they just become indisputable/unchallengeable “facts of life”.

However, after you uncover the first lie, you might (if you want to be more free), just keep naturally uncovering more lies, and if you do this, you'll then realise that:

1. Life is a process, of realising that: Yet another thing (that was supposed to make me happy, or reduce my suffering), hasn't worked, (not in the long-term).

2. Somehow, the cruelty/evilness of it all, keeps going ever-deeper.

Sometimes you might hear someone say that x, y, z, will make you happy, but if you search enough, you'll always be able to find/see/hear other people, who will demonstrate that this is lies. Hopefully, this might be enough for you, (to not have to go through the experience/pain of finding out that it's actually not true). However, sometimes it (x, y, z) has been so drummed into your head, that you feel that it might be true, and so you try it out. There's nothing wrong with this, unless it causes another person to suffer.

And, this is obviously where the huge problem lies.
-- Ie, one of things that people say will make you happy, is to have a child. And, this is also one of the things that is programmed/conditioned into a person's head, from as soon as they're born.

Moreover, the brainwashing/programming is not just that it will make you happy, but that you must have a child, because: “Having children is the most important/moral/brave/courageous/godly thing, that a person can do”.

Of course, if everyone is brainwashed/programmed with the same thing, they'll reinforce each other’s programming, and when this happens over decades, it's not even seen as a belief/idea, but instead, it's just a fact, (that having children is important/moral/brave/courageous/god's wishes/etc).

So, it's inevitable that most people will have a child, to either see if it's true, or out of fear (of not wanting to be part of a small group of stigmatised people (who think that having a child is immoral/cruel/evil)).

Most people want everyone else to do the same activities as them, even if that activity causes them suffering. This is why, whilst trying to convince others about that activity, they'll deliberately leave out the negative aspects of that activity (which causes them suffering). Or alternatively, they'll include those negative aspects, but make the activity sound like something that is important/moral/brave/courageous/god's wishes, etc.

It's selfish/immoral/cruel, to encourage/coerce someone to do an activity, when you know that that activity, will undoubtedly cause suffering to that person.

However, this level of selfishness/immorality/cruelty, is multiplied by thousands, when that activity, (that is being encouraged/coerced), is not only going to cause suffering to that person, but also to other people (who have not consented to it).

However, this level of how selfishness/immorality/cruelty, is multiplied by millions, when that activity, (that is being encouraged/coerced), is also going to create a person, (since they're unable to consent to it, and after they're in life, they have no instant/painless/effortless/guaranteed/permanent way out of it).

An example of the first level of cruelty, is when a person encourages/brainwashes/programs you, to believe that it's a good idea to get a job.
-- Ie, you will suffer (at this job).

An example of the second level of cruelty, is when a person encourages/brainwashes/programs you, to believe that it's a good idea to get/brainwash/program/use someone, to be your partner (in a relationship with you).
-- Ie, you will suffer (in this relationship), but suffering will also happen to another person, (your partner).

An example of the third level of cruelty, is when a person encourages/brainwashes/programs you, to believe that it's a good idea to have a baby/child.
-- Ie, you will suffer (in raising this child), but suffering will also happen to another person, (your baby/child), who did not consent to being born, (and after they're in life, they have no instant/painless/effortless/guaranteed/permanent way out of life).

Note: This section is focussing on the person that encourages activities, and how they are cruel.
-- Eg, in the third level of cruelty, the person who was labeled as being cruel, is the person who encouraged someone to have a baby.
-- Ie, in previous sections, I labeled the parent as being cruel (for having a baby). However in this section, the blame also goes to the person who encouraged/brainwashed/programmed that person to have the baby.

However, although this section doesn't focus on the parent, it's important to realise, that the people who regularly encourage/brainwash/program others to have children, are mainly parents.
-- Ie, in these cases, these parents are cruel/evil for two reasons:

1. For having babies/children.

2. For encouraging/brainwashing/programming others to have babies/children.

The act of having a baby, is not just worse than statutory rape, but infinitely worse than it, because:

> **Statutory rape, is where it's wrong to take sexual advantage of an underage person, because they're "not able to consent", because they don't really know what the act is.**

Ie, the adult is imposing their will/desire, on the underage person, regardless of whether the underage person is able to consent or not.

Ie, surely this is the same (or worse), in the case of deciding to have a baby.
-- Ie, the baby is "not able to consent", and "worse" is that it's not just imposing your will/desire on another human being, but (by deciding to have a baby) you are

creating a human being (despite knowing that it will suffer), and then you also are imposing your will/desires on it.

The information in this title, leads to an obvious point, which is that since the above information is true, the act of having a baby, should be illegal.
-- Yet, most of the population either have children, or believe that it's ok for other people to have children.

Moreover, most people (somehow), have been brainwashed/programmed to believe, that having a baby is important/moral/brave/courageous/god's wishes, etc.

If there are going to be rules, about being “unable to consent” (to something), then those rules have to be applied to any situation, where a human is “unable to consent” to something. Therefore, having a baby, must be illegal.

It's obvious, that a society needs to either apply rules equally (across all areas of life), or not bother with any rules at all.

Because, if a society starts to apply rules unequally, then those rules will cause more suffering, (as compared to there being no rules).

However, rules will always be created (and exist), and they will always be unequal, because selfish people will always want to invent/implement//perpetuate these unequal rules, (because those rules are their tactic/weapon, of how to get/control/manipulate/use/enslave people).

And, since everyone is selfish, (since they think that it's acceptable to enslave people as their personal-slaves and work-slaves), this means that everyone wants to either:

1. Perpetuate the current rules/system/laws/morals/beliefs, (because it suits them).

2. End the current rules/system/laws/morals/beliefs, so that they can then implement their own rules/system/laws/morals/beliefs (which suits them).

The point is, that rules will never be applied equally (across all areas of life), and therefore, using “rules”, is always going to cause more suffering (as compared to having no rules).

If a person examines, how countries set up their rules, it will be seen that most rules are not applied equally across all areas of life. And, as expected, this is the cause lots of suffering. And, the situation only ever gets worse.

Of course, applying rules unequally (across all areas of life), is no accident. Indeed, it's

always deliberate, and that is why rules are applied in the first place.

Ie, rules are applied, because some person (or group of people), want everyone to obey their rules (of what can and can't be done).

Note: This is applicable at all levels. Eg, it's applicable at a country level, but also at a family level, and a relationship level, etc.

Child molesters, child porn, paedophiles, etc, are bad things, but parents are infinitely more cruel/evil, since they not only create the human, but they brainwash/program the child from birth (to fulfil whatever desires they have).

So many people in this world, think that child porn is bad/evil, as are paedophiles, and child molesters. And, indeed, all of that is bad, (since it's an activity that the child is not able to properly/realistically consent to (since they're too young to understand the activity)). However, many people are not able to see, that the decision to have a child, is infinitely worse than child porn, child molesters, and paedophiles. And therefore, parents are infinitely worse than these people.

Parents will always justify their decision to have baby, with all kinds of reasons, but no matter what reason they come up with, it's always just based on their belief. Ie, even if the parent thinks that they're doing it for a selfless reason, that “selfless” reason, is from their beliefs, and therefore, the decision to have a baby, is still to reinforce the parent’s beliefs, which therefore still makes the decision selfish. Ie, there's never a selfless reason to have a child.

However, this argument is almost irrelevant, since it's clear that the baby will suffer throughout their entire lifetime, and therefore it's immoral.
-- Ie, there's no need to discuss whether the parents believed that it was a selfless act, since it's clear that the baby will suffer (regularly throughout it’s entire lifetime), and therefore, it's cruel/evil.
-- Ie, if the result is cruel, then the decision must have been immoral.

The level of brainwashing/programming, is always at it's deepest, when a person uses words to describe themselves, which are the exact opposite of their behaviour. -- This is how (and why), most selfish people believe, that they're selfless.

The perfect example of this, is when a parents believe that they're selfless, (despite the fact, that their decision to have a child, is the most selfish thing ever).

The reason why this is important, is because that is when problems are created in the world.

Ie, problems are created, when people can't even see, that a different perspective to theirs

can exist, (let alone be one, that is possibly true).

Eg, if it's explained to parents, that having a baby is selfish/immoral/cruel/evil, most parents will not be able to grasp that this is true, (or even possibly true).
-- Of course, parents can't do this, because they have to keep reinforcing the belief, that they're selfless/moral/important/etc.

The point is, that parents are always trying to argue something, to benefit themselves, whereas this book is trying to argue something, from the neutral/natural/true start-point (for everything), (as mentioned in the summary of this book).

When people are not able to be open to other perspectives, all that happens, is that they're just blocking out all things, that could burst their bubble/delusion.

And, what's important to note, is that it's irrelevant whether this “blocking out”, is done consciously, subconsciously, or unconsciously.
-- The reason why it's irrelevant, is because no matter where the “blocking out” happens, it's happening, and as a result, they're not open to any other perspectives.
-- And therefore, they'll never be able to see, how they're causing suffering to others. And therefore, suffering will continue to spread.

Most people will never be able to admit, that there's even a 0.0001% possibility, that they're doing cruel/evil things to other people.
-- Ie, the denial, will always be total.

They have to do this, because if they admit that there's even a 0.0001% possibility (that they're doing cruel/evil things to other people), this then opens the floodgates, to seeing that it might be 100% true (that they're doing cruel/evil things to other people). Therefore, people have to stick to total denial.

The point is, that to remain in total denial, they have to make sure that they never check their behaviour/beliefs/etc, in any way. Because, doing this, runs the risk of realising, that they’re causing suffering to others. So, the inevitable result is, that they'll continue to cause other people suffering.

The perfect example of this, is that a parent will probably never be able to accept that the following statement is (even 0.0001%) possibly true: “Having a child is the most selfish/immoral/cruel/evil thing that a human can ever do”.
-- And, in total denial, they'll have another baby, or they'll try to make themselves feel more normal, by encourage others to have babies.

Therefore, if any parents ever hear that these types of statements/information are being said, it is to be expected, that they’ll do all that they can, to attack it, and try to prevent it from being spread to other people.

The only parents that might want to hear such information, are those who's children see life in this way. Ie, the parents might want to understand, why their child is always cold towards them, or has has stopped all communication with them, or has killed themselves.

Usually speaking, people only ever read this type of information, after they have had something bad/traumatic happen in their life, and then they're willing to see other perspectives on life. However, after the traumatic event, they'll initially seek out alternative opinions, from more mainstream literature/sources. And then, if (and when) those mainstream literature/sources, are seen to be providing unhelpful information (lies/misdirection), only then will they then move onto less mainstream sources. Then, this process (of still not finding helpful/truthful answers (in the next level of “less mainstream” sources)), will eventually drive them to a perspective, that only a small minority of people, seem to have of life.

Of course, it's important to realise, that no literature/perspective, will have the answer. However, the reason why it's important to know all the perspectives (from the mainstream, to the most extreme), is that only then do you know all the possibilities. And, by knowing and accepting all the possibilities, you'll be able to see life more clearly, and only then can you understand why suffering exists, and only then can you begin to end all suffering (for yourself, and others).

Knowing all the perspectives (from the mainstream, to the most extreme), is also the only way to break the brainwashing/programming, that has happened to you, since you were a baby. The best way to understand this, is with the following explanation.

The best way to brainwash/program a person, is to only teach them, that there are a few perspectives of life, and to teach them that all other perspectives are incorrect, (or delusional, evil, etc). Having done this, this brainwashed person will go through life believing this, and their behaviour will be violent to towards anyone, who has a belief that is different to theirs.

Ie, this book is possibly a very useful tool, in that it can help you undo your brainwashing/programming.

Jobs/careers/relationships/friends/family/having children/etc, are designed to keep you in prison/torture/slavery/rape, to make you easy to control and manipulate.

If you add up the minutes of pure/true happiness, that each of these activities gives you, and then you compare this to the total number of minutes that you're alive (over your entire life), you'll realise that it's around 1%.

And what compounds this, is all other time/money/effort/hassles that needs to be done, to stay alive, (to get this 1%).

To start this section, let's look at the cruel game of dating/relationships (and everything that revolves around it).

If you look at the whole process of a relationship (before, during, and after), then you'll see just how much people compromise their beliefs/desires/feelings all the time. Ie, even in a person's free-time (when they're not working, nor doing chores), they'll be doing things (eg, spending time with their partner), but for a lot of this time, they'll not be truly happy. Ie, there will be some moments of happiness, but most of it will be at the level of "ok", or borderline of "not ok", because they're having to deal with some cringe feeling, or nagging, or they're doing something that they don't really want to be doing.

The key point is, that if you add up the moments of pure/true pleasure, and compare it to the amount of time/effort/stress/headache/cringe-feeling/nagging/etc, that is involved in the whole process (before, during, and after the relationship), then the percentage of pure/true pleasure, will probably be less than 5%.

To look at this another way, if a person ever came up to you, and asked you to be involved in an activity (during your spare-time), and they said that there will be 5% pleasure, and 95% suffering, then you would make sure, that you did not get involved in that activity.
-- And, you would think, that anyone who did get involved in such an activity, would have to be have been seriously brainwashed/programmed, to want to do so.

Ie, they must have deeply brainwashed/programmed, to believe that that activity will:

- Make them happy.
- Make them appear as being "successful".
- Make all their problems go away.
- Etc.

And, along with this, they must have been brainwashed/programmed, to believe that, if you don't do that activity, then:

- They will not be happy.
- There must be something wrong with them.
- They will be a "loser".
- Etc.

And, this activity (of relationships), is not much different to any of the other activities (eg: friendships, sex, family, having children, etc), in the sense that they'll all only provide you, with 5% pure/true pleasure.

The point is, that believing that any of these activities will provide you with more than 5% pure pleasure, is just a ridiculous assumption/belief/idea.
-- It's ridiculous, because all you need to do, is look at people who are involved in these activities, and you'll see that they're all suffering, most of the time.

However, many people cannot see this, because most people are blind to assumptions, and also to the number of assumptions that they make.

A good example of this, is the dating game. In this game, there are always many assumptions that compound each other, eg: "If I earn money, then I can get everything that I need (to make myself appealing to an attractive partner), which will get me time with them, which will hopefully lead to a relationship, which will make me happy."

However, the point is, that at the end of it all, even if you do get your 5% of pure/true pleasure (from that relationship), it's not actually 5%, because you actually have to factor in the percentage of suffering caused by working to get money.

So, if you suffer for 98% of your time at work, then the end amount of pure/true pleasure, is 5% of 2%.
-- Ie, the amount of pure/true pleasure that you actually get, is a small crumb of happiness.
-- It really is “scraps” of happiness/peace/love/pleasure.

Note: This is not about figures/statistics, (eg, 5%). What this is about, is making people realise, that they (themselves), have to do this calculation. Ie, they have to add up the minutes of pure/true happiness, and then see what percentage they get.

After factoring in the time/effort/hassles/annoyances, of having a job, (and doing chores, and trying to avoid pain/suffering, etc), then the amount of pure/true pleasure in a person’s life (that they get from activities like relationships/family/friends/having children/etc), is miniscule.

The percentage, will probably be around 5% of 2% of 0.1%.
-- It's a ridiculous joke.

Ie, you're acting like a slave, who goes through a huge amount of prison/torture/slavery/rape (suffering), and gets a bread-crumb in return.

However, most people don't want to recognise/believe/admit, that any of this can be true, (especially if they've spent most of their life doing this). And therefore, they prefer to just lie, (to brainwash/program themselves, and others), that these activities do make them happy.

Note: Even if you have enough money (to never need to have a job), you'll still have to do some chores (slavery), and therefore, you're still living a life that involves prison/torture/slavery/rape.

In the previous section, I said “the end amount of pure/true pleasure, is 5% of 2%”. Let's use these figures, and continue.

It's actually incorrect to say 5% of 2%, because I have only factored in the two subjects (work, and relationships). Ie, if you also factor in all the chores that you have to do (just to keep the body alive and healthy), and all the other things in life, then it's probably more like 5% of 2% of 0.1%.

Ie, the scrap of happiness, is literally smaller than a scrap. To try to explain how small this scrap is, you could ask yourself:

> Would you work 20 hours a day (in awful slave labour conditions), 7 days a week, for 51 weeks per year, so that you can get 1 week off (per year), in which you will only experience a total amount of happiness, which adds up to 1 hour in total?

Ie, even if this 1 hour of happiness was absolutely amazing, the ratio still deems it to be a scrap of happiness, (compared to the total number hours that you work/suffer), and therefore it's not worth doing.

Ie, if this deal was offered to someone, they would simply walk away from it.

Moreover, I have allowed for 1 hour of “happiness”. Ie, in this example, it was about adding up the minutes of happiness, (not “pure/true happiness”).
-- The point is, that if it was about adding up the minutes of pure/true happiness, then the ratio might be more like 1% of 2% of 0.1%.

And, if it was about adding up the minutes of pure/true ecstasy (or bliss), then the percentage is more like 0.0000000001%.

Adding up the minuets pure/true happiness, (and suffering), in all activities, is not enough.
-- You must also add to the calculation, that certain activities, have certain risks, which could lead to even more suffering.

Eg, sex, (or lovemaking), has the risk of pregnancy, and that has the risk of the long-term prison/torture/slavery/rape, (caused by 16 to 20 years of child-maintenance, or jail).

And with the issue of child-maintenance, there's no point trying to say “But my partner would never do that to me”, because a simple analysis of life, will show that many relationships/marriages have ended, with both partners doing bad things to each other, (despite the fact that they used to be deeply in love with each other).

Of course, all activities/hobbies (eg: relationships, friendships, family, having children, etc), have many different ways to create long-term prison/torture/slavery/rape, (eg: emotionally, mentally, physically, spiritually, financially, etc), and therefore, these risks need to be factored into the calculation.

The more time/effort/money/energy that people have put into jobs/careers/relationships/friends/family/having children, the harder it will be for them to:

1. **Want to see/recognise/admit (to themselves and others) that they've been fooled/deceived/conned/tricked/lied to/etc, for so long.**

2. **Give it all up, even if they can see that it's causing them lots of**

suffering.

Ie, although it might sound easy to just add up all the bad times, and compare it against the good moments, this is actually almost impossible for some people to do, because they don't want the true results.

Also, they don't want to add up all the bad times, because the don't want to see/recognise/admit, that there was so much suffering in themselves, and in their partner/friend/child.

Most people will come up with all types of reasons/arguments (excuses), to not want to calculate how much happiness (and suffering) exists in their everyday life activities (eg, relationships/family/children), because they know, that if they do this calculation in one aspect of their life, then they'll start to recognise it in other aspects of their life.

And, if they do this, then they'll see, that their jobs/careers/relationships/friends/family/etc, are actually the things which are causing all the suffering in their life.

Ie, the things that they were choosing to do, is actually the cause of their suffering.

The benefit of analysing the percentage of pure/true pleasure (that you experience in an average year), is that if the ratio is bad, then whenever you're doing something that you do not want to do, you'll naturally ask yourself:

- “Why exactly am I doing this thing (that I do not want to do), especially if the reward is a few crumbs of pure pleasure per year?”
- “What am I fighting for?”
- “What made me fight/struggle, for such few crumbs of pure/true pleasure?”
- “The thing that I am promised (at the end of this work/suffering), is it really worth it?”
- “Perhaps it's time to realise/admit, that relationships/family/friends/having children/jobs/etc, are activities that were never designed to give you pure pleasure/happiness. They were just activities designed to keep you in prison/torture/slavery/rape. And, it's worked.”

The questions (above), are important, because once these types of questions are asked (even if it's only in one aspect/activity in your everyday life), then the natural process of challenging everything (in all aspects of life), will begin.

This is important, because it's important to see how all aspects of life are causing you to suffer.

It's never just one activity that causes suffering in your life. It's always a combination of activities, and all those activities/chores/jobs will all be interlinked, and will compound each other.

Ie, you must challenge/question/analyse all the everyday activities/chores/jobs/etc, because if you leave one out, then that will be the one, that keeps causing you suffering.

The first step, is to just see it all clearly/honestly.
-- Ie, don't try to find solutions.

Instead, just see that:

- **“This is all just ridiculous.”**
- **“This cannot be right.”**
- **“This is unacceptable.”**

As long as you realise that something is unacceptable, that's enough.
-- Because after that realisation, change will naturally happen.

You never need to find solutions, because all you need to do (at every step), is to know what you are not willing to do, (because it's unacceptable to you).

Ie, at each step, you might have all kinds of options to choose from, but all you have to do, is to know which options are unacceptable. And, if all options are unacceptable, then don't do any of them.

It's important to not jump into trying to find solutions, because if you do this, and aren't able to find any solutions (that you like), then you can end up trying to convince yourself that those activities are ok/acceptable, and so you continue to remain in prison/torture/slavery/rape.

Never limit yourself, and just be honest.

Eg, if you honestly examine what you want from a relationship, you might realise, that you only enter into relationships, to get those wonderful feelings of pure pleasure/intimacy/affection/closeness/etc.
-- If so, then why not just put yourself into a deep relaxed/subconscious state, and

imagine/feel those exact feelings for yourself.

Moreover, why limit yourself to this.
-- Ie, go further, and go into ever-deeper states-of-being.

What then becomes apparent, is that the physical world, is not necessary, and is only created, to extract energy from people, (whilst they're in prison/torture/slavery/rape).

To explain all of this, let's use the example of relationships. After seeing that the whole relationships game is ridiculous, you might want to think what improvements can be made. Lets take the following example.

Let's say that you have the ability to instantly/painlessly/effortlessly make yourself appear, however you want to appear. Ie, whatever you think, instantly becomes reality. If you have this ability, then you might believe, that you would then decide to make yourself look good, so that you could easily get a partner.

However, if you had this ability, you might decide to skip that nonsense, and think of your ideal partner, which would make them become real.
-- However, this also does not make sense, because you might as well just create the feeling of pure pleasure/intimacy/affection/closeness/etc, that you were ultimately after.

Indeed, if this is the case, then why not just just get rid of the body, and exist as pure freedom/peace/love/bliss.
-- Ie, you realise that you do not need other people, nor your own body.

Ie, it all becomes the exact opposite of what you used to do.
-- Ie, you used to try to make yourself appear a certain way, in the hope of attracting (and keeping) a certain partner, who you hoped would then give you the feelings, that you wanted to feel.

When it's said like this, it's obvious, that it makes more sense, to just skip straight to the feelings (that you want to feel).
-- Ie, go into a deep relaxed/subconscious state, and imagine the feelings (that you want to feel), eg, pure pleasure.

Not only is it infinitely easier to do this (as compared to playing the dating game (and relationship games)), but it's exactly as you want it to be. And, the feelings are just as intense, or more so, since the pure pleasure is not interrupted by the partner doing negative things (that spoil or diminish each moment).

Some people might argue, that this is also possible with a physical partner. Ie, you could just be open, and say that all you want from the relationship, are the moments of pure pleasure/intimacy/affection/closeness/etc. However, many people might not be able to do this, since they've been brainwashed/programmed to believe, that there has to more things in a relationship, (eg: conversation, listening to their problems, etc).

Indeed, at the beginning of the relationship, you could just say to a prospective partner, what you do want, and do not want. And, if both partners are happy with this, (and you

both don't compromise on this), then a relationship might be worth playing with.

The reason why I have written the previous paragraph, is because even if this was possible, it's still a lot more headache, than just putting yourself into a deep relaxed/subconscious state, and imagining/feeling/getting those exact feelings for yourself.

Ie, why bother with the physical world at all?

Note: In the previous paragraph, I used the words “deep relaxed/subconscious state”, but it can be done in a conscious state. It all gets too hard to describe properly, but the best thing, is to just try it for yourself. Most people have probably had a very “real” dream, and so they know that experiences in this state, are just as “real” as the physical world (waking state).

The physical realm, is only wanted/needed, by those people who want to enslave, or slave-drive.
-- Ie, the physical realm, is only for negative/bad/immoral/cruel/evil purposes.

The desire for relationships/family/friendships/having children/etc, are just things that are brainwashed/programmed into people, to make people want to stay (trapped) in the physical realm.
-- The brainwashing/programming has made people believe, that they need the physical realm, for pleasure/happiness/etc.

People do not need the physical realm for pleasure/happiness, which many people know, since some dreams are as real (or more real), than experiences in the waking state, (in the physical world).

The information in this title, can be examined at all types of levels, but for the moment, let's just look at people in the physical world. The only reason that people want/need other people to stay in the physical world, is to be their personal-slaves (and/or work-slaves). This is why they want you to remain in the physical world, and that is why they push all these desires into you.

Ie, everything is done, just to keep you in the physical world.
-- That way, to get pleasure, you have to be a: work-slave, friend-slave, relationship-slave, child-slave, emotion-slave, etc.

Yes, we can also look at all kinds of other levels, where entities that exist beyond the physical realm, are trapping people (in this physical realm), for their benefit (whether that is for their: pleasure, entertainment, energy/life sustenance, or whatever else). And examining all of this, can be very useful. However, it's more important, to examine how most people on earth, want to keep other people trapped on earth, (and therefore trap them in a life of prison/torture/slavery/rape).

And, this is apparent, in

parents/partners/friends/family/companies/governments/organisations/etc, because all of them make it very difficult, for you to leave life (in an instant/painless/effortless/guaranteed/permanent way).

If you know that the physical world is just prison/torture/slavery/rape, then just keep going ever-deeper, in the other direction.

Ie, go into a deep relaxed/subconscious state, and forget about trying to imagine/create pleasure, or any other feelings.
-- And, do not try to merge energies, or whatever else.
-- Instead, lose the belief that a body (of any shape or form) needs to exist, and that it does not even need to be formless.

Also, forget about trying to lose the sense of separation. And, forget about all that you've heard. Throw it all away. Throw away all spiritual teachings, and all things that you've heard about white light, and any imagination you have about what the other realms/dimensions are like. Throw away any idea of what you imagine the source is, and also throw away all ideas/beliefs/images/feelings/fears/desires.
-- And just keep going ever-deeper, in that direction.

The reason why everything needs to be thrown away, is because any feeling/idea/dimension/realm/state-of-being/etc, that you try to get to, will:

1. Create an identity, (whether as: “i”, spirit, soul, awareness, etc). Because to get somewhere, (or to get something), “you” need to exist, and the place/person/thing needs to exist.

2. Create a feeling of desire in you. And, no matter how subtle this is, it will be an ugly feeling.

3. Require effort/energy. And, no matter how subtle this is, it will be an ugly feeling.

It should be obvious, that all of these things, will prevent you from going ever-deeper into freedom/peace/love/bliss.

Note: When you do go in this direction, I'm not saying that you'll be able to permanently stay there. However, even it's for a short while, it's infinitely better, than the superficial pleasure, that you can get from a partner/friend/family/child (in the physical realm).

The point is, that the more things/ideas/desires that you can throw away, the deeper you will go, and it's the way towards an ever-deeper freedom/peace/love/bliss.

Going into ever-deeper freedom/peace/love/bliss, will help end all suffering (for all).

Going into states of ever-deeper freedom/peace/love/bliss, is not just for selfish purposes, because these states-of-being, will reveal how the manifestation is created, and brought into existence.

These ever-deeper states-of-being, will reveal how the manifestation is made up of layers, and as you go deeper through the layers, you will understand (via “experience”), that you're not a “person”, nor thought, nor imagination, nor awareness, nor consciousness, etc.

For most people, life will probably not let you stay permanently in any of these states-of-being, so do not expect to be able to escape permanently into them.
-- However, whenever you go into these deeper states, something in you will be changed, and when you are back into the physical realm, things will be slightly different.

Ie, after going into these deep states-of-being, you will (somehow) be freed from some suffering (that you used to be caught up in (in the physical realm/dimension).
-- However, other suffering will probably still exist. Ie, it probably won't all suddenly go away.

What will also happen, is that you will be changed, in an ever-deeper way, which will make you see (in an ever-deeper way), just how much people are really suffering (in this physical realm). And, as a result of this, even if you're doing ok in life, you'll not be happy, until all suffering ends (for all).
-- Therefore, you'll naturally be propelled, to make changes, to end all suffering (for all).

A natural stopping of seeking/searching happens, when you naturally begin to stop: seeking pleasure, seeking escape, seeking to change your state-of-being, etc.

After you're able to go deeper (into all kinds of wonderful states-of-being), what might happen, is that in a moment of rest/peace, instead of choosing to go into another deeper state, you might decide that you don't want to put the intent/desire/effort into changing your state-of-being. (Perhaps “intent/desire/effort” are not the correct words, but it's enough to get the message across.)

Ie, you can sometimes feel, that there's a deeper freedom, which comes from not trying to change your state-of-being.
-- And this can even be true, when you're in a negative mood.
-- Ie, the negative mood is there, and you can't be bothered to try to change it.
-- This is what can be called an “effortless” state.
-- And it can also be called, a state-of-being that is “free from freedom”, because the state-of-being that you're in, might not be very free, however, you're aware of that fact, but you're not bothered to change it.

Needless to say, this is a huge turning point, because you (a part of “you”), can then be totally at peace, even during a negative emotion.
-- Perhaps a better way of describing it, is that a part of you, is totally still, whilst the mind and body is undergoing a negative mood.

Similarly, this can also apply to positive moods.
-- Ie, a positive mood might arise, but there's no desire to: keep it, make it last longer, make it more intense, etc.

However, if you're able to do this, but you then want this to become a permanent thing, then you'll inevitably “lose” this “ability” (to be free from the desire, to change your state-of-being).
-- Indeed, this is inevitable, because it's not an “ability”, but something that you can't be bothered to do, and then, what remains is...

Similarly, if you try to make it into a “thing”, it will be “lost”. And, if you try to identify yourself as that “stillness”, it will be lost, or compromised.
-- The point is, you can never do anything to make this permanent.
-- Also, if you think that this is always something that you can (or should) do, then you won't be able to do it.

Ie, it's not important if you can be in this state-of-being regularly (whether by effort, or if it naturally happens). What is perhaps important, is that you know that all such experiences/states-of-being, will come and go at any point.

Wanting/fighting, to be good/successful, at any activity/game, is what causes you (and others) suffering, (in the long-term).
-- It's just like war.
-- Nobody ever wins a war.

The “winners”, are usually the “losers”, but they're just to blind to see it.
-- This happens, because all games need rules, and therefore, as soon as you enter into any game, you're going to be be affected (positively and/or negatively) by the rules.
-- However, two things are inevitable:

1. The rules are always going to be constantly changing, because people will always want to change the old rules, to their liking.

2. The rules will always be unfair to some people, and at some point, these people will snap, and not care about the rules, and they’ll cause suffering to others.
   -- Also, after they break one rule, they might be vilified by everyone, and therefore, they have nothing to lose, and so they then don't care about breaking all rules.

Therefore, no matter how good you think you are at the game, the rules will always affect you negatively (at some point during the game). And in the long-term, it will definitely cause you a lot of suffering.

The deeper you look, the more you'll see how all of these games, affect everyone in a negative way.
-- The dating scene, (and relationships, etc), are perfect examples to demonstrate this.

Lets go back to analysing the “dating scene” (in the physical world), and see what it's all about. In most countries, the social conventions (of dating), are so restrictive, and primitive, that they're surely a joke, (but a very cruel one). As are the scraps of true happiness/peace/love/pleasure, that you get at the end of it.

However, it's important to see, that it's each individual, who is to blame, since it's they who are putting all these social conventions/rules/restrictions onto each other, and in doing so, there are all these expected “rules”, (which you are supposed to follow). Yet, it's these rules which cause so much suffering.

And this is true, whether we're talking about: dating, casual relationships, serious relationships, marriage, or whatever other types of interactions/relationships (short or long-term).

Despite the suffering that this dating game produces, most people still want to try to be “successful” at the game (of dating, relationships, etc), even if it's at the cost of other people.

Indeed, this is how most people are. Ie, they're always trying to get what they want, (regardless of how much suffering it causes other people), rather than trying to find a way, for everyone to be happy.

It's similar to the example, of the people who want to be rich, but in a way where other people must be poor, (so that they can be seen as more successful/appealing/powerful/special/etc).
-- The opposite of this, is if you want everyone to be rich enough, to be able to have whatever they want, (ie, everyone's rich, and nobody's poor).

In the cases of dating/relationships/etc, most people want to have something that others do not have, so that it makes them feel successful/appealing/powerful/special/etc. And, this is for themselves, and their partner. Ie, they want to be more good looking than other people, and they want their partner to be more good looking than other people's partners.
-- The opposite of this, is to want everyone to be good looking, and everyone’s partner to be good looking.

This is just an example, but it obviously needs to be expanded (from just “good looking”), to all the traits that one might want (in themselves, and in their partner), which might (or might not) include: good looking, wise, funny, caring, affectionate, loving, free-thinking, a bit mysterious, sweet, a fire inside, etc.

The point is, when a person's happiness/desires, depends on other people needing to suffer, then suffering will inevitably come to them. Ie, in the long-term, everyone will suffer.

Ie, in the long-term, no one ever “wins”.
-- Indeed, it's impossible, since for them to win, they set up rules, and in time, those rules will be what causes them suffering.

Yet, this is what people do to each other all the time.
-- The cruelty of it all, is never ending.

Ie, the deeper you look, the more you will see, how all of these games affect everyone, in a negative way.
-- And by “everyone”, I mean everyone. Ie, it will even affect the people, who are avoiding these games/wars.

Most people are brainwashed/programmed to believe, that “Death is bad”, and “Life is good”.
-- This brainwashing/programming is done, by people who want to use/enslave other people, (as their personal-slaves and work-slaves).

Their biggest fear is, that if people do not have this brainwashing/programming, then many people will realise how life is just prison/torture/slavery/rape, and therefore, many people might kill themselves, and then their personal-slaves might also kill themselves.
-- And, after having put in so much time/effort/money/energy into training/grooming their personal-slaves (partners/children/friends/family/etc), they definitely don't want this to happen.

This means that, the people who are responsible for your prison/torture/slavery/rape/suffering/brainwashing/programming, are your partners/friends/family/etc, (who are 99% of the population).

Many people want other people to remain in a physical realm, to be their slaves. There are many ways that people are getting brainwashed/programmed to remain in the physical realm, but lets look at just one example.

This example, is that people are constantly being told that “death is bad”, and that “life is good”. Obviously, they're not being told this in a direct way, but in many subtle indirect ways. Eg, whenever the news (or people) talk about the “death” of a person, it's done with a subtext that “death is a bad thing”. And the news also talks about “life”, with the subtext that “life is a good thing”.

To look at this in an opposite way, let's imagine that a suicidal person hears that someone is dead. To this news, they might think: “I'm glad for them, because I hope that they're now

permanently free from all suffering".

The point is, that if you look at what the suicidal person said, it does sound compassionate, and caring. Ie, they were selfless in their comment, by hoping that that the dead person is now free from suffering.

This is the exact opposite, of what most people do, who feel bad when a person dies, mainly because they don't want their personal-slaves, to die on them.
-- Ie, their feelings of death, comes from pure selfishness.

Ie, the people responsible for our brainwashing/programming, are the selfish/immoral/cruel people, (who are 99% of the population). They want people to be their slaves, and they perpetuate the prison/torture/slavery/rape on this planet.

The key is selfishness.
-- Selfishness is important, because a selfless person cannot be programmed/brainwashed.
-- Therefore, to brainwashed/programmed a person, you must make sure that they're brainwashed/programmed to be selfish, and that they always remain selfish. And, the earlier you do this, the better/easier it is.

Therefore, the trick is, to brainwash/program the baby (as soon as possible).
-- All parents (being inherently selfish/immoral), naturally do this to their babies.
-- And as a result, the baby (throughout it's entire lifetime), will be able to be brainwashed/programmed very easily.

Of course, all parents actually want to make their baby easy to brainwash/program, because they want to be able to control/manipulate the child, because they want the child to be a certain way, (because all parents want to fulfil their selfish desires). Indeed, this is the only reason why the parents had the child.

However, parents always miss the point, that by making the baby open to brainwashing/programming, that then their child can be easily brainwashed/programmed by other people/governments/etc.
-- Ie, all parents are responsible, for creating all the selfishness/problems in the world.

"Truthers", (and other people who want to know the truth), are actually misdirecting people towards the wrong issues, and this is causing more harm than good, (because it's creating and perpetuating suffering).

Ie, they're advising people to look at certain problems (caused by companies/institutions/governments/secret-societies/etc), but this is misdirection, because it means that people don't look to themselves (as being the cause of all the suffering in the world).

Ie, 99.999% of the population, are responsible for causing all the suffering in the world, because they create/keep/use/enslave people, (as their personal-slaves, and/or work-slaves).

The problem is, that even if people read/hear this type of information (as explained above), they might agree with it, but they'll probably not see that it's referring to them.
-- Ie, they all think that they're the 0.001% category.

Therefore, from now on, I'm going to have to say:

1. “100% of the population, are responsible for causing all the suffering in the world”.

2. “Nobody is able to see life clearly/honestly/selflessly”.

There are many people who call themselves “truthers”, or “conspiracy theorists”, or whatever else, but most of these people, never examine many of the topics that are covered in this book. Eg, perhaps none of them have covered the issue/problem, where people/groups are pushing the agendas/beliefs, that:

1. “Life is good, death is bad.”

2. “Relationships/friendships/family/jobs/having children/etc, is good/important/moral/etc.”

3. Etc.

The reason why they'll not want to cover these topics, is because they're the ones who are (directly or indirectly), pushing/brainwashing/programming these agendas/beliefs, into people.
-- Ie, they can't examine and expose these subjects, because they too create/keep/use/enslave people, (as their personal-slaves, and/or work-slaves).

It's a good example, of how many people who say they're “going deep”, are still the people who are creating/keeping/using/enslaving people. Ie, they're just as bad as everyone else.
-- Moreover, perhaps they're worse than everyone else, because some people are willing to behave selfishly, but are open in saying that they're selfish. Ie, at least they're honest. This is as opposed to those people who act selfishly, but try to convince others, that they're selfless/good/moral.

I used the “truthers” as an example, but everyone is responsible. The end result, is that:

1. Most people are constantly misdirecting people (away from examining what is really causing suffering). And, in doing this, they create and perpetuate

suffering.

2. Most people are ok with looking at problems in the world, but not the ones that they are causing.

3. Most people are happy to accuse others of creating suffering, but they'll not accept that they are also creating slaves, and enslaving people.

People will only ever be able to uncover/see/admit lies, which they are not a part of.

Therefore, since 100% of the population, are still creating/using/enslaving people (as their personal-slaves, and/or work-slaves), it is to be expected, that suffering will always continue.

Of course, there will be uncovering of lies, but this will be about topics that places the blame away from 100% of the population.

Ie, it's just another example, of selfishness sold as selflessness/morality/etc.

Ie, “The truth movement”, (and truthers, etc), are just a new way make people believe, that change is happening, but really, it's just covering the fact, that nothing is going to change, (in the sense that suffering is not going to be dramatically reduced, let alone eliminated).

Suffering can only end, if you're open to all possibilities.

And “all” means all. No exceptions.

In a previous section, it was discussed how people are brainwashed/programmed into believing, that “death is bad”, and “life is good”. This is commonly shown in the news, when the topic is a “murder”, and with the inevitable subtext being that: “Murder is death, and death is bad”.

Ie, it's ok to mention that someone has been murdered, but not with a biased subtext.

A non-biased subtext, would sound something like:

> “John has been murdered, and hopefully he's now free from all suffering.”

It's important to note, that this is not biased, (towards “death is good”).
-- Ie, if you wanted to push the agenda/belief, that “death is good”, then the subtext would exclude the word “hopefully”, and then it would sound something like:

> “ John has been murdered, and he's now free from all suffering.”

Ie, it's important to always emphasise, that the truth is not known.
-- Ie, “I do not know that death is good, nor that it is bad”.

This issue, is all very much related to the issue of programming, deprogramming, and reprogramming. Ie, the important thing, is to only ever deprogram, (and never program, nor reprogram).

However, what many people can get confused about, (and misinterpret), is that some things are said to deprogram, but can sound like programming/reprogramming (to them).
-- It's actually easy to see the difference, because deprogramming, is something that will lead to an end result, which is good/moral/selfless/benevolent, (eg, an end to all suffering (for all)).

Note: This end result, (an end to all suffering (for all)), is not one which any one person (or group of people) can benefit from, whilst other people still continue to suffer. Ie, everyone benefits.

“Murder-suicide”, can be a good/moral thing.

In the previous section, we discussed how there can be an unbiased view of death, and that there can also be an unbiased view of murder. Let's now move on to “murder-suicide”.

A good example here, is that a family is in the middle of a war zone, and they know that a group of soldiers are going around, and raping and torturing everyone in their village, and afterwards, they're killing everyone slowly/painfully, (and no one is left alive).
-- Because this is happening, it can be argued, that if those soldiers invade a home (where a family live), that the parents of that family, perhaps should spare the whole family immense suffering, by killing their children, and then themselves as well.

Ie, in this example, murder-suicide is perhaps: wise, moral, good, acceptable, justified, understandable, etc.

And in this example, it's perhaps immoral/cruel/evil, to not do the murder-suicide.

There are times, when not killing someone, is immoral/cruel/evil.

Indeed, many people would say, that it's immoral/cruel/evil, if someone does not help a suffering animal/pet to die.

There are many people, who believe that if a person is very old (or terminally ill), and they're suffering greatly, (and they want to die), then surely it's cruel to force them to stay alive.
-- And/or, that it's cruel to make it hard for them to commit suicide.

And, since it's so hard for them to commit suicide (with a 100% guaranteed outcome of permanent death), it's arguable, that it's justified for a person to help them die.
-- Moreover, it's not just “justified”, but it's immoral/cruel/evil, if someone does not help them to die.

It's important to note, that consensual-murder (assisted-suicide), should not just be allowed for those who are suffering physically, because many people know, that emotional suffering (or mental suffering), can be just as bad (or infinitely worse), than physical suffering.
-- Therefore, if any person is suffering, and they want to be killed, it can be argued, that to not help them, is immoral/cruel/evil.

Furthermore, if you then say, that you don't want to help kill them, because you fear that you could be sent to jail, then this could be seen, as you just being selfish.

Again, it's important to see the difference, between the attitude that people have towards humans, as compared to their animal/pets. Ie, many people would say, that it's immoral/cruel/evil, if someone does not help a suffering pet to die.

Suicide (and assisted-suicide), can be justifiable, despite the person having no issues of any kind, (whether: physical, mental, emotional, spiritual, etc).

The laws about assisted-suicide (and murder), are ridiculous, and this is causing a lot of suffering in the world.

And this is unlikely to change, because people are doing all that they can, to not see life clearly/honestly/selflessly.

Let's go back to the example, of the family that knew that they were going to be raped and tortured, and then slowly/painfully killed by the soldiers. When the soldiers first entered their house (but had not yet got to the family), in that exact moment, no members of the family were in physical pain. However, it's clear that the decision to do murder-suicide on the whole family, is understandable.

Ie, the argument (in this case), is that prevention is better than cure. And, in this example, it is understood.
-- Therefore, if a person knows, that they're going to suffer regularly in life, (because they know, that this is what life is), then they too should be allowed to kill themselves, since it too is understandable.

Another example, is that if a girl is pregnant, and they find out that the child is going to have a horrifically painful life, (due to having a certain incurable disease), then it makes sense, to not let that baby be born. And therefore, an abortion is the right/moral action, (and to let it born, is immoral/cruel/evil).

Taking this a bit further, if the girl is in a country, which doesn't have the facilities to know that that foetus has this disease, and she has the baby, but when the baby is born, it's obvious that the baby has the disease, then the decision to murder the baby, would be justified, and seen as moral/good/kind.

Taking this a bit further, the same can be true for other types of suffering. Ie, if you know that the baby is going to suffer in life, then murder of the foetus, (or newborn baby), can be seen as moral/good/kind.

Indeed, in many countries (where abortion is legal), some girls decide to have an abortion, because they know that they're not in a financial/emotional/whatever position, to give that baby a good life, (ie, a life which does not have a lot of suffering in it).

Actually, the girl doesn't even need a reason, for wanting to have an abortion. Ie, even if the doctor wanted/needed to hear a reason from her, she could just make one up, or give a whole list of reasons.

Taking this a bit further, if you know that every baby born, will suffer for a high percentage of their life, then it's arguable, that killing them all, is an act that is moral/good/kind.

Indeed, this is what abortion is. Ie, the parents feel that they're not in a position to be able to give the baby a good life (for whatever reason), and therefore, they have an abortion. And this is legal, (in many countries).

However, if a baby is born, and then the parents realise that they're not in a position to be able to give the baby a good life, then, if they kill that baby, they'll be sent to jail (since this is illegal).

The point is, the laws are ridiculous, and this is causing a lot of suffering in the world.
-- And this is unlikely to change, because people are selfish/immoral/cruel.

If you yourself haven't experienced full/permanent death, (where you don't come back to life), then you don't know what happens after death.
-- And therefore, it's impossible for you to know, that:

1. Death is a bad thing.
2. Death is a good thing.

3. Everyone (on this planet) being dead, is a bad thing.
4. Everyone (on this planet) being dead, is a good thing.

5. Etc.

Let's continue from the previous section. At the end of that section, some people might get angry (with that type of reasoning), and blurt out “Why not just blow up the whole planet

then?”
-- The point is, (at a superficial level), I can't say “No, that is not a good idea”, nor can I say “Yes, that is a good idea”, because I don't know what happens after death.

Ie, without (personally) knowing what happens after (permanent) death, I can't ever know, if suicide is a good idea, or not.

Similarly, I also can't ever know, whether killing the human race, is a good idea, or not.

However, I can say that:

- “I'm open to the possibility, that suicide is the best course of action”, since it might be the best course of action.
- “I'm open to the possibility, that ending the human race, is the best course of action”, since it might be the best course of action.
- “I'm open to the possibility, that dissolving this physical dimension, is the best course of action”, since it might be the best course of action.
- “I'm open to the possibility, that dissolving the whole manifestation, is the best course of action”, since it might be the best course of action.

Ie, I don't know, and therefore, I certainly couldn’t rule it out.

And, it's only wise to trust your own personal (direct) knowing on this matter. Ie, it's not reliable to believe, what other people say. Ie, it's not wise to believe anyone, who tells you that life after death is good, (or bad).

Good examples of brainwashing/programming, might be “near-death experiences”, and “When you die, go into the white light”.

The key point is, that it's not about knowing what is truth or lies. All that is important, is that you're open to all possibilities.

People who've had a “near-death experience”, sometimes describe what their experience was, and there's nothing wrong with that. However, it's ridiculous to think that they can know about what happens “after death”, if they've only had an experience “near death”.

Ie, the difference between “near death” and “after (permanent) death”, might be massive.
-- Indeed, they could be polar opposites.

The point is, no possibilities should be ruled out.

On the subject of never ruling out possibilities, a good example of this, is that: Near-death experiences might be real, but they could be fabricated.
-- Ie, it cannot be ruled out, that the “near-death experience”, is something that is created by some entity, to brainwash/program people into following a certain behaviour after death.

One thing that has been brainwashed/programmed into people, is that after death, they should “go into the white light”. This is brainwashed/programmed in many ways, but the most common, is via many movies and television programmes.

Indeed, the programming is probably deep enough, for most people to act from memory, which in this example, means that, when a person dies, if they see a white light, they'll just go towards it (without questioning whether it's the best thing to do). Of course, the white light could be the doorway, to something bad. I don't know.

Indeed, both of these examples, might even be tied together. Ie, the agenda to make people “go into the light” (after they die), is programmed into people via movies/tv programmes, and also via near-death experiences. Ie, people who've had near-death experiences, might have been given an experience, where they've been taken half way into the white light, and then brought back to the physical world.
-- Then, as expected (or programmed), they write about their near-death experience, and they tell other people that it was wonderful, full of love, etc. Of course, this then makes many people think that it's wise to go into the white light (after death).

However, what happens after you fully go through the white light (and never come back), is not known, and therefore, it cannot be advised. Ie, it might be good, but it might not be good.

However, if you want to try to figure out, if it's good (or bad), there is one key point to remember, which is that:

> Most ideas/advice/teachings/etc, that are given/shown/sold to you, (ie, brainwashed/programmed into you), are done because someone wants something from you, (or wants to use you in some way).

However, perhaps this statement is incorrect, because the word “most” should be replaced by the word “all”. Therefore, this leaves the statement as:

> All ideas/advice/teachings/etc, that are given/shown/sold to you, (ie, brainwashed/programmed into you), are done because someone wants something from you, (or wants to use you in some way).

I'm not saying that people who have near-death experiences are spreading lies. Their experience is probably exactly as they reported it was, and the white light might be natural and true. All I'm saying, is that they might not have questioned whether they're being used by an entity, who has something to gain, by making people automatically go towards the white light after death.

Ie, it's not about knowing what is true/false/fake/etc. All that is important, is that you are open to all possibilities.

The best way to reduce/prevent/eliminate suffering, (for yourself and others), is by doing things at many different levels.

Blowing up the whole planet (to end suffering), seems to be something that would not solve the problem (of suffering), at a fundamental level, and therefore, the problem would still exist. Ie, the solution would have to happen, at a deeper level, (eg, at a level that is dimensional, or at the level of the whole manifestation).

However even at that level, it might not be a good enough solution, since the unmanifest is the most fundament thing (non-thing), and so all solutions need to be at that level.

However, it's sometimes advisable, to have solutions that work at many differnt levels, and to implement all these solutions (at many different levels) simultaneously.

Indeed, this is why this book, makes many different suggestions, of how to reduce/prevent/eliminate suffering (for yourself, and others), and also how to end all suffering (for all), because the different solutions work at differnt levels/depths/dimension/realms, and they can all happen simultaneously.

Also, even within this superficial physical realm, I've mentioned many different solutions (for how to reduce suffering in a person's life), and I've done this, because there are many different levels, even within this superficial physical realm.

Indeed, this is why some things (in this book), might sound contradictory, but they're not.

As soon as you shut out any alternative (unpopular) ideas/truths/possibilities, then suffering is created for you, and everyone around you.
-- Indeed, the more ideas/truths/possibilities that you shut out, the more suffering that will occur for you, and everyone around you.

However, most people won't/can't hear anything that they don't want to hear, because their mind/focus is narrow (due to their selfish desires), and therefore, they're unable to hear/see/know anything outside of that narrow focus.

Of course, this narrow focus, is deliberately kept by them, because they only want to hear/see/know things that reinforce the games/beliefs/desires that they're involved in, and make those immoral games acceptable (legally/morally/socially).

Ie, they're (obviously), not going to want to hear/see/know anything that:

1. Exposes their subtle/sly tactics and games.

2. Labels them as being selfish/immoral/cruel/evil.

3. Brings all those games/activities, to an end.

All of this shows, how everyone is constantly causing suffering to themselves, and everyone.
-- And this is why, everyone is responsible, for the all suffering in this world.
-- And until this changes, suffering will inevitably continue.

Everyone is always more interested in pushing their agendas/beliefs, (ie, trying to brainwash/programming other people with their beliefs/ideas), in the hope that this will help them fulfil their desires, (whether the desires involve creating, sustaining, or destroying something, or someone).
-- Examples of these selfish agendas/beliefs, are:

- “Death is bad, life is good.”
- “You must have children.”
- “You must get a job.”
- “You must get a relationship.”
- “You must get friends.”
- “Family is important.”
- Etc.

Without these being brainwashed/programmed into people, people would not be able to have (and keep) their personal-slaves (and/or work-slaves). And, people would not be so easy to control.

Indeed, one thing that these agendas/beliefs do, is to make you become dependant on:

- Other people.
- Institutions, (eg, the government).
- Companies.
- Etc.

Indeed, people/institutions/governments/companies/etc, do not like those people who want to be independent. And, by independent, I mean that they do not need jobs, relationships, family, friends, pets, hobbies, etc. The reason for their dislike of these people, is that these people are:

1. Not controllable.

2. Not able to be used.

3. Not of any use to them.

4. A threat to them, (because these people have the potential to inspire/deprogram other people, so that they too can become free from the everyday life of prison/torture/slavery/rape, and this will make them: not controllable, not able to be used, etc).

5. Etc.

If you can't use/enslave a person (as either a personal-slave, or work-slave), then what use are they to you/people/institutions/governments/companies/etc?

Ie, people/institutions/governments/companies/etc, only like those people, who they can use/enslave, (as either personal-slaves, or work-slaves), whether directly, or indirectly.

It's obvious, that many people do not care about their indirect work-slaves, as long as they are kept alive, (to keep doing their jobs).

However, it's also obvious, that those same people do not care much about their personal-slaves either, as is apparent, by the fact that their personal-slaves (eg, their children), suffer right in front of their faces, and they don't care, as long as they keep getting what they want.

Needless to say, the slave will probably (in time) become a slave-driver (and/or slave-creator), and so the problem goes through endless cycles.

Selfless-suicide, vs., selfish-suicide.

Selfless-suicide.

-- It's almost impossible to be alive, and not cause something/someone suffering. Ie, by just being alive, you'll be causing suffering to others. So, if a person felt that this is a reason to commit suicide, then it's a selfless reason for suicide.

Selfish-suicide.

-- An example of a selfish reason for suicide, could be when a person is old (or terminally ill), and has some serious physical pain, which they know will only get worse with time, and so they want their pain to end.

There is an important example about all of this, which I'll give in the next section.

Q: Why are so many people able to be understanding/compassionate, about the situation of the selfish-suicide (as explained in the previous section), and they think that that is acceptable, however they'll not accept the selfless-suicide?

A: People are ok with a terminally ill person dying, because they're of no use to them. However, a healthy/normal person committing selfless-suicide, could make other people

want to do the same, and if many people start realising that life is not worth living, then their personal-slaves (and work-slaves) might also kill themselves, and this is unacceptable to people, (because it takes a lot of time/energy/money/effort/etc, to find and groom, (or create and groom), their new partner/friend (or baby/child), into a slave. And they're also very dependent on many indirect work-slaves.

I should expand on the selfish-suicide example. I know that sometimes the person (in this situation) will commit suicide, so that they're not a burden on other people (whether family, hospice workers, or whoever else). However, let's just look at the example of this situation, where there is no one who is being burdened, and their suicide is not due to a deeper concern (eg, that when they're in physical pain, this causes other people suffering (due to them emitting negative energy into the world), or anything like that). Ie, in this case, their decision to commit suicide, is selfish. I'm not saying it's wrong, and indeed, they have every right to kill themselves.

The information in this section, might cause people to reflect on, whether they (themselves), are selfish or selfless.
-- And, (as usual), most people would like to believe that they're not selfish, and to make sure of this, they'll deliberately say/do things in life, to try to prove this point. Of course, in doing an action, with the intent of proving to themselves/others, that they're not selfish, they are demonstrating that they are selfish.

People who want to prevent (or shut-down) discussions/websites about suicide, increase the suicide rate, because they're doing the second worst selfish/immoral act.
-- Ie:

The absolute worst selfish/immoral act = To create a baby/entity.

The second worst selfish/immoral act = To make it difficult (practically, emotionally, legally, etc), for people to kill themselves, or even talk about it. And this applies to suicide, and assisted-suicide.

It's common, that when some people (especially parents), see discussions/books/websites about suicide, they want to try to shut them down. However, the parents never seem to realise, that this will increase the suicide rate.
-- The reason why this happens, is because the people who see life as being full of selfish people, then have to witness this selfish act (of people trying to shut down discussions on suicide), and due to this being such a particularly bad selfish act, it can definitely be the last straw, (which pushes them over the edge).

The reason why this particular act is so bad, is because it's just so blatantly selfish, and

because it's perhaps the second worst selfish act possible.
-- Ie, if the people who are tired of seeing so much selfishness in the world, then have to see people do the second worst selfish act in the world, then it's obvious, that this will push them over the edge.

And, what will compound this situation, is if they find out that it's some parents, who are trying to shut down the discussion about suicide, (because it's parents who created the problem (the baby), in the first place).

It's so simple to understand this, because all you need to do, is to put yourself in the shoes, of the person who is tired of seeing so much selfishness in the world. Eg, if you put yourself in their shoes, and imagine yourself seeing some people trying to shut down a person's blog/book/website/etc, (because it discusses suicide), then they're inevitably going to feel even more disgusted, by the amount of selfishness in the the world.
-- And, there are only so many straws, that a camel can take, before it breaks.

Of course, perhaps this is the plan. Ie, the parents are against suicide, except for when the suicide is done by that person (who made the suicide discussion/website/book), that they want out of the way.

A selfless person can put themselves in the shoes of a selfish person. However, a selfish person cannot put themselves in the position of a person who is more selfless, (not to a deep enough level, where it makes a difference).

Let's continue with the example, of a child who is tired of seeing all the selfishness in the world, and the parents who want to selfishly prevent suicide. It's easy for the child to put themselves in the parents position, because a person who is more selfless can put themselves in the position of a selfish person. However the opposite is not true.

The reason why this is important to understand, is because this might help the parents/selfish people understand, why children and other suicidal people (who are tired of all the selfishness around them), just stop talking (and communicating) in all ways.

Ie, the child knows that the parent only cares about their selfish desires (to keep the child alive), and they also know that this desire is extremely strong (since the parent has put so much time/effort/money/energy into this child), and therefore, the child knows that there's almost no chance, that the parent will ever be able to admit, that they've been involved in such an extreme selfish/immoral act, for such a long time.

Parents will always have to blame their children, and never except even 0.0001% blame/responsibility.

This is because, if the parents admitted that there's even a 0.0001% truth (that having a child was the worst selfish/immoral act possible), then the parent would

end up having to admit, that it could be 100% true, and that's too much for the parent to handle, and so the parent has to stick to accepting 0% blame/responsibility.

Also, if the parents did accept some blame/responsibility, this would mean that the parent would have to accept, that they have the inherent responsibility, to look after the child (financially, and in all ways), for the whole duration of the child's life, (because "A puppy/baby is not just for Christmas").

Ie, the child knows, that the parent will not want to financially support them (for the entirety of their life), and so the child knows, that the parent will have to harden their view on all issues.
-- Ie, the parents will have to do everything in their power, to shut-down any discussion on this issue, at all levels, (within the family, and perhaps also in all other places, (eg, websites/books/etc).

With time, the child will increasingly see, the limitless depths of how selfish parents are, and how they will say/do anything, to avoid accepting blame/responsibility, (for the lifetime of suffering that they caused their child).

Many children know, that parents will never be able to admit to the fact, that they've done something so selfish/immoral (as to create a child). And, importantly, the children know, that this can never happen even slightly,

Indeed, if the child ever expresses a problem, the parent will say that it's the child's fault/problem, so the child will have to deal with it, and find a solution themselves. This is (obviously) more common when the child is an adult, and it gets more common as the adult gets older.

The result of all of this, is that the parents can end up at the other extreme, and end up blaming the child for even the smallest of things. Ie, the parents will naturally do this, to ensure that they never accept even 0.0001% of blame/responsibility, (due to their fear, that if they accept 0.0001% of blame/responsibility, then this will start to increase).

Needles to say, what happens, is that the child suffers in life, and when this happens, the parents will just tell the child, something to misdirect them (away from seeing that the parents are to blame), eg, that:

- "Suffering is just a part of life."
- "Your suffering is due to your actions."
- Etc.

Of course, the more this happens, the more that the child will naturally move away from the parents, (in all ways).

And, no matter how bad things get, the parents will continue with this type of behaviour. Indeed, this is the ultimate opportunity, for the parents to push their desires/beliefs onto the child.

-- Of course, it's very common, that no matter how old the child is, they'll still use any opportunity, to try to change the child (to their way of selfish thinking).
-- Eg, when the child is suffering, they'll say that the child needs to change x, y, z, in their life.

Of course, x, y, z, are the parent's desires, which are usually that the child should:

- Get a job, or change their job, (to one that the parents want you to have).
- Get a relationship, or change their relationship, (to one that the parents want you to have).
- Get some friends, or change their friends, (to ones that the parents want you to have).
- Have a baby, or raise the baby/child in a different way, (to the way that the parents want you to do it).
- Etc.

What the parent doesn't realise, is that with each of these types of words, they are pushing the child further away.
-- And it's important to realise, that this is a natural process, because when someone says/does something selfish, the ugliness will be felt by the other person, and then they'll naturally move away from the ugliness.

Therefore the child knows, that there is only one inevitable result, which is that the child will have to (for the sake of their health), keep cutting down on all communication (with the parents), until all communication is at zero.
-- And then, the child might even have to block all attempts (that the parents make), to re-establish communication.

In such scenarios, parents are always in a losing position, because they're the ones with the desires, (to use the child, to make their desires come true).
-- Meanwhile, the child has no desire to use the parents, to play the game of happy families.

And, the child might simply believe, that the parents (like everyone else), can do whatever they want, (as long as it doesn't cause suffering to others).

Parents often make many incorrect assumptions, because they're not able to put themselves in the shoes, of a child that is selfless. I'll give an example of this, as follows.

The parents might believe, that their child is interested in the financial inheritance, (that they will get from them). However, the parents will never be able to see, that the child has absolutely no interest in the inheritance, (since the child does not even think that they'll be alive that long, and even if the child did get to an older age, they would almost definitely kill

themselves early (to avoid the last few decades of life, since those decades are just painful years of the body ceasing to function properly/easily/effortlessly/painlessly).

And, even if the child explains this to the parent, they'll not be able take it in, because the idea of their child killing themselves, is just too much to bear.

Some people/websites/organisations/charities/institutions/etc, allow suicide to be discussed, but they refuse to allow any discussion, about methods of suicide.
-- This is ridiculous/stupid, (and selfish/immoral/cruel), because if you prevent/censor discussions (and information) about methods of suicide, this will directly lead to some people suffering, because many people will then choose a bad method of suicide, which means that:

1. **They'll fail to kill themselves.**
   -- Ie, you're sustaining their suffering.

2. **The botched suicide, will probably cause them some permanent physical (and/or mental) disability.**
   -- Ie, you've directly caused them to suffer even more.

Ie, by censoring (or making it difficult for people to access information about methods of suicide), you're directly causing people suffering, (or sustain their suffering), which means that you're inherently (by definition), selfish/immoral/cruel/evil.

Also, if you create (or sustain) this person's suffering, then you're also going to indirectly cause suffering to many other people, (because if one person suffers, then that suffering will inevitably spread to other people).

Also, it's obvious, that if a person hates life, and then they botch a suicide, and end up with more physical/mental/emotional suffering, then they're definitely going to try to do it again.

No matter which way you come at this, censoring (or making it difficult for people to access) information about methods of suicide, is an inherently selfish/immoral/cruel/evil act.

A very good example of all of this, is when people try to kill themselves, by taking pills. This is one of the worst methods, because it not only has a high failure rate, but it's one of the easiest ways to make sure, that the person will end up with some permanent physical/mental/emotional problems.
-- This is a very important issue, because suicide via pills, is one of the first methods of suicide, which many people will think of, and this method will be appealing to them, for many reasons.

Also, some books that talk about methods of suicide, say that an efficient method of suicide, is to put a bag over your head, which is then filled with a gas. However, this method is probably going to end up causing the person more suffering, because there are

many ways in which the setup, can be botched slightly, and this will cause the method to only work a little, which means that the person will still be alive, but their brain can be permanently affected, which will cause them some permeant mental/physical/emotional problems.

Another reason why all of this is important, is because most people (who are not suicidal), believe that suicide is easy. And, some of them will just say: “Well, if you want to go and kill yourself, then just go and do it”.
-- The point is, that if you examine all methods of suicide, there is not one method, which is an instant/painless/effortless/guaranteed/permanent way out of life.
-- And therefore, this makes the act of creating a baby/person, infinitely more cruel/evil.

And it also means, that making it hard/difficult/risky for suicidal people to kill themselves, is also a cruel/evil act, (whether this is done directly or indirectly, by action or inaction).

Parents will always believe, that they know what's best for the child, because the selfish attitude that makes a person have a child, is the same selfish arrogant attitude, that the parents will have (probably throughout their entire lifetime).

I say that the arrogance will be “probably throughout their entire lifetime”, because the only way to change attitudes, is to admit the things (that you did in your past) which has caused suffering to others, and, most parents will probably not be able to admit, that they've caused a lifetime of suffering to a person (their child), and this happened, all because of they wanted to fulfil a selfish desire, (to have a child).

After a child commits suicide, the parents will almost always ask: “Why did they kill themselves?”. However, this is usually just a selfish “why?”.

Ie, they want reasons, and perhaps someone/something to blame, or they want to blame life/god (for making some bad event happen).

However, they'll never really ask “why?” from a selfless point of view.
-- This is to be expected, because they'll not want to accept any serious blame/responsibility, (eg, that they're the ones to blame, since they selfishly deiced to have a child, which was the cruelest/evilest act that a human can do, (because life is prison/torture/slavery/rape)).

In the search for “why?”, some parents might be ok with accepting some blame (if it's about an incident during the child's life), because then they can tell themselves, that their child had a good life, until some specific event in the child's life.
-- Ie, this allows the parents to say, that they were good parents, since the child had a good life to start with, but then life got difficult for the child, (at some later point in their life).

Ie, this is a lot easier for the parents to swallow, as opposed to them accepting that they made the mistake, right from the beginning.
-- Ie, their mistake, was to have a child (knowing that the child would suffer throughout it's entire lifetime).
-- And what this also means, is that their child had actually been suffering, on a regular basis, since they were born.

Another reason why the parents will find it hard to accept that the child suffered throughout their entire lifetime, is because the parents would then have to accept, that the child pretended to happy, just to please the parents.
-- Ie, the child was not only unhappy, which is bad enough, but the child had to then also fake being happy, (which is never a good thing for anyone to have to do).

Admitting this, would say volumes about the relationship.
-- And it also says volumes, about their decision to have a child.
-- And it also says a lot, about how the child was regularly made to suffer, just to fit in with a desire/picture, that the parents wanted to create.

If torture is happening, it's important to know why the torture is happening.

You can know why the torture is happening, by the type of torture being done.

Eg, the type of torture that life is inflicting on people, is clearly not the type of torture, done to extract information out of them.
-- Ie, life is inflicting the type of torture, which has no: end-game, end-point, end-purpose.
-- Ie, the purpose of this type of slow-boil torture, is to just inflict the maximum suffering, which can be prolonged over an entire lifetime.
-- Indeed, it can be argued, that the purpose of life, is to cause long-term suffering (so that this energy can be raped), and life is perfect/flawless, in how it does this.

Therefore, the following statements are all true:

1. “Life is Perfect.”
2. “Life is Flawless in it's design.”
3. “Life is Exactly as it should be.”
4. “Life makes zero Mistakes, and zero 'Accidents'.”

Of course, most people only see (and use) these four statements, in the usual (selfish) way, because these statements are useful, in terms of brainwashing/programming themselves (and other people), to believe that suffering is not just acceptable and necessary, but it's perfect for you.

Of course, if this is believed to be true, then it's ok (and perfect), to use/enslave people, (as personal-slaves, and work-slaves).

However, if you can see life clearly/honestly (selflessly), you'll see these four statements, in a totally opposite manner.
-- Indeed, it will then be seen, that the only way that it's possible, for life to be a prison/torture/slavery/rape, which somehow is able to continue over many decades, is if it's deliberately designed, in a very perfect/flawless way.
-- Ie, life has to be perfect/flawless in it's design, because otherwise it would not be able to cause so much suffering, in so many ways, and on so many levels, over such a long period of time.

The point is, that to create long-term suffering, it's actually extremely difficult, because you need to boil people at the exact/correct/perfect temperate, for their entire lives.
-- Ie, too hot, (too much torture), and the suffering ends too soon, (because the person will either die naturally (from too much heat), or they'll kill themselves). Too cold, (too little torture), and people will not suffer much. Ie, it really does have to be exact/perfect/flawless.

The deeper you go, the more you realise, that it's wrong to say that: “Life is a thing, that has been designed badly”. Because this is like saying, that it was designed, and that there have been some mistakes, that were accidentally made, (during the design and/or manufacture of it).
-- No, this is not the case, because the deeper you go, the more you realise, that the statement should be more like: “Life is deliberately designed, to be the way it is, to cause all the suffering that it does”.

Ie, “There are no mistakes in life”.
-- Ie, “The design is exactly as it should be”,
-- Ie, “It is flawless”.
-- Ie, “It is perfection”.

So, all of these are true, and it shows that life has been deliberately deigned like this, to cause suffering.

Indeed, if you take any subject in life, and examine it, you'll see how it's purposely designed to cause maximum prison/torture/slavery/rape.
-- And, the deeper you examine it, the deeper the realisation of how cruel/evil it is.
-- Moreover, the cruelty of it's design, seems to be never-ending, and ever-deeper.

Most people are interpreting the spiritual/religious non-duality teachings, in a totally incorrect (upside-down) way.

Eg, perhaps the original teachings, were trying to get people to see, how this thing called “life”, is perfect in it's design (to cause maximum suffering). Because, with such an understanding, people will then be naturally propelled, to end all suffering (for all).
-- Whereas, with an incorrect (upside-down) understanding, (of the teachings),

people are just going to think that “life is perfect”, and therefore, that “suffering is necessary”, and therefore, they're going to think that it's ok to cause (and perpetuate) suffering, for themselves, and others.

The previous section, is a perfect example, of how people can read/hear teachings (to do with spirituality/religion/non-duality/enlightenment/awakening/etc), and interpret them in a totally opposite/incorrect way.

Eg, if an enlightened being, (or a higher being, or whatever else), says some basic teachings, (eg: “Life is perfect”, “Life is flawless”, “There are no mistakes/accidents in life”, etc), then most people will interpret this, to mean that life was designed in a positive/benevolent way, (instead of seeing the possibility, that it has the exact opposite meaning).
-- Or, at least accept the fact, that there can be more than one interpretation.

Again, it's important accept, that there's a 0.1% possibility, that what I am saying is true.
-- Ie, there's a 0.1% chance, that the teachings of spirituality/religion/non-duality/enlightenment/awakening/etc, are all being misinterpreted, in a totally upside-down way.

Once you see, that even basic words (and simple sentences), (eg: “Life is perfect”, “Life is flawless”, “There are no mistakes/accidents in life”, etc), can have totally opposite meanings, then what's the point of you hearing any words, or reading any sentences?
-- And what’s the point of communicating to other people, with words.

Yes, it does then seem strange, as to why I have written a book, but I will explain this in the next section.

“Words” are not just a very primitive way of communicating.
-- Words are the perfect weapon/tactic, to keep people trapped in prison/torture/slavery/rape.

Ie, words are not things that are bad, in the sense that they're: a bad invention, or badly designed, or badly used, or badly misused, etc.
-- What words are, is worse than bad, because words were deliberately invented/designed/used, to cause suffering, and perpetuate suffering.

Following on from the previous two sections, it becomes apparent how vital words are, in creating and perpetuating suffering.

Yes, I am fully aware, that this means that it can be foolish to write a book, (since a book is full of words). And, I am fully aware, that this writing might be a big waste of time, since

people might totally misinterpret what I'm trying to convey. However, I felt that I needed to try to solve the problem (of how to reduce/prevent/eliminate suffering (for all)), on as many different levels as possible, and a book is one of those levels.

The point is, that if people want to reduce suffering in their life, then they'll try to read it in the right way (and try to understand what is being said), then it can actually help them.

Of course, some people don't want their delusions (of life) to be obliterated, and they also do not want their slaves to free themselves, and so these people will deliberately misinterpret the information, or deliberately try to attack the information. Ie, I accept that this will inevitably happen, and there's absolutely nothing that I can do about that.

Ie, if you try to free the slaves, the slave-owners and slave-drivers are never going to be happy. It would be foolish to not expect them to defend/attack, and do whatever it takes, to keep their slaves in prison/torture/slavery/rape.

Also, seeing how even the most simple and basic words/teachings/statements, (eg, “It's perfect”), can be misinterpreted (in totally upside-down ways), again demonstrates how cleverly/masterly life has been designed.

Ie, every part of life is perfect, in how it adds another way to create (and perpetuate) suffering.

There is no perfect friend/partner (or group of friends), because each friend/partner, will have a friend/partner/family member, that will do things which makes you cringe.

Yet, people continue to perpetuate the beliefs that:

- Friends/partners/best-friends/etc, should (or must) get along.
- Everyone in a group of friends, should (or must) get along.
- It's important to have a best friend, and therefore you should try to find one.
- It's important to have a group of friends, and therefore you should try to find one.
- It's important to have a partner, and therefore you should try to find one.

The result is always the same, that you (or others) will suffer, (even if people try to hide the fact, that they're cringing/suffering).

The point is, that this type of suffering will only end, when you see that these beliefs, are causing you (and others) suffering.

However, no matter how many times people go through this lesson, and no matter how much suffering they put up with, they keep believing that it's important/good/successful/etc, to have friends/partners/best-friends/groups of friends/etc.

That just proves, how deep the brainwashing/programming is.

It's common, that whenever a person likes someone (as a friend, or as a partner), they might get along really well, but that doesn't mean, that they'll like their friends (of family members), even if it's their best friend. Yet, people keep trying to make their new friend/partner, meet their best friend, or their family member (who they get on with). I'm mentioning this, because people always want their friends, best-friends, lovers, etc, to get along, instead of accepting, that this will always cause some cringing/suffering.

The point is, that this causes suffering to themselves, and others.
-- Ie, they think that their new partner, and their best friend, are going to get along, but all that happens, is that they'll end up suffering, or one of the three will end up suffering.
-- Ie, by always trying force the situation, they are causing people to suffer.

Yes, in theory, if person “a” and “b” are best friends, and “b” and “c” are best friends, then theoretically “a” and “c” could be best friends.
-- Usually, it's person “b”, who is the one who wants “a” and “c” to get along.
-- However, in practice, it often doesn't work out. And when all three are together, one of them will have many cringe moments, (when they hear/see something, that they do not like, but they'll stay around, because they want to spend time with their best friend/partner).

What makes all of this worse, is that each of the three people, might be playing all types of games (overt and covert), and each of these games, will produce an ugly feeling in the body.

However, many people seem to think, that it's worth accepting these ugly/cringe feelings, for some scraps of happiness/peace/love/pleasure.

It's a classic example, of compromising/settling/accepting the situation, and whenever you do this, you will suffer, (whether you admit it, or not).

Of course, no matter how many times people go through this lesson, they still keep trying to find new: friends, best friends, partners, group of friends, etc.

Ie, they keep doing this, because they've been brainwashed/programmed to believe, that happiness/success/etc, comes from having these things/activities.

Indeed, the fact that they keep repeating the same pattern of behaviour (despite the suffering that it brings), just shows how well brainwashing works, and how well they've been brainwashed/programmed.

People are always trying to create (and force) situations/conversations/interactions, to match their desires, no matter how many times it fails, nor how much suffering it causes them (or others).
-- This is especially true for partners, friends, and families.

This is a classic example of, how:

1. People use each other, to fulfil their desires. (Ie, people are always using each other, as their personal-slaves.)

2. The selfishness of people (especially parents), never ends, (nor does the damage that it causes).

Let's continue from the previous section. If everyone in the group (partners/friends/family), accepted that they don't all have to do stuff together (in one big group), then more quality time would exist, with less compromising needing to be done.
-- However, even if they know this, they'll still try to make the whole group come together, because it's their selfish personal desire, to have all their best friends, partner, etc, all getting along like one big happy family/group.
-- The point is, that people are always trying to create (and force) situations, to match their desires, no matter how many times it fails, nor how much suffering it causes.

Indeed, this is a very common thing in families.
-- Ie, even with a small family of two parents and two children, there will probably be at least one family member, who wants to have all the family “together”.

Needles to say, what they mean by “together”, is not that the whole family is just together, but “together and having a good time”, (in the way that they have envisioned/desired it).

Ie, it's an example, of how people push their desires onto others, and how it can all end badly.

This is also the case, when someone says: “Let's meet up and chat”.
-- Ie, what they're really saying, is: “Lets meet up and chat (in the way that I want the conversation to go)”.

Ie, they'll not be happy, if you meet up with them, and then the conversation is not how they want it to be.
-- Ie, it's just another example, of how people are constantly doing things, in an attempt to make their selfish desires come true, (regardless of the fact, that it cause other people to suffer).

This happens often, and one common example, is when parents ask for the family to be together, in one room.

-- Ie, they're assuming, that everyone should get along, because they're all in the same family.
-- However, everyone is an individual, and most individuals are too different to get along as best friends.

Indeed, even if one parent asks to speak to one of their children, the parent will still believe, that they should be able to have a lovely time (with their child), and so they still do not appreciate, just how different people are (even if they're from the same family).
-- Ie, the parent will always get upset, if it doesn't go how they want it to, or if they hear things, that they do not want to hear.

In this situation, the child tries not to hurt the parent, and so the child limits what they say, (to protect the parent). However, even in doing this, the parent will get upset. Ie, no matter what the child does (to keep the parent happy, (at a cost to the child's happiness and health)), the parent will still feel upset, let-down, and disappointed, because the parent always wants the interaction to go, according to their selfish desires.

Indeed, this is just one more thing, which demonstrates how the selfishness of parents, never ends, (nor does the damage that it causes).

Desires/dreams of how a person wants something to be, can be a very long-term plan. And, the longer the plan, the greater the suffering that they will cause.
-- This is because, they'll have put more time/effort/energy into wanting/making their dreams come true, and so they'll be more determined to make sure it happens, (no matter how much suffering it causes).

The worst offenders of this, are people who want children, because their desires, leads to resultant actions, which are not just about "using" people, (eg, forcing people together, to fulfil their desires), but are about "creating" people, and then "trapping" them, and then "using" them, (all just to fulfil their selfish desires).

Ie, the parents non-consensually create the child, and after the child is born, they continue to non-consensually force the child to all sorts of other things.
-- Ie, the selfishness never ends.

Whilst deciding to have children, people have desires/dreams/ideas (of how their future family will all get on), with smiles and love everywhere.
-- Indeed, if the parents knew, that their future children would be a nightmare (for their entire lifetime), and that their children would hate them (and that they wouldn't ever talk to them), then the parents would probably decide to not have the children.

Ie, this is an example, of how a person's desires, (in this case, the prospective parent's desires), leads to them to not just forcing a group of people together, but (in this case), their selfish desire leads to them creating a human being.
-- And, after creating it, it's then trapped, and has to stay with the parent for probably 16 years. And, during these 16 years, it will be used/enslaved, (as the parent's personal-slave).

Indeed, prospective parents (and parents), are just constantly trying to make their selfish desires, become reality.
-- Of course, they try to hide this, with phrases like:

- “We do everything for our children.”
- “We provide a warm, loving, supportive environment.”
- Etc.

When people interact, one person will try to brainwash/program you, (or reinforce your brainwashing/programming), to make you believe, that their beliefs/desires/actions/words, are good/moral/etc.
-- This brainwashing/programming, might be done via the “carrot” (eg, praise, encouragement, etc), or the “stick” (eg, shaming, ridicule, etc).

The most common brainwashing/programming, that everyone does to each other, is:

> **“Having relationships/friends/family/children/jobs, is good/moral/important, and will bring you happiness, and will make you appear successful”.**

The point is, that this exactly how a cult operates.

Ie, these desires, are repetitively drummed into you, (via parents/friends/family/media/etc), and everyone is just constantly pushing the same rigid cult/belief system, into you.

Ie, it's literally is like a cult, where everyone is brainwashing everyone else, into believing that their desires/beliefs, is what everyone should strive for, (no matter the consequences).

And, indeed, we see that most people are willing to do anything, to get their selfish desires, turned into reality.
-- Eg, they see a television programme, (which shows five members of a family, happily interacting, in a beautiful immaculate house), and this makes people think that they'll be happy, if they have children, and have the beautiful/immaculate house.
-- And, so these people will try to find a partner, and then create children, and force situations, until they're able to create that image from the television programme.
-- Of course, even if they have the picture perfect house/partner/children/friends, it does not mean that happiness will follow.

However, everyone has brainwashed/programmed them to believe, that it's good to be “successful”, and it's not good to “cop-out”/“quit”/etc, and so they'll keep forcing their family to interact (in un-natural ways), just to fulfil their dream.

Similarly, they'll fight (and hurt others) at work, just to get a promotion.
-- However, to the parent, it's all done in the name of:

- “I need to provide for my family.”
- “I have mouths to feed.”
- Etc.

Of course, in reality, they're just being selfish, (by trying to make their desires/dreams a reality).

Moreover, these people then try to push this cult onto other people, saying:

- “You should have children.”
- “You must get a job.”
- “You are not a man/woman, if you do not do x, y, z.”
- Etc.

Of course, there are many phrases that are used, to shame/ridicule people, into following this cult's ways.

One of the signs, which shows that a cult has spread to everyone in the country, is when the social customs in the country, are all about the cult.

Eg, in many countries, it's a social custom, to say “congratulations”, when they meet someone who is pregnant.
-- Ie, they're all part of the cult, (which believes that bringing baby into this world, is a good thing).

This cult (of: having babies, getting jobs, having relationships, having friends, etc), is so big, that it's “normal”.

And what this means, is that the people who do not want to follow this life (of prison/torture/slavery/rape), are seen as a threat/problem, because even if they don't say anything against the cult, their normal everyday actions, will show that they're more free, (and suffer less), and so this can:

1. Make people want to leave the cult.

2. Make the younger generation, not want to join the cult.

It's to be expected, that anyone who speaks out against this cult, is going to be seen as problem. And even if you explain, that you're just trying to help free them, from the life of prison/torture/slavery/rape that they're in, they'll probably just fight you, as though you're the devil.
-- Such is the depth of the cult's brainwashing/programming. Never underestimate it.

One of the hardest things for people to ever grasp, is that they're easy to

brainwash/program.
-- This is because, no one wants to believe, that this can be possible.

Moreover, what many people find even harder to believe, is that they (and everyone), are being brainwashed/programmed, every time that they watch a: movie, documentary, comedy series, drama series, reality tv, news programme, sports programme, etc.
-- All of these things, are extremely efficient at brainwashing/programming people, without them even knowing it.

One thing that makes people very susceptible (to such brainwashing/programming), is their arrogance. Ie, most people believe, that they're able to think for themselves, and therefore, that they're not easy to brainwash/program.
-- Of course, they've be brainwashed/programmed to believe this, to make all subsequent brainwashing/programming, easier to do.

Of course, the problem is, that no matter how much you try to prove all of this, people will not see it, unless they're open to the possibility, that:

1. This can be true.

2. This also applies to them.

And, of course, since most people only care about portraying a good image (of themselves), they're going to want to portray an image, where they're the type of person, that is not able to be brainwashed/programmed.
-- And with this, this makes them easy to brainwash/program.

One thing that can crack a person's arrogance, is if they've suffered a lot.
-- Note: The key part of the previous sentence, is "a lot".
-- Ie, if they've only suffered a bit, then their arrogance will still be too strong.

Ie, this is the same subject, as long-term torture.
-- Eg, if they've been very badly burnt, then they'll be open to the possibility, that the activity (hobby) of friends/partners/family/having children, are all activities that cause suffering, and long-term prison/torture/slavery/rape.
-- Whereas, if they've only had a few light burns, then they're not going to want to hear anything, that can burst their bubble/delusions/beliefs, (unless they're only listening, because they then want the opportunity, to try to bring you into their cult).

Brainwashing/programming people, is extremely easy to do.

Eg, people watch a tv programme, (or advert), where they see a person playing happily with a baby, and then they want to feel that same happiness, and so they then try to make this happen in reality.

Indeed, most tv programmes will show people getting happiness from having friends/partners/babies/families/etc. Or, they show that friends/partners/babies/families/etc, will cause you some suffering, but it's worth it, (for whatever reason that they give). And, having watched these programmes, people then try to make this happen in life.

Ie, most people don't realise, that the things that they're being shown (brainwashed/programmed with), is total fantasy, (not true at all).

And, the depth of the stupidity, (and arrogance), can be easily seen, because no matter how much suffering they get from friends/partners/family/having children/etc, they still keep doing it. It's insanity.

When a person denies that they've been brainwashed/programmed, and they say that they're choosing (with total free will), to do an activity (which is causing them suffering), that is when you know the brainwashing is complete.

What most people don't understand/realise, is just how deeply ingrained all this brainwashing/programming is. And, it's hard to explain to them, that the programming is so deep, that it's become something that they genuinely think that they are choosing to do, (via their free will/choice/decision).

However, this is to be expected, since so much programming/brainwashing happens from the moment they're born.
-- Indeed, any programming that is done at a very young age, will make them want to fulfil that desire (later in life), and they'll try to do this:

1. No matter what they're told (when they're an adult).

2. No matter how much suffering they have to go through, (or put others through).

A good example of this, is women who want to get married, and have weddings.

To demonstrate how early some brainwashing/programming starts, let's use the example of weddings. From a very young age, many girls will be brainwashed/programmed into believing that wedding days are extremely important/special, and that they'll one day get married, and that their wedding day will be exactly as they want it to be, and that this day will be will be one of the most important things in their life.

Of course, due to this, they then start imagining their wedding day, and how they want it to be.

If this is all done at a very young age, then it'll be a very strong desire.
-- What I mean by a “strong desire”, is that when they're an adult, they might see that marriage and weddings are not necessarily a good thing, but they'll still want to fulfil that desire.

-- Moreover, whilst trying to fulfil this desire, things might get difficult (and ugly), however, there will still be something inside of them, that will make them want to go though with it.
-- Ie, they're willing to fulfil this desire, no matter how much suffering causes them, or other people.

Of course, to make the desire of a wedding, into reality, the women will need to make other desires, into reality.
-- Ie, they'll have to:

1. Make sure that they find a lover/partner.
2. Make sure that they can trap their partner into a long-term relationship.
3. Make sure that they get their partner to propose to them.
4. Make sure that the wedding day is planned, (exactly as they want it to be).
5. Make sure that the wedding day runs exactly as they wanted it to.

Of course, it's obvious to see, that in the process of doing all of this, the woman has to do a lot of forcing.
-- Of course, when something is forced, it is non-consensual.

One thing that makes wedding days such a good example, is that they can cost a lot of money, and when people get married, they often aren't that rich.
-- The point is, that they might not be rich, but they're still “choosing” to spend all that money, on that one single day, rather than spending it, on many other things, that would make their lives more stress-free and relaxed.

Basically, all it is, is the fulfilling of a few desires, and to do this, some people are willing to spend large amounts of money on this one single day.
-- It makes no sense, especially when you also consider, that people are so stressed in planning it, and they then have to go through their wedding day, with a constant ugly feeling (that is lingering in the background).
-- The “constant ugly feeling”, is something that will always happen during any activity, where you want that activity, to go exactly as you want. And, if that activity is something that is not done often, then the pressure to get it right, is higher, which increases the ugly feeling. And, if this activity, is something that is only supposed to happen once in your life, then the pressure is even higher, (and therefore, the ugly feeling will be even higher).

And what compounds this problem, is the fact that the setup of the wedding day, might not be exactly how the bride wants it to be, (because they were forced to have it that way).
-- The reason why this happens, is because weddings are an activity, where it's not just about one person’s desire, but a few peoples' desires. Ie, it's not just the bride who has

been dreaming of this day, but the parents will have also been dreaming of this day. And therefore, you now have different people fighting, to make the day more like how they want it to be.

And, as always, people end up having to compromise what they want, especially since the bride might need the parent to help out financially.
-- Indeed, it becomes a battle with all kinds of weapons being used, whether those weapons are: financial, guilt, shame, ridicule, emotional blackmail, etc. All in the name of the “happy day”.
-- And therefore, the setup of the wedding, is often not even exactly as the bride wants it. Ie, the wedding is not happening according to her desires, (even before the day itself).

However, even if the wedding day did go exactly to her desires, it's still ridiculous, because no matter how good it was, it can't be worth the high expenditure.
-- Ie, the couple getting married, know that they're going to have to get jobs, and work hard, but they're still willing to put in a huge amount of money (into the wedding), for so little return.
-- By “return”, I mean calculate how many hours it takes to earn the money (for a wedding day), by adding up all the hours that you spent at work, and also the hours spent commuting to work, and the time at home that you spent thinking about work, and then compare this to length of wedding.

However, it's incorrect to compare the amount of work time, against the amount of wedding time, because that calculation is not relevant.
-- What is relevant, is calculating the amount of moments of pure/true happiness (during the wedding), and comparing this against the amount of moments of unhappiness/stress/anxiety/etc, during: the wedding, the time spent planning the wedding, the time at work, the commute to work, the moments at home when you think about work, etc.

Then, this calculation can also be done for the honeymoon.

Many people have been brainwashed/programmed into believing, that it's worth slaving at work, for a whole 50 weeks per year, just so that they can go on away on “holiday”, for 10 days.

The point is, that the amount of moments of pure/true happiness (during the holiday), will always be small, (as compared to the amount of time/stress/energy/etc, that is spent earning the money for the holiday).

Yet, many people are unable to see, that this ratio (of pure/true happiness, compared to all other moments), is so small, that it's nothing but a cruel form of slavery.

Of course, to really comprehend how bad the ratio is, people need to be honest, about

every moment.
-- Indeed, they might then find, that within each day of their holiday, they might only experience a few moments of pure/true happiness.

Ever-deeper honesty, is always vital, when calculating how small the crumbs/scraps of true happiness/peace/love/pleasure are.
-- Eg, if you're calculating this ratio, for the activity of lovemaking (or sex), then it's important to be honest, and see how many moments (during lovemaking), are of pure/true pleasure, and compare this against, how many moments (during lovemaking) are not pure/true pleasure.

The deeper you go, the more that you'll be aware, of what's happening in every moment.
-- And, in most moments, you'll realise that there will be an unpleasant/cringe feeling, (even if only slight), due to there being a desire/fear/etc.

Of course, after calculating how many moments (during lovemaking) are not pure/true pleasure, you have to do this with:

1. The activity of relationships/interactions.
   -- Because you cannot have lovemaking/sex, without having a relationship/interaction with a person.

2. The activity of jobs,chores, etc.
   -- Because you cannot have a relationship/interaction, without doing all the things necessary to stay alive, (eg: jobs, chores, etc).

Of course, this whole process, is applicable to all activities in everyday life.

And, when this is done for all activities in life, (and life itself), and this is done across your entire lifetime, then you realise that 99% of life, is not pure/true happiness (or pleasure).

How regularly you do your favourite activity, will have a huge affect, on how much enjoyment you can get from it.

If it's once a week, then you'll want to make sure, that you get happiness/pleasure from it, (because you know, that you have to wait another week, before it happens again), and so the activity will have too much pressure on it, (and be forced), and so it becomes less enjoyable, and often it can go bad.

Also, with it being less often, you throw more money at it, and this means that, when the activity is only mediocre, you feel that the money is not being spent well, and that the time/hassle spent earning the money, is not worth it. (Obviously, if the activity is done less

than once a week, it all gets infinitely worse.)

Of course, if you do it daily (for 25% of the day), then there's less pressure, for it to be good, and so there's more chance, of it being good.

However, if you do it daily (for 75% of the day), then the activity will become totally different, because it means that most of your awake time, will be taken up by it, and then most of your sleep time, will be spent processing it.

At 75%, you will naturally dive deep (free-fall) into the activity.
-- Also, at 75%, there's a sense of freedom and peace that comes with your day/life (and the activity), because your life is spent naturally doing your favourite activity.

Let's look at some examples of this.

If you're working very hard, five days of the week, and you only go out socialising on one night per week, then you're going to try to make this night good, because you know that you'll have to wait another week, before your next night out. And, in trying to make it a good night out, it will be forced, and therefore it will probably not be that good.

The opposite to this, is that if you go out every night, you'll be in a totally different frame of mind, where you don't really care how the night goes, because you had a good night last night, and even if tonight is not so good, you know that you'll be going out tomorrow night. And, since you don't try to make it a good night, it'll probably naturally end up being a lot of fun, (because you are more relaxed, and not forcing it.)

Also, when you go out socialising every night, your interaction with people (and the whole activity in general) will be totally different. I will explain these with the following points/examples:

1. If you're going out once a week, and whilst out at night, you're talking to someone, but they start talking to you, about some serious stuff, then you might feel that this is your one night of fun (per week), and so you really don't want your "fun-time", to turn into "serious-time". Whereas, if you're going out every night, and someone needs some serious help/advice, then you have absolutely zero problems with helping them, as much as they need.

2. If you go out every night, then you'll naturally meet some other people, who are also going out every night, (or many times per week). What this means, is that you're meeting people (and spending time with people), who are also in a more relaxed frame of mind. And, when all of you are in this frame of mind, then spontaneous fun things, will naturally happen. This is important, because it means that every night that you go out, (even if it's to the same place), will be filled with unexpected things.

3. Also, by meeting people on such a regular basis (every night), a deeper bond will inevitably form with them. And, the more that this happens, the better things get. Ie, it all spirals towards better times.

4. By going out every night, you'll meet new people effortlessly. This is important, because if you meet people this effortlessly, then you have no desire to make this new friendship a good one. And, this means that it's all more natural, and can be a lot more fun.

5. By meeting so many people, you're inevitably going to find better friends. The best way to explain this, is by using the opposite example. The opposite example, is when people have to relocate to a new town (due to their job, or whatever other reason), and then in this new town, the only people that they easily/effortlessly meet, are the people at their work. This will inevitably be a very limited number of people, and this means that the chances of meeting a person that they really naturally “click” with, is a lot smaller. So, back to going out every night, if you're meting new people every night, then the chances are higher.

   Also, all friendships are in constant flux. Ie, you're constantly changing, and so are they. But, with meeting new people all the time, this is not a problem. Also, if you do see that a friendship is slowly dissolving, then you're not going to be bothered by this (if you're constantly meeting new people). However, if you're the person who relocated to a new town, then you might try to keep that friendship going. Ie, you're settling on a friendship, which you know is not that good.

6. From going out every night, you'll naturally know many people who do the same thing, and this means that you do not need to plan to go out with other people. Ie, you can just go out by yourself, and meet the people you know. What this means, is that your night out, will be more free. Ie, you can go out whenever you want. And, you do not have plan/arrange/organise with other friends, that you're all going out, nor do you have to deal with all the drama of people then changing their mind (and suddenly not wanting to go out), and all the other ridiculous dramas/games/nonsense that comes with all of it. Ie, you are free from all of this dramas/games/nonsense.

7. The atmosphere during these nights out, can create a very positive change in people. Ie, the atmosphere at these nights out, can be ones which create a natural high in people, and in these peak moments, they can realise many things. The things that mainly occur, is that people begin to see through the lies that they were brainwashed/programmed to believe. These realisations, can be life-changing.
   -- And this is all happening via fun-times. Ie, you end up transforming people’s lives, by doing nothing but being natural with other people, and letting spontaneous fun things happen.

8. The nights out, start spilling into the rest of your day/night, because all these people (who have this lifestyle), might do things after the night out, and so this is something that you also do. And, there might be a place, where all these people are during the day, in which case, this becomes a place that you go during the day. What will then occur, is that the people that you know, will be with their friends, but those friends, might not necessarily be the friends, that they go out socialising with at night. And, what this means, is that your daytime, becomes like your nights out. Ie, you start to naturally meet more people during the day. And, then you might meet these people (that you just met during the day), on that night out. Ie, you meet a lot of people, effortlessly, and the friendships naturally/effortlessly develop with each

encounter/interaction.

9. When all of the above happens, what occurs, is that people are more fluid with their group of friends. Ie, each person in a group of friends, is more independent, because they each know, many other people in the night out. And this means that, there are no dramas/nonsense, because if anyone wants to create drama/nonsense, then people will just naturally move away from them, and towards other people who are not bothered about who is friends with who, and who introduced who to who, etc.

   Eg, when you meet someone in the day (via a friend), you might meet that person in the night out (whilst they're not with that friend), and what this does, is it means that you're both starting to form a friendship, which has nothing to do with the person who initially introduced them to you.

   The point is, that this eliminates any ability, for people to try to control a group of friends.

   Ie, the key thing here, is that you have an instant/painless/effortless way to leave any friend (or group friends), as soon as they start doing anything unacceptable.

10. What is important to note, is that if all of the above points continues on a regular basis, then the positive issues (in each of the above points), will only keep getting better.
    -- Eg, on the issue of unexpected/spontaneous things happening (during the night out), this issue will only increase.
    -- And, the amount you help people during conversations will keep increasing.
    -- And, the amount that you naturally help people (via peak experiences), will keep increasing.

11. What this all means, is that you can end up in a scenario, where during a night out, you have the best night out ever, and somehow, the next night is just as good, or better. And, this also happens during your days. And, this can keep going for years, and even a whole decade.

However, although it's great when this (the above) happens, you will always be aware of the fact, that all of this, is dependent on other people.
-- And, as time goes on, you'll see how people might be able to understand all of this, but their brainwashing/programming will still be too strong, and those people will leave this scene, because they want to: have children, have a career, move to a different town, relocate within the same town (but too far away), etc.
-- Ie, you realise, that any activity that you do, which needs other people, will inevitably come to an end.

Ie, no matter how natural the scene was (during the nights out, and the days out), you will always know, that it will come to an end.

Moreover, you will always know, that you want to get out of the scene, because:

1. You want to find a way to hit the peak experiences, but without needing other people, or certain places, or certain things, or certain times.

2. You want a scene, which everyone can be a part of. Ie, you don't like the idea, of you being in a great scene, and having the time of your life, but you're aware that other people are suffering.

3. You realise that the good times, can change/help/transform people, (to reduce/prevent/eliminate suffering in their life), but this transformation is never permanent, because people's brainwashing/programming is too deep. Ie, you want to help people in this way, but you want to help people in a permanent way. And therefore, you want to find a better way to help people. -- And, you want to find a way, which will not just help a few people, but everyone.

What this means, is that this activity (of going out socialising), if done in the correct way, can naturally propel you, to search for:

1. A way to have a life, of zero suffering.
2. A way that everyone can have a life, of zero suffering.

3. A way to experience ever-higher highs/bliss/love/peace/etc.
4. A way to experience all of this, in a permanent way, (not just temporary experiences).
5. A way that everyone can have all of this.

What all of this shows, is that you can end up seeking these things, not just because you experienced something traumatic in your life, (which turned your life upside-down).
-- Ie, most people might want to find one (or all of these things) after something bad happens in their life. Ie, after they suffer terribly, they start to search for a way, to end this suffering for themselves. And, they might (or might not), want to also find a way, to end all suffering (for all).

Ie, you can be wanting to seek these things (examined in points 1 to 5), without going through anything traumatic. Of course, there are some people, who will want to seek these things, because they've had both the amazing times, and the traumatic times.

If you do start to seek these (examined in points 1 to 5), then you might end up doing this 75% of your day. I say 75%, because the other 25%, will probably be taken up, by the everyday chores (needed to stay alive, and needed to avoid discomfort/pain/torture). And, if you do spend 75% of each day doing this, you'll naturally dive deep (free-fall) into this activity. This activity, could be called many things, but it's all of them put together, eg:

1. How to end all suffering (for all).
2. Clearly/honestly examining every aspect of life, (in your life, and in the life of everyone else).

3. Constantly deprogramming yourself, and understanding how people are programmed, (and can be deprogrammed).
4. Clearly seeing what life is.
5. Etc.

Ie, when you spend at least 75% of your day on this activity, then the speed that it happens at, is infinitely quicker. Indeed, it stops being linear, and start to just spiral. It really does become a free-fall, because it's an effortless movement through it, which happens even during your sleep time.

On this issue (of how activities can spiral towards better times, or worse times), let's examine some other everyday life examples.

One activity, in which this happens a lot, is sex. Ie, the more often you have sex, the more it can spiral towards better times.
-- The reason why this is very true for sex, is because sex has so many variables, which can affect whether the outcome of sex is pleasure, mediocre, or not very good. Ie, there are many times during sex, where (for whatever reason), it does not go as well as normal.

Now, if you're having sex many times per day, then this is not an issue at all. However, if you're having sex once a week, then this bad time, might make one (or both) partners want to have sex less frequently. So, the couple start having sex once a fortnight, and inevitably, this causes more pressure for it to be good, and therefore this causes it to be worse. And, so sex happens once a month. And so it becomes less and less frequent.

This problem is always compounded by people’s inability, to be honest with themselves, (and others).
-- Eg, people who go on one 10-day holiday per year, but have spent a whole year working hard for it, will have some good moments, but many mediocre ones, and some bad ones.
-- However, they've just spent a whole year being a slave (to earn enough money), so that they could have this holiday, and therefore, they have to tell themselves (and others), that they've had a great time on holiday, (and they'll tell many stories, in their attempt to prove it).

Ie, it's extremely common, for people to say that they've had a great holiday, even if they only had a few moments of pure/true happiness and pleasure, (and the rest was mediocre, or bad).
-- Because, to say to people that they've not had a good holiday, would mean that they have to admit, that they spent so many hours suffering at work, all to earn some money, which they spent on a holiday, which did not make them that happy.

For many people, this is too much to deal with, especially because they don't want to examine the implications of this realisation, (especially if their friends/family/partner/co-workers/etc, all think that going on holiday, is: good, important, shows you're successful, etc). Therefore, it's just easier to try to make themselves believe, that they had a great time.

And, the same is true for relationships. Ie, at the beginning of the relationship, the ratio (of doing things that you give you pure pleasure, vs., doing things that are not pure pleasure), is high. But, as the relationship continues, this ratio changes (very rapidly), and soon the pure enjoyment/happiness/pleasure, is a very small percentage.

Whatever example is used, the point is, that the ratio is always extremely bad, and then it becomes apparent, that the only way that a person would be willing to be involved in an activity with such a bad ratio, is if they've been brainwashed/programmed into it, and are constantly reprogrammed to stay in it.
-- Ie, they must be constantly being told, that that scrap of happiness, is worth the 99% unhappiness.
-- Needless to say, it's not worth it.

Another thing that is brainwashed into people, is that some scraps of happiness/peace/love/pleasure, are so good, that it's worth going into financial debt, (for however long you need to).
-- Needless to say, the companies/government/etc, will love to put people into debt, because it means that they then have more control of those people.

It's important to note, that almost everyone is being brainwashed/programmed, from the day that they're born, and it continues non-stop (throughout their entire lifetime). Ie, there does not appear to be many people at all, who are escaping it.
-- Indeed, there is not a class/race/age of people, who are exempt from it.
-- Also, intelligence does not help, nor does education.
-- Ie, each group is brainwashed just as bad as each other, except in different ways.

Eg, the people who go to university, think that it's wise to get a degree, even though they will spend ages trying to pay off the debt. Also, they think that they're learning something worthwhile at university. Indeed, this is also true for all education. Ie, all education, at all levels, are just there to brainwash/program you. Ie, it's actually extremely bad for you.

And even the extremely rich young adults, are also brainwashed. Many of them might have a trust fund (and therefore they do not need to work), yet they'll be trapped in other traps, eg:

1. Trying to prove something to their partner/family/friends.
2. Wanting to prove that they can live without the trust find money.
3. Wanting to be x, y, z.
4. Etc.

No matter what the desire is, the activity/hobby will involve some form of prison/torture/slavery/rape, (in the long-term).

And in addition to this, to do that activity/hobby, they'll need to stay alive, and when a person is alive, they have to do many chores/things (just to avoid discomfort/pain/torture),

and even if these things are done, life will still find a way for that person to suffer.

It's clear, that 100% of the population, have been brainwashed/programmed in a very clever way, because everyone is enslaved during their work-time, and their free-time.
-- Ie, even in their free-time, they're a slave, since they're doing what they've been brainwashed/programmed to do.

The point is, that to successfully enslave a person, you have to brainwash/program them in all parts of their life, and this is what has been done.
-- The result is, that you then control what they do, (whilst making the slave believe, that they are the ones making those choices).

Let's use an example, to explore this in more depth. If you put yourself in the position of manager of a company, you would prefer that your employee had a wife and children to support, because then they're going to have to keep working hard (to keep up with all the financial payments/debts, that are created by having a wife and children). Ie, the manager will be able to make the employer work extra hours (for no extra pay), because the manager knows, that the employee has to do everything they can, to keep their job, (and/or to get a promotion).

The point is, that to make the slave work hard at their job, you have to control what they're choosing to do, in all other parts of their life.

Ie, you have to make sure, that they have children, get married, etc. And, whilst married, and having children, you have to make sure, that they also do certain other activities/things

Indeed, put yourself in the position of the people running the country, and you'll see that it's easier to control and manipulate people, who have families, friends, partners, etc. Therefore, it makes sense for the government, to encourage people to get married, and have children, (which they can do by giving financial incentives, etc).

The examples above, are yet more example of how people/companies/governments/institutions, are willing to push others to have children, just for their own benefit.

And, they are willing to make this brainwashing/programming, extremely deep. The depth of it, can be shown as follows.
-- A person watches tv programmes, and they see some thing/activity/lifestyle that they like, and so they then try to make this happen in their life. However, after trying to get that thing/activity/lifestyle, even if the person is suffering, most people will not see that the tv programme, was lying.
-- Instead, they just think that they're doing it wrong, or unlucky, or whatever else, and so they keep trying to make the reality like the tv program/advert.
-- In this way, people keep trying to find/create new relationships, friendships, families, etc, but they'll rarely question, whether it's just that they have been brainwashed/programmed to do it.

One reason why people can't see that they've been brainwashed/programmed, is because they see that everyone is doing the same things, and therefore, how can it be wrong/bad/etc.

Indeed, if anyone tries to show them that they've been brainwashed/programmed, they just deny it, and say:

1. “How can 100% of the population, have been fooled/tricked/brainwashed/programmed.”

2. “How can 100% of the population, be wrong, in every aspect of their life.”

3. “How can 100% of the population, be said to be doing bad/immoral/cruel things (which causes themselves and others suffering) in every aspect of their life.”

The world seems to be full of people, who are standing next to a hot stove, and they keep choosing to put their hand back onto the hot stove, (despite the fact, that they suffered the last time that they did it).
-- And you can tell them, that they can be free from this pain/suffering, if they just see that it is the act of putting your hand on a hot stove, that is causing the problem.

However, they're constantly being bombarded by media/friends/family/partners/etc, all of whom are saying, that they will be happy, if they put their hand on the stove. And, if they say that it hurts, and that they want to stop doing this activity, they're told some excuse/reason (eg, that they just did it wrong, and that they now need to do it in a slightly differnt way), or they're shamed/ridiculed, or emotional blackmail is used, or whatever else.

Ie, instead of learning the lesson, they keep doing it, all because:

1. They saw a tv programme/advert, that had a person doing a certain activity (whilst they had a smile on their face).

And/or,

2. Everyone else is constantly lying, and saying that that activity is making them happy.

And/or,

3. If they stop, then people will exclude them from their group of friends, (and people have been brainwashed/programmed to believe, that friends are important, and a sign of success/etc). And so the suffering continues.

In life, everyone is constantly exchanging 'x' for 'y'. And it makes no difference, whether this exchange is done:

1. **Indirectly, (exchanging an item/service, for money/currency).**

2. **Directly, (bartering and exchanging one item/service, for another item/service).**

What this means, is that they can all be grouped as the one-same-thing: item/service/money/currency.
-- Of course, an item/service/money/currency, can be anything, (eg: money, power, secrets, dreams, hope, sex, energy, security, affection, attention, entertainment, pleasure, children, etc).
-- Ie, it's important to realise, that children, are a currency/commodity, that is exchanged.

Eg, one partner wants sex, and the other wants children.
-- Indeed, this is just like any other deal/exchange, where if the two people don't like the deal, then they can choose not to deal with each other.
-- Indeed, relationships/interactions only ever start, because two people want to exchange something.
-- And, they only continue, for as long as the exchange keeps going.
-- Ie, as soon as one of them stop giving/providing (what the other wants), then the relationship will start to end.

The point is, everyone is buying/selling/exchanging something for something, and therefore, everyone is a prostitute.

Indeed: Life is prostitution.

Prostitution (in terms of sex-workers), is a very important subject, because many people look down on those people, who sell sex for money. Yet, in almost all “normal” relationships, people are selling sex for something. In some relationships, the exchange might be between sex and security (financial or physical). In other relationships, the exchange might be between sex and social status.

Some more examples, are that one person sells/gives sex, and in return they want: a better image of themselves (amongst their friends), affection, attention, someone to listen to them, popularity, fame, time, networking, dreams, hope, a job, a promotion, sex, entertainment, fun, feelings of pleasure, feeling of love, children, family, happiness, etc. Needless to say, this list could go on forever.

The point is, everyone is selling/exchanging sex for something.
-- And therefore, everyone is a prostitute (in terms of being a sex-worker).

But that is not really the whole story, because “prostitution” is not about exchanging sex for x, y, z. Prostitution is really about exchanging x for y. Ie, the list of possibilities becomes huge, since any combination of things that are exchanged, is prostitution.

Indeed, it can then be seen, that people are not just prostituting themselves in their relationships, but also in their jobs, and with their friends, and with their family, etc.
-- Ie, people are buying/selling/exchanging x for y, and it doesn't matter whether the exchange involves money or not, because it's still prostitution.

The point of all of this, is that people are quick to look down on prostitutes, escorts, sugar babies, etc, but they don't see that this is the same in all relationships/friendships/families/jobs/etc.

It's impossible for a relationship to exist, if:

1. **Nothing is being exchanged.**

2. **No agreements/conditions/rules/limitations have been made, between both people.**

Therefore, relationships will always inherently/inevitably make a person feel:

- **More imprisoned, enslaved, trapped, etc.**

And,

- **Less free, peaceful, etc.**

The above is true, for any type of relationship, (eg: partners, friends, family, etc).

If you don't believe any of the previous section, then ask yourself: “Can a relationship exist, without there being an exchange of anything?”

The point is, that for a relationship to exist, a set of agreements/conditions/rules will have to exist, (between two (or more) people). Both partners have to bring something to the table. Even if one of them does not appear to be bring something to the table (eg, a baby), the baby is actually giving something to the parent (the parent’s desire to play “mummy”/“daddy”).

Indeed, the same is true in relationships, where one partner might allow the other to live with them, because they want to play the game of two lovers living together, (“playing house”).

Indeed, it becomes apparent, that all of these games, are just a person trying to make their desires a reality.
-- And, they each use whatever currency they have, to try to make it happen.

Technically, people are not just prostitutes, but prostitutes and the buyer.

-- Ie, they constantly flip between both buyer and seller. And, both can happen simultaneously.

However, “selling” is actually “buying”, and vice-versa.
-- Ie, it's just a matter of perspective.
-- A good way to see this, is to ask yourself: “Who is using who?”.

Eg, in the case of a person buying sex for money, is the prostitute being used by the buyer, or is the prostitute using the buyer?

Ie, people are constantly “using people”, and also constantly “being used by people”.
-- Ie, people are both slave, and also enslaver/slave-driver.

Hard drugs are a very good thing to examine, because it's so similar to everyday life. Many people look down on hard-drug addicts, but most people are no different, since they also use and abuse people, as long as they get their fix/high (of: pleasure, self-satisfaction, a promotion at work, ideal partner, sex with the person they wanted, a laugh, etc).
-- Ie, they're wiling to cause people suffering, and do whatever it takes, to get their desires fulfilled.

Indeed, people are even willing to make others dependant on them, (and addicted to them, or trapped by them), just so that they can get what they want.
-- Ie, people need to “feed” their drug addiction, and so they either:

1. Trap/use/enslave people, to feed-off them.

2. Create slaves/babies, and then trap/use/enslave them, to feed-off them.

Ie, people look down on hard drug users, especially if they steal things from people (to feed their habit).
-- However, this is nothing, compared to those people who create humans, to feed their habit.

Ie, people are both drug dealer, and drug user.
-- Ie, people try to get others to be addicted/dependant on what they're selling, but they're also addicted to what other people/companies/governments/institutions are selling them.

No method (of getting people off any addiction), will be truly effective, until they can provide/show the addict, that if they get of the addiction, there is something better for them, (ie, their solution, is a life with less suffering in it).

Ie, showing the addict, that the light at the end of the tunnel, is this thing called normal “life” (which the addict knows is full of people doing ugly selfish things, and lots of suffering for everyone), is not going to want to make them come of their addiction.

Ie, if the addict is doing their addiction to escape the ugliness of life, then it's absolute stupidity, to think that promising them a normal life, will make them stop their addiction, (in the long-term).

There are many people/organisations, who try to help some addicted people (like drug users), and they try to get them off their addiction, and to function in normal life. Inevitably, the addict will see just how much suffering is in normal life, and so they'll go back to their drugs, or some other method of escape.

The point is, that solutions need to be done at a more honest/fundamental level, otherwise, many people who are trying to help, are just causing more problems.

This section, has discussed the issue of suffering, but it's also important to see it from the perspective of wanting a “high”. This will be covered in the next section.

If there are no instant/effortless/non-dependant ways, to get a “high” (like that of being on a hard drug), then it's only to be expected, that a drug user might get off the drugs, and then realise that normal life is really boring, with no instant/effortless/non-dependant way to get naturally high, and therefore, go back to drugs.

This is a really important example, because it shows that, if a person could get pure transcendental bliss (instantly, effortless, by themselves, for free, whenever, wherever, etc), then people would not want/need to:

1. **Do drugs.**
2. **Use other people as personal-slaves, (to get love/pleasure/intimacy/closeness/etc).**
3. **Create people/babies, to feed-off the baby's/child's energy.**

Ie, the world would be problem free, because every time that you're in pure transcendental bliss, you'll realise that you (as a person) do not exist. Ie, you'll know that there is no need to keep the body alive. Therefore, whilst out of pure transcendental bliss, you'll naturally not do bad/immoral/cruel/things, because you do not want worldly pleasure, and you know that you do need to keep the body alive.
-- Ie, you will not fight people to stay alive.

Ie, by preventing people from getting pure transcendental bliss (by themselves), all problems arise.

The reason why people would not use other people to get

love/pleasure/intimacy/closeness/etc, (as mentioned in point 2), is because pure transcendental bliss, is infinitely better, in all ways.
-- Ie, if you offered a person the choice, to choose between experiencing the ultimate high, or a kick in the face, then they would choose the ultimate high.
-- Ie, it's just a choice, which only ever has the same outcome.

Some people/organisations/charities, try to get teenagers out of the violence of a gang life, but if they're successful, they do not see, that all that they've done, is just push these teenagers towards a different kind of violence, (the never-ending games/wars of everyday life, which is prison/torture/slavery/rape).

Many people would argue, that gang life is more violent (than normal life), but this is not true, because the violence that is done by everyone (in normal everyday life), is just as violent and scarring, and it can be worse, because the violence and scars are not accepted/admitted by most people, (because all people are the ones who are causing the violence and scars).

Ie, most people will never admit, that life is really violent/scarring/etc, because most people are ok with the idea of having babies/children, and personal-slaves, and work-slaves.

Ie, it's impossible for anyone to to be ok with the idea of them (or others) having these things (babies/children, and personal-slaves, and work-slaves), if they admit that life is really violent/scarring.

Many people accuse governments/companies/secret-organisations/etc, of immoral behaviour, but most people are doing it too, and worse.
-- If you look clearly/honestly at normal everyday life, you'll see that it's a subtle form of violence (which is almost non-stop), with people constantly trying to do selfish things (which causes suffering to others), whilst trying to convince people that they're the good/moral/selfless people, who are doing important things, or doing god's work, etc.

Suffering in the world, will only reduce, when people stop accusing others of causing it, and instead, look at themselves, and see that they're the ones causing a lot of suffering to others.

However, just like with prostitution, most people will just say to themselves (and others):

1. “No, I'm not like that.”

2. “Yes, other people are like that, but that does not apply to me, because I have woken-up.”

3. “Everybody is doing it, so I have to do it.”

4. Etc.

Ie, people are all using whatever sly/subtle/secret/covert games and weapons (that they've got), to get what they want from other people, and therefore, they'll never admit to it, and therefore, suffering will continue for everyone.

Yes, companies/governments/secret-organisations/etc, are to blame for creating certain systems in the country (eg: school, laws, police, justice, etc), which are designed to cause (and perpetuate) lots of suffering, however, none of these systems could exist, if people do not use them.

Eg, the current school system, was designed purely to create compliant/obedient slaves, (and slave-drivers, and slave-creators), but that doesn't mean that people have to send their children to school.

And, the government might give incentives for people to have children, but that doesn't mean that people have to have children.

Ie, people have to take responsibility, that they're the ones causing all the suffering in the world.

There are many issues, which are caused by both the companies/governments, and by the people. A good example of this, is in the subject of soft drugs, because there are many things in life, that people are encouraged/pushed/almost forced to do, which are way worse than taking soft drugs.

Eg, the government provides financial assistance to those people who have babies, and/or are married, and this creates immense amount of suffering.
-- Yet, if a person wants to take some soft drugs (in their own home), to explore other realms/dimensions, (which could lead to helping alleviate suffering in the world), this is illegal.
-- It's not just ridiculous, but suspicious. And, it's a clear example, of how both the people and the companies/governments, are causing suffering to other people.

However, even though both are to blame, the people are more to blame, because even if the government provide incentives to have babies, people can just choose to not be cruel, (by not having children).

Similarly, some people accuse the government of inventing/designing the school system, just as a way to brainwash/program children to become complaint/obedient slaves. Yes, this is all that the school system was set up to do, however, people do not need to send their children to school.
-- Or, they do not need to have children in the first place.
-- Ie, the people are still to blame, (more than the government).

Truthers/people need to realise, that they're being fooled/misdirected, every time that they try to analyse which person/group to align themselves with, (whether government, or anti-government).

Many of these people, are just spending all their time/effort, on trying to argue/prove, who is an honest person/group, and who is a shill (or government agent, or whatever else).

The point is, that it's irrelevant if a person is a government agent, or whatever else, because all that matters, is if the information is designed to program you, or deprogram you.

Of course, the most basic tactic, of how to control/manipulate people, is to deliberately create people/groups who have differing opinions, but you control both sides. Because in doing this:

1. People are fooled/misdirected into focussing on the messenger, instead of the message.

2. People are fooled/misdirected into believing, that one side is pure/honest (and only speaks truth), and the other person/group are liars.

3. People are fooled/misdirected into believing, that one side is correct. Eg, there are different people/groups, that advise what they think is the best way to raise a child. However, it's clear, that there is no good way to raise a child, and therefore, people just have to accept, that having a child, will always cause an immense amount of suffering, (throughout the child's entire lifetime).

4. People are fooled/misdirected into believing, that there is a good way to do something, and that there are some beliefs that are worth having.

5. People are fooled/misdirected into believing, that it's important to set-up and have a “community”, (whether this community is: virtual, semi-virtual, in real life, or whatever else).

The point is, that aligning yourself with a person/group, and believing them, only leads to more suffering for yourself, and everyone, because there is no good way to do anything, and no beliefs are worth having. It's all just there to get something from you, or use you as a slave.

What each person needs to do, is to take each bit of information (from all people/groups) and see it clearly, in terms of: “Will this cause suffering to others?”. Only then, will all the suffering in the world, start to be reduced.

It's not complicated, and it's not about intelligence, but people do not want do this, because to do this, it means that they have to be responsible for their own actions.
-- Ie, they just want to align themselves with a person/group, so that they can then blame

that person/group, if it's later found out, that what they did caused suffering.
-- Ie, people need to start realising, that they are the ones causing all the suffering in the world.

And, people have to start realising/admitting, that they've been fooled/misdirected, because only then, can they start to see everything clearly/honestly.

People who are trying to help free slaves, will always come under attack from the slave-owners (and slave-drivers). This is absolutely inevitable, (after the ridicule stage).
-- And, in this attack, one of the favourite weapons used, is to accuse (or convict) the freedom-fighter, of an act that the general population find extremely disturbing. And, the more disturbing, the better.

This has been going on for centuries, and will never end.
-- Therefore, you need to realise, that some key information (about how to free yourself and others (from this life of prison/torture/slavery/rape), could be from people/books/websites/sources, who are accused (or convicted) of:

1. Being a pedophile.
2. Having child porn on their computer.
3. Being a child molester.
4. Being a person that sacrifices babies/children/people.
5. Being a rapist.
6. Being a terrorist.
7. Being a racist.
8. Doing some socially-unacceptable crime/deed.
9. Being pro-rape.
10. Being mentally insane.
11. Being a malevolent alien.
12. Eating babies.
13. Being a member of a cult, (especially a suicide cult, death cult, etc).
14. Being a member of a secret-organisation.
15. Being a member of a satanical group.
16. Being a member of a fanatical group, (religious, or whatever else).
17. Being under mind-control.
18. Being satan/lucifer/the devil/etc.
19. Etc.

Some people are too blind to see that this goes on, but many people are wise to this type of attack. However, these people might not like what the freedom-fighter is saying, and therefore, they'll actually encourage people to believe that this attack is justified.
-- Eg, if a person tries to make people realise that having children is cruel/evil, and that freedom-fighter is accused (or convicted) of being a paedophile, then people might know that this is just a false accusation/conviction, however, despite knowing this, all those people who have children, will still try to convince everyone, that the accusation/conviction

is true and justified.

Indeed, it is to be expected, that people who do immoral things, will try to cover up their immoral behaviour, by using immoral tactics.

Of course, not every accused/convicted paedophile, is a freedom-fighter. However, the key point is, that if you want to be free, then you need to examine how all types of people think/behave.

Therefore, even if a paedophile really is a paedophile, it's still important to see what they say (and how they act), because this will help you understand, why they do what they do, and this will help you see, how all suffering can be eliminated from the world.

Ie, no matter which way you come at it, you have to examine information from all people, no matter what they've been accused/convicted of, or what immoral group/society they're actually involved in.

Indeed, as mentioned before, to come up with a real solution (of how to end all suffering for all), no one (and nothing) can be left out.

Also, it really doesn't matter at all, where (or who) the information/advice/message comes from, because wherever it comes from, it still needs to be processed through the question "How will this cause suffering to others?" And, it's only you who can do this, since you are not trusting/aligning yourself with any person/group.

Many truthers are causing (and perpetuating) a lot of suffering, by spreading misinformation about "accountability".

Eg, if the author of a website is anonymous, many truthers will spend a lot of time trying to convince everyone, that people who hide behind a pseudonym (or are anonymous), are bad people, because they're not accountable, and therefore, the information presented by them, is not to be trusted.

Ie, yet again, they're misdirecting people, away from focusing on the message, and away from seeing how they themselves, are causing other people to suffer.

The point is, that the message is the same message, whether the author of the website/book has used a pseudonym, is anonymous, or has their name plastered all over it. Ie, the message is what is important, and you have to be aware of people who are trying to shift your focus away from the message.

Many people will argue, that you can only be accountable, if you have your name on your book/website, (and you're not using a pseudonym, or are anonymous).
-- However, this is ridiculous, since everyone is accountable (and will face the

consequences), for every little word they use, and every little action they do, whether they know it or not.

Of course, if these people knew this, then they wouldn't have made that comment about accountability.

Ie, by making that comment, they're showing that they don't know, how everyone is accountable for every small word/action that they do.

Moreover, the type of people who say that a person must be accountable (by not being anonymous), are the type of people who regularly do immoral things, but they think that they're moral, just because their actions are not illegal.
-- Ie, they're causing a lot of suffering in the world, because they're giving people permission, to keep doing immoral things, as long as it's within the law.

The point is, that there's an infinite number of weapons (physical, emotional, mental, financial, religious, spiritual, etc), that are legal, which cause immense amount of suffering to others. And yet, these people are saying (and/or demonstrating) to others (directly or indirectly), that any action that is within the law, is acceptable, and that they need not feel guilty/responsible, if their actions cause any suffering to others.

Ie, these people are just another example, of people who are playing the game, where they want to keep doing immoral things (eg, using their personal-slaves, and/or work-slaves), whilst trying to to project an image of being moral. And, they're using the law to achieve this.
-- Using the law in this way, is a really immoral thing to do, because they're the people who are preventing change from happening, which could dramatically reduce the amount of suffering in the world.

Indeed, anyone who thinks that the laws of a country, helps reduce suffering, is either seriously deluded, or they're using the law to hide their immoral behaviour.
-- Indeed, some of the worst crimes that a person can do, (which cause the most amount of suffering), are the ones that are legal. Eg, having a baby.

Some truthers mention, how some people in the past, have found ways to produce free energy, but that these people (and their work/patents/etc) were silenced. They blame the companies/governments/organisations/etc, for this silencing, and they also blame them for hiding all types of advanced technology, that can revolutionise the world.
-- However, many truthers seem to miss the key point, which is that the inventor was to blame, because they were selfish.

Ie, the inventor knows, that what they have invented, can revolutionise the world in many ways, and they know that the companies/governments will lose a lot of their power (if this technology is available to everyone), and yet the inventors all decide to try to get patents on their invention.
-- Ie, a patent, is obviously going to make the companies/governments aware of what the

inventor is doing, and therefore silence them.

Ie, all the inventor had to do, is to make the blueprints of their invention, available to everyone, (by spreading it via internet, and other non-internet means). Because, as soon as everyone has it, then it's almost impossible for companies/governments to silence everyone.

And, the same is true for people who have ideas that can help reduce suffering in the world. Ie, instead of these people just helping others, they try to get their ideas recognised/proved/accepted/etc, by academics/experts/official organisations/etc. And in trying to do this, they just get stuck (for ages), and in this time, they help no one.
-- Ie, their selfishness/ego/vanity/etc, prevented people from benefitting from their ideas.

The point is, selfishness (in all forms), is what is preventing people from reducing the suffering in the world.

People/governments/secret-organisation/etc, are constantly creating new weapons, and encouraging people to use them against others. Some are subtle/sly weapons, (eg: words, phrases, shaming tactics, ridicule, etc), to use against other people. However, some are weapons that can devastate every aspect of a person life, eg:

1. The weapon of making a false accusation (of rape/assault/etc).

2. The weapon of making a threat (that they'll make a false accusation of rape/assault/etc).

What proves that these weapons are invented/encouraged by people/governments/secret-organisations/etc, is that there's no real incentive to not use these weapons.
-- Ie, if you use these weapons, and they do not give you your desired result, (because the accusation is proved to be false), then false accuser is not penalised.
-- And, since these weapons can be very effective in gaining many things, they are encouraging people to use them.

What many people fail to see, is that if they try to avoid seeing/admitting all these problems, then they become the ones who perpetuate the suffering in the world.
-- Ie, the result is, that suffering will always end up spreading (and increasing) for everyone, but it is everyone who is to blame, because they're letting such weapons exist.
-- Also, the people who do nothing about these weapons, will suffer, because not doing something about it, is just an act of selfishness, and selfishness is one of the main things that will blind you.

And, the more blind you are, the more you will not be able to see what is causing you your suffering, which means that you will inevitably keep suffering, and you'll not be able to see the massive traumatic event, that you are inevitably heading for.

Ie, life is constantly giving you small warning signs, but you don’t want to see them, and so

you're inevitably going to have some “sudden” “unexpected” devastating event in your life. And, you'll blame everyone for this, except yourself.

If you're willing to look at life clearly, (in all subjects in life), you'll see plenty of examples of how stupid/primitive/un-civilised this “civilised” world is.
-- Eg, look at how people who falsely accuse a person of rape, (and are proved to be lying), are hardly penalised, or not penalised at all.

Of course, if the false accusation had been believed, then that person would have gone to jail for a very long time, and their life would have been made hell (in many areas of their life).

It seems obvious, that if the accused is proved to be innocent, and the only crime committed, was the false accusation of rape, then surely the person who made the false accusation, should have some punishment.
-- I say this, because otherwise there's no deterrent for people to make false accusations in the future. It's just common sense.

On this topic, it's also important to examine, all the reasons why some people make these false accusations of rape. And, then go keep going further. Eg, look at how some people argue, that certain people are doing things, that they're not in control of, and see that even if this is the case, the point is, that we're still living in a world, which is incredibly uncivilised/primitive/dumb/etc.

Also, look at all types of false accusations, and see when/why/where they're used.
-- And, when this is tied into the other two issues issue, (that false accusations can lead to long jail time, and that if the false accusation is found out, they do not get penalised), then what becomes apparent, is that people do not need to make false accusations, because all they need to do, is to threaten you (that they'll make a false accusation of rape/assault/etc), unless you do x, y, z.

Unfortunately, most people are never going to want to look into these aspects of life, because they find it too depressing, and they do not want to recognise/admit, that they're partly to blame.
-- However, by trying to avoid seeing/admitting all these problems, they then become the ones who perpetuate the suffering in the world.

If even one person in the world is suffering, you will suffer.
-- And, if even one person/entity/being in the manifestation is suffering, you will suffer.

Ie, everyone's actions will inevitably affect you, because everyone/everything is connected at a deeper level, (“oneness”, “subtle energy”, “the fabric of time/space”, etc).

Ie, if you think that the information in this book does not apply to you (because you're not causing suffering to anyone), you're wrong, because it still does apply to to you, because other people are suffering, and therefore, you will (somehow) end up suffering.

Another way to look at it, is that, if even one person/entity is suffering in this world/dimension/manifestation, then surely it's unacceptable.

Ie, even if you do not believe that their suffering is affecting you, it's surely still unacceptable (that they're suffering), because there is no need for any person/entity to suffer, ever.

Life is so cruel, that it even finds a way to make you suffer during sleep.

Indeed, most people regularly experience things during their sleep, which are: unpleasant, upsetting, exhausting, nightmares, or worse.

Ie, even in the necessary/vital aspects of life, life makes sure that suffering occurs.

The subject of bliss, should be a wonderful thing to explore, however, bliss is a cruel thing, because bliss is not something that people can just experience whenever they want, (and wherever they want, and for however long they want).

Indeed, most people know, that life will never allow any good times, to continue indefinitely, let alone bliss.

Before getting to the subject of bliss, let's examine the following.

During your time in bed, there are times when you will be semi-conscious, and at these times, it's possible to have amazingly pleasant sensations (like those of lovemaking/cuddling/etc), but these are never something that can be done in the long-term.

During these states (when you are semi-conscious), it's possible to have much better experiences (than those from lovemaking/cuddling in the waking state). The experiences are: deeper, stiller, more intense, etc. It's hard to explain why it's “better”, but they are. A reason why they can be said to be better, is because they are: freer, more peaceful, and more towards a blissful experience.

As this deepens, bliss is an amazing experience. However, even bliss contains some cruelty.
-- Bliss is infinitely more wonderful/amazing (than almost all “experiences”), and bliss does not require you to be dependant upon another person. However, the cruelty exists,

because that bliss is not something that everyone can just experience at will, instantly, without effort, and in any circumstance. Indeed, bliss is usually something that just happens, spontaneously, without cause.

Another cruelty of bliss (and all those wonderful states), is that whilst you're in them, you might want them to never end, and this desire will diminish the experience of bliss.

Bliss is an important subject, because there's no reason why it needs to be so rare/illusive, and if everyone could have bliss on tap, then the world would be a totally different place.

All dependant activities/hobbies (eg: relationships, friendships, families, having children, etc), causes suffering to yourself, and others. These activities are all about programming and reprogramming.

Meanwhile, some non-dependant activities (eg: movies, television programmes, internet, etc), can help you deprogram yourself, (which means that suffering will be reduced in your life, and other peoples). And, if this deprogramming is done constantly (for 75% (or more) of every day), then your deprogramming can go into free-fall.

Yes, all movies/tv programmes, are designed to program/reprogram you, (along with misdirecting you, distracting you, etc). However, if you're able to watch programmes in a clear/honest way, then all programmes can be used to deprogram yourself. And, the more aspect of life that you examine (from all types of programmes), the more you can:

1. Deprogram yourself.

2. Understand how people are being programmed.

3. Understand why all types of suffering are occurring in life.

Throughout this book, I have mentioned how dependant activities/hobbies (eg: relationships, friendships, families, having children, etc), causes suffering to yourselves, and others. Therefore, it's hard to blame people, for turning to non-dependant activities (eg: movies, television programmes, internet, etc), for some pleasure (and/or escape).

Indeed, it can be argued, that whatever mood you are in, you'll be able to increase (or escape) that mood, via a programme on tv. I will use the word “programme” to mean: television programme (eg: reality tv, drama series, documentary, etc), and also movies, and other things on the internet, etc.

Ie, if you're feeling sad (or happy), and you want to be change your mood to happy (or happier), then a funny programme might be able to to that for you. And, in today's technology, where all programmes are able to be watched at any time (that is convenient to you), this is a very simple, low cost, effortless, way to change your mood.

However, if you want to deprogram yourself, then programmes can be very useful.
-- Indeed, if you're able to watch programmes in a certain way, then all types of programmes will deprogram you, and take you deeper into understanding how you, others, and the world, is.

The variety of programmes is so large, that many people feel that they can be reasonably fulfilled by programs alone. Ie, even if people are not trying to deprogram themselves, many people find that they can enjoy programmes much more, than the usual activities/hobbies, of: relationships, friendships, families, having children, etc.

Indeed, tv programmes are arguably better (than friends/relationships/family/children/etc), since they:

1. Do not nag you.
2. Can be ended early (without issue) if you're not in the mood for it any more.
3. Are an activity that can be put on hold, and be continued at a later time.
4. Do not have to happen at a specific time. You do it when you want.
5. Can be done alone.
6. Can provide you with an insight into people (and life), which will reduce the suffering in your life.
7. Make you not be dependant on people for: laughter, entertainment, creating emotions/sensations in you, etc.
8. Can provide you with experiences and emotions which you might never otherwise see.
9. Can provide you with many unexpected/unknown things to venture into.
10. Can be mind-expanding, which can go on forever.
11. Can provide you with so much variety.
12. Etc.

At this point, many people would argue, that they have sexual needs, (and emotional needs), and that therefore they need a partner, but this is not necessarily true, and this will be discussed in the next two sections.

Heightened states of sexuality, can be easier to attain (and better), if you do it by yourself (rather than with a partner).

le, just go into a relaxed subconscious state, and imagine a sexual experience, exactly as you want it to be.

Yes, doing this with a partner is an amazing experience, but there are many benefits to doing this alone.

The benefits of doing this alone, include:

1. Whilst in a certain state, you can imagine a perfect flawless partner.
2. That partner will do everything perfectly right.
3. Sensations happen exactly as you want them to happen.
4. You can stay at whatever level of sexual ecstasy, for long periods of time.
5. It's totally free, which means that you do not need to work at a job.
6. It's an activity that is not dependant on other people, which means that you do not need to spend time/money/effort, on trying to dress/look/be a certain way.
7. You can be in a more “care-free” state-of-mind, because you don't need to be considerate to the other person's feeling/needs (since there is no other person with you).

Also, physical partners cause problems, due to the fact that:

1. Physical bodies/minds get tired, aching, cramps, bored, mood-swings, etc.
2. Physical bodies will need to break the flow of what is happening, (if they need the toilet, or whatever).
3. People want things to go a certain way, which you might not want.
4. People use sex/intimacy/pleasure/closeness/etc, as punishment-and-reward, to control and manipulate the other person.
5. Even being in the same room with a person, can put you at risk of false accusations of rape/assault/etc.
6. You could accidentally end up in long-term prison/torture/slavery/rape, with 16 to 20 years of child-maintenance, (or from a sexually transmitted disease).
7. Etc.

Note: The information earlier on, is about heightened states of sexuality. Ie, it's not about orgasms. It can lead to orgasms, but that will be discussed in the next section.

Deep orgasms, can be easier to attain (and better), if you do it by yourself (rather than with a partner). And, it's also easier to access a wider variety of deep orgasms. Indeed, the deeper you go, the more different types you will find.

And, the deeper realms, (which you can go into after an orgasm), might never be possible, if you are with a partner.

Following on from the previous section, let's move on to orgasms. It can be argued, that it's better to have orgasms when you're by yourself, because:

1. You can go into as deep a state as you want, for as long as you want, without being disturbed.
   -- Ie, if there was a person with you, they would prevent you from going that deep, or they might accidentally disturb you, before you're ready to naturally come out of those realms.
   -- Also, if you're by yourself, there's a deeper sense of peace/freedom/safety, which allows you to go into deeper states, (and for much longer periods of time).

2. You can be care-free. Ie, you don't need to be considerate to the other person's feeling/needs (since there is no other person with you).

3. You can be free from fear, because there is no risk of future prison/torture/slavery/rape (due to things like: pregnancy, false accusations, relationship headaches, casual-sex relationship issues, etc).

4. You can be free from needing to worry about any transference of their energies/problems/issues, (into your body/mind/etc).
   -- Ie, some people believe, that when you have sex with someone, their energies/problems/issues, can transfer into your body/mind/etc. And, the deeper the lovemaking/intimacy/closeness, the more this happens, (along with deeper bonds being formed, (which can last for years/decades, even after splitting up)).

   Also, after the orgasm, whilst you're sinking into some deep states-of-being, your body/mind would be more open to any person's energies that are in the room with you. Ie, there is then more risk, that their energies/problems/issues, can transfer into your body/mind/etc.

5. You know that there's not going to be any long-term lingering bonds, (subconscious or unconscious), with the other person, since there is no other person with you.

6. Etc.

The point is, there are many reasons why it's preferable to be alone.
-- Ie, some people would actually choose to do all of this alone, (rather than doing this with a partner).

And, when you do all of this in an ever-deeper way, you'll realise, that it's ridiculous to just use the word “orgasm”, because there are so many different types of orgasm, and some orgasms are totally differnt from each other.

Note: You won't ever be able to know all the different types of orgasms, because it's all ever-deeper.

Of course, there's also the bigger picture, which is that, if you find that you prefer to get into all these sexual states by yourself, then you are:

1. Free from the desire to find a partner (for this purpose).
2. Free from all the hassles/time/costs/effort/energy to find (and keep) a partner.
3. Able to work less (or not work at all), since this costs no money.
4. Etc.

And, there's also the fact, that this can help you get into deeper states-of-being, which can dramatically change your life, and other people’s lives.

Note:
The previous few sections have all shown, how there are many activities, that do not require you to be dependant on needing relationships/friends/family/children/etc, for your entertainment, emotions, etc. And, by not needing other people, your life will have a lot less suffering in it, and you'll also not need that much money (to sustain such a life).

However, do not be fooled, because life will still find other ways to make you suffer.
-- Ie, yes, the more independent you become, the less you will suffer, however, never expect suffering to go down to zero.
-- Zero suffering will only ever happen, if there is only one realm of ever-deeper freedom/peace/love/bliss, or non-existence.

There are many websites on the internet, where boys/girls can get advise, on how to attract a person, and have sex with them, (and whatever else). Of course, many

people are against such websites existing, and argue against them, using all kinds of ridiculous arguments.
-- Of course, the only reason why they're arguing against these website, is because:

1. They don't want their subtle and sly games/tactics to be revealed to everyone, especially if this information:

    a) Also comes with advice, about how to defend (and counter-attack) these tactics/weapons.

    b) Makes people fearful, because the information could collapse that whole game/system (and that whole aspect of life), and they want to keep that system in place.
    -- And/or, they might fear, that if that system collapses, then that could have a knock-on effect to other systems (aspects of life), and the implications are then too much to bear.

    c) Etc.

2. There must be some truth to the information (on these websites). This is obvious, because if the website was giving advice, which they (the criticisers) know would not work, then there would be no need to attack the website.
    -- Indeed, it's obvious, that some of the information is true, because this information is evident, in:

    a) The standard tactics/weapons, that people use against each other, on a daily basis.

    b) The usual/normal/common everyday selfish/immoral behaviour, that is almost impossible not to see, wherever you look.

3. Etc.

Therefore, some of this information (about how to attract a person), must be correct.
-- This is important, because the very fact that this information can help, just shows how ugly the situation/game is, (whether the game is to get a person to have sex with you, or to have a relationship with you, or whatever else).

The reason why it's so ugly, is because it just shows, that it's all about people selling each other things.
-- Ie, people are prostituting themselves.

The only ones who aren't prostituting themselves, are the ones who make zero effort. However, this "zero effort" also includes, not making an effort in other ways, including:

1. Working hard at a job, to make yourself look wealthy, powerful, etc.

2. Working hard at creating lots of friends, so that you look popular.

3. Working hard at having a certain group of friends, to make yourself have a certain social status.

4. Making your body look good, to attract a person.

5. Etc.

The point is, that when all of this is taken into consideration, everyone has made an effort (in some way), and if they haven't made an effort before they meet the person, they will make some effort, whilst they meet the person.
-- This is always true, because two people only ever interact, when they want something from each other. Ie, they will each make some effort, to get what they want.

Some people will argue, that there's nothing wrong with this, and that can be an argument, however, there is nothing wrong with it, as long as, everyone is honest, and admits that people are using each other, as their personal-slaves.

Ie, the ugliness, is in the way that everyone tries to get (and use) other people (as their personal-slaves), in a subtle/sly manner, whilst also trying to maintain an image of being: moral, good, etc.

However, although these websites (that help you learn how to attract a person, to have sex with you, or a relationship with you), do exist for those reasons, these websites are actually doing something else, which is that, they're inherently (by their very existence), making people realise, that this whole activity/game, (of sex, relationships, etc), is ugly.

Eg, if a boy knows, that saying something to a girl, will make them be attracted to them, then this just proves (to the boy), that the girl is ugly inside, (because the girl just wants to hear/see/have certain things).
-- Ie, it just shows, that the girl is prostitute, (since she is exchanging sex for something else, or exchanging a relationship for something else).

And, if (for example), a boy just wants sex, then it can be argued, that they are better off getting it from a sex-worker (sex-prostitute), because the sex-worker, is a professional, and as such, she will know some techniques, that can perhaps give the boy a good time.

Moreover, the key advantage of a sex-worker, is that there are zero hassles/dramas (that the client has to put up with), and just as importantly, the sex-worker will only ever do, what the client wants to do in the bedroom. Ie, the client never prostitutes themselves, in the sense that they do not need to compromise on what they want to do in the bedroom. Whereas, in sex with non-sex-workers, there can be many things that they do, but don't really want to do.

This is especially true, not only during the sex (and/or relationship), but also after the sex

(and/or relationship).
-- Indeed, people often forget to account for all the hassles/problems that can exist, after the sex (and/or relationship) ends.

Moreover, the deeper you go into all of this, the more that you'll feel, that even the slightest nonsense (from anyone), is totally unacceptable to you.
-- Ie, you'll naturally stay away from any person, that wants to do/say annoying things, (and suck your energy/time/money/etc).

However, having said all of this, the opposing arguments (about wanting to use a sex-worker) are obvious, namely that it is a bad idea to use a sex-worker, because the client knows that the sex-worker is only there for the money, and also because sexual intercourse creates an exchange of all types of energy (between the two people), and therefore, the sex-worker will will have all kinds of other people's energies in them, and therefore, the sex could end up affecting the client, in many ways (mentally, emotionally, physically).

Note: Earlier on, I said that when a person has sex with a sex-worker, the time spent can be exactly as they want it to be, and therefore, they're not compromising, and therefore, they're not prostituting themselves. It's obvious, that this is only true, if the client is paying the sex-worker with money (which they have never had to work for).
-- Ie, if the client is paying with money (which they had to work for), then the client will have prostituted themselves (at their job), to get that money.

Of course, I've only said all of this information (about a sex-worker) as a stepping-stone, because if a client is with a sex-worker, then the client is still compromising (prostituting themselves), because the client would ideally not want to use a sex-worker, because they know that no one ever wants to be a sex-worker. Ie, the sex-worker might be consenting to do that job, but they are not truly consenting.

And therefore, as soon as you know this, it then becomes impossible for you to want to use a sex-worker.

And therefore, no matter which way you come at it, the option of having sex with a sex-worker, is not a good one, and neither is the option of having sex with a non-sex-worker.

Let's just go back to the people, who try to have sex (and/or a relationship), with a non-sex-worker. From all of the above information, the conclusions seems to be, that everyone (boys and girls):

1. Are ugly inside, and are just prostitutes, who are subtly/slyly trying to get what they want.

2. Are stupid, because after getting what they want, it's only a matter of time,

before the sex (and/or relationship), becomes an activity that (overall) gives you ever-less true pleasure and happiness, and ever-more suffering (mentally, emotionally, financially, etc).

Therefore, the more you realise this (at an ever-deeper level), the more you naturally stop:

1. Wanting to have anyone as your personal-slaves, (eg: sex partners, relationships, friends, family, children, etc).

2. Wanting to be around any people, (including family), because you can see all the ugly/selfish/immoral games, that all people are constantly playing.

Since everyone is a prostitute, why are some forms of exchange-for-sex legal, and others illegal?
-- Ie, in many countries, it's illegal to exchange money for sex. However, in those same countries, sex is being traded for all kinds of others things, (eg: stability, security, children, shelter, etc).

The point is, that this is all done so subtly/slyly, along with all kinds of ways to try to brainwash/program people, into believing that exchanging money for sex, is bad/shameful/etc.
-- And, whenever subtle/sly techniques like these are used, the result is always the same, (everyone suffers).

It's important to realise, that the most important point here, is not about legalising prostitution, but about everyone being honest. Because, what causes suffering, is everyone playing their subtle/sly games.

Many people will always argue, that sex-workers are slaves, but all people are treating each other as slaves, (whether personal-slaves, and/or work-slaves). And, it's never clear, who is using who.
-- Ie, is the sex-worker using the client, (since the money-per-hour is so good)?
-- Indeed, when the money-per-hour is that good, it then turns around, into whether that is fair.

Of course, the answer to all of this, is that none of this is acceptable.

Ie, what is unacceptable, is the whole situation, where to get sexual pleasure (with another person), it's fraught with legal/moral/social/interpersonal problems, no matter what option you choose.

Indeed, even if prostitution is legal, and 100% of the population view it as acceptable, (and the sex-workers are selling sex at a fair price), that does not mean that using someone for

sex, is moral/acceptable/etc.

The issue of whether it is moral/acceptable/etc, ties into the main issue, which is that it's impossible to be alive, and not be using/enslaving someone, (as a personal-slave, and/or work-slave).
-- And therefore, the whole manifestation is unacceptable, and therefore, the whole manifestation needs to be ended, (instantly/painlessly).

The phrase “Life is nothing but a never-ending cycle of pain-and-pleasure”, is:

-- At best, misleading.
-- Because (if you look at a person’s whole life), life always dispenses infinitely more pain than pleasure.

-- Not true at all.
-- Because many people experience pleasure so infrequently, that there is no “cycle” at all. Ie, it's almost all pain, and no pleasure.

Also, the phrase uses the word “pleasure”, but it would be more realistic to use the word “happiness”, or “contented”.
-- Because, when you look at a person's whole life, the cycle might be going round, but in the end, there was a total of:

0% = true/pure bliss.
1% = pleasure.
4% = happiness.
5% = contented.
90% = unhappiness.

This might seem harsh, but it shows why there's so much suffering in the world.
-- Ie, unhappy/suffering people, results in an unhappy/suffering world.

Anyone who says, that there is more pleasure than pain, (or that there's an equal amount), is lying, because if this were true, then world would not be full of so much suffering.

Therefore, it's totally impossible to come to any other conclusion, other than “Life is cruel”, and therefore “It's cruel/evil to bring babies into this world”.

Life will never let you have pleasure, without pain. This is definitely true, if you examine anything over a long period of time. Ie, pleasure can occur, and it can even be 100% pure pleasure, but it's only a matter of time, before pain will occur.

Over the course of a whole life, the ratio is almost always appalling. Ie, there are scraps of true happiness/peace/love/pleasure. Literally, scraps. But, worse, is that many people might never even experience pure bliss. Ie, life seems to not even allow 0.001% of bliss for some people. Ie, this creator of life, is obviously not a benevolent one.

Indeed, this is yet more proof, that life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is malevolent.
-- Ie, life is just like a slave-driver, where the slave-driver makes the slaves work 99% of the time, and then gives them a reward/pleasure for 1% of the time. And, that reward is not even pure bliss, but some superficial happiness.

A simple examination of life, will show this to be true, and then it's clear, that life/existence is malevolent.

And, not only is life (or the creator) malevolent, but so too are most people, since they also try to maximise their pleasure, at the expense of other people's suffering.

In most relationships/families, people are constantly try to maximise their happiness, whilst turning a blind eye to the suffering that they're causing other people.
-- This is inevitable, since relationships/friendships/families are inherently selfish activities/hobbies/entertainment.

When people are just trying to get what they want, they might get it (in the short-term), but it will always cause them long-term suffering, because at some point, the victim will wake up (to all the control/manipulation that has been inflicted on them), and this will inevitably make them totally distance themselves from you.

The most common example of this, is seen when children (as teenagers or adults), suddenly realise that they were born/created, into this life full of suffering, just because the parents wanted to fulfil their selfish desires.

And with this realisation, there will be a natural repulsion (and distancing) away from the parents.

When this distancing happens, the parents will remain in their delusion, (thinking that they did nothing wrong, and are innocent victims), saying:

- “But I gave them everything.”
- “How ungrateful this child is.”
- “How selfish this child is.”
- “What did we do to deserve this?”
- Etc.

Ie, the parents always think that they did nothing wrong, and are innocent victims.

The sad part, is that the children become adults, and even if they know some of this stuff,

they'll go and have children. And so the cycle of prison/torture/slavery/rape is never-ending.

This might all sound harsh, but it's inevitable that this will happen, since people only ever get into relationships/friendships/families, because they want something. Ie, relationships/friendships/families are inherently selfish actions.

The amount of selfishness in each relationships/friendships/families, will vary, but often, the selfishness is very high, and very visible.

A good example of this, is how people try to trap each. This is common, and people do it in many different ways. Along with trapping, people also try to entangle themselves into other people's lives. In this subtle covert war (of how to trap a person), some people are willing to bring in extended family into the picture, or even create a human being (a baby). Yes, money is also a common weapon (used to control/manipulate another person), but there are many other weapons, eg: friends, family, beliefs (religious/spiritual and social), etc.

It can be easily argued, that the absolute worst type of relationship, is between a parent and child. This is because the child is trapped in so many ways. Indeed, the prison/torture/slavery/rape in this situation, is so extensive, that it's impossible to list them all.
-- And, obviously, the parents are in total control, because they've trapped the child in so many ways, but they also have the upper hand (for at least a decade) in being able to exert physical control (or the threat of physical control) onto the baby/child (since they're a lot smaller and weaker).

The parents also have the advantage, because for the initial part of the child's life, the baby will have been brainwashed/programmed to do whatever the parents want, (and also, think how the parents have taught them to think).

Some parents have children for this very reason (because they'll finally be able to have a relationship with someone, who thinks exactly as they want them to think). Ie, by control and manipulation, they raise a child to be exactly how they want it to be, and therefore, they think that they'll love having this person around.

Needless to say, this inevitably back-fires. The child (whether in childhood or adulthood), will see what has happened, and the fight between the child and parents takes on a totally different form. When this happens, the child will totally change, and the parents will then make comments like “How ungrateful this child is”, (and all the other comments (as mentioned above)).

Many people suffer very badly (throughout their life), from hereditary diseases that they have.
-- It's so bad, that they say: “I would never wish this suffering upon anyone”.

However, they then have a baby, (which literally puts that exact same suffering into

another person).
-- And, they have not just put that suffering onto some random person, but their own child.

So, if they're willing to do this to their own child, then that says a lot about the type of people that parents are.
-- And, of course, there are people who understand this, and say "Yes, I agree, some people should not have children", however, this "some", never includes themselves.

There are some people, who believe that certain people should not be allowed have children, (since they have a hereditary disease). This issue is not new, nor surprising. However, what is surprising, is that there are so many examples, of children/people who struggle, throughout their life (even from a very young age), due to having a hereditary disease, and despite the fact that they've suffered through many years of hell, they then decide to have children themselves (knowing that they will pass on the exact same hereditary disease/suffering to another human (their child)).

All prospective parents, have a hereditary disease (called "physical/mental/emotional suffering"), and they know that their future child is going to have this disease as well, and yet they're choosing to have the child anyway.

Now, let's give this disease of "physical/mental/emotional suffering", a new name. Let's call it "life".

Now we can say, that: "Life" is a disease, and therefore all parents are passing on a disease to their children, (simply by creating them).
-- Of course, parents are so deluded, that they expect their children to be grateful for being given this disease.

In the previous section, it was seen how it's cruel to pass on hereditary disease/suffering, to another human. However, if it's seen as being immoral to have that baby (knowing that they will suffer), then why is the same not true for other types of suffering. Ie, all babies will suffer (from some type of physical/mental/emotional suffering) in their life, and therefore, surely it's immoral/cruel for anyone to have baby.

If this has to be phrased in terms of "passing on a hereditary disease", for the point to be understood, then let's do this. The argument could be as follows: All prospective parents have a hereditary disease called "physical/mental/emotional suffering", and they know that their future child is going to have this disease as well, and yet they're choosing to have the child anyway.

All things like "compromise", and being "respectful", and "grateful", might be

relevant in partner relationships, but not in a child-parent relationships, (because the child never consented to being the child, and therefore never consented to enter into the child-parent relationship).

Ie, the relationship is forced by the parent.
-- And therefore, the child has no responsibility to the parent.

However, the parent does have the responsibility, to provide the child with everything that it needs, for it's entire lifetime.

In this section, let's use the topics of a child wanting "space", or wanting to kill themselves. In these situations, the parents will probably try to ask the child to "compromise", but the parents don't seem to realise, that the rules which exist between partners/friends/etc, do not apply to the parent-child relationship. The reason for this, is because the child never consented to being the child, and therefore never agreed to enter into the relationship.

And therefore, the child has no responsibility to the parent, but the parent does have the responsibility to provide the child with everything that it needs, for it's entire lifetime.

Note: If the parent does not think that it's fair (that they should provide the child with everything that it needs, (for it's entire lifetime), then the parent can say to the child, that they will not provide the child with what they need, (perhaps because they feel that they child should be independent, and get a job, and earn their own money, and not sponge of the parents).
-- Ie, the parents can say this if they want, however, they then have to accept, that the child is then totally free from the parents, in all ways, and that the child is then free to do whatever they want. This can mean, that the child can cut all communication with the parents, or that the child is free to kill themselves.

However, the child should not threaten the parents (with suicide, or cutting all ties/communication with them, or anything else) as a means to get things from the parents. This is because, anyone that is fighting for something, is still caught in the belief, that some things in this world are worth fighting for. Indeed, why even fight for money (or to save money), since it only brings more prison/torture/slavery/rape.
-- Moreover, one thing that definitely makes this life not worth living, is the ugly feeling that comes from fighting, (whether to: get things, defend things, or whatever else).

Ie, if you don't fight, and you don't get things, and life becomes unacceptable (in terms of living conditions), then it's time to leave this dimension.
-- Indeed, many children (whether as children or adults), would rather die, than have to ask their parents for money, especially as they then have to see their parent's facial expression (which will not be good), and have certain conversations (which will just hurt the parents).

However, whether the child tells the parents, or not, the child does have the right to kill themselves, or cut all ties/communication with the parents, (for their own reasons). Indeed, there are many reasons that a child would want to do this, which are not due to the parents. Eg, they might just want to kill themselves, because they see life clearly, and are able to see how terrible it all really is (with so many people suffering), and they've just seen enough.

This understanding/realisation can happen, even in young children. And this should be expected, since it's so obvious, of how the world really is.
-- Moreover, many children simply look at the adults (and the adult world), and see that it only gets worse. Ie, why should they then have to wait (before killing themselves) to see if it gets better, when all evidence shows, that it only gets worse.

Suicide at any age, is reasonable, and justifiable.

When a person sees, how old people struggle with every aspect of life (due to failing physical and mental faculties), that person might decide, that they definitely know that they're not going to let that happen to them.
-- Ie, they've already decided to kill themselves (before their body or mind deteriorates in old age).
-- So, this means that they've already decided, that they're going to kill themselves, (lets say) 10 years before they would have normally died. Well, in that case, why not make it 20 years early, since the 10 years before that, are not that good either.

Further still, if a person decided that they want to kill themselves, at the point in time when they feel that life changes from “enjoying life” into “surviving”, then that also makes sense. Indeed, there doesn't seem to be any clear argument against it.

Of course, we can see how some people might think, that this point where life changes from “enjoying life” into “surviving”, could be the age of 49, or 39, or 29.
-- And there's absolutely nothing wrong with this. Indeed, why should anyone be allowed to interfere with that decision.
-- Ie, if a person wants to live an amazing life, knowing that they will kill themselves at 29, then no one has any right to interfere with that decision, especially parents.

I'm not suggesting that this is how it should be, because I'm sure that some people will feel differently, and why would I interfere with their decision. All I'm saying, is that for those who want to suicide at 29, (or 25, or 15, or 9 years old), then it's their body, their right.

Of course, many people will say anything to fight this. The usual argument (of why children should not be allowed to kill themselves), is that: “A child should not be allowed to kill themselves, because they don't know what wonderful stuff life has to offer in their future”.

Yes, there might be some wonderful happy times (that they might have in their future), but there will 100% definitely be many bad experiences, and infinitely more suffering (than good times). Therefore, common sense suggests, that a ratio that is always more bad than good, should be avoided. Therefore, suicide at a young, age would have to be accepted.

Note: If this became common place, then at least people who want to have babies, would start to think twice. Ie, if this situation became reality, then it would make prospective parents realise, that many people are not happy with being alive, (since there is so much suffering), and therefore, they might decide to not have children.

However, what is more likely, is that, since they are prospective parents (ie, inherently selfish people), they will probably just think, that they might have to deal with the fact that their child might kill themselves at some point. Ie, they're willing to take the risk.

Ie, their concern, is still only about themselves, (and not that the child will suffer throughout it's entire lifetime). Ie, the parents are only concerned that they might suffer, (if the child kills themselves).

However, since the prospective parents are inherently selfish, they will also be inherently arrogant and blind, and therefore they will probably think that: “It will be different for us, because we will not be like other parents”. And, so they'll probably decide to have a baby.

Perhaps it's time to accept, that anything that is done without consent, is unacceptable, and should be illegal.

Therefore, perhaps it's time to accept, that the the idea of reproducing via babies, is not acceptable any more, (since there is no consent), and therefore it should be illegal.

Also, it's time that we all saw that:

1. Absolutely everything about the human race is primitive/backward/ridiculous/stupid, (eg: the social customs, the body, the mind, the spirit/soul, the technology, the laws, etc).
   -- Indeed, there is absolutely nothing to be proud about.
   -- Quite simply, it all needs to be ended.

2. The idea of wanting a human form, is just ridiculously primitive/backward/ridiculous/stupid, and an alternative option should be found, (eg, being as “That”).

The point is, that only when all of the above is recognised/admitted, will an alternative option appear.

Let's follow on from the previous section. Instead of people fighting against this type of world (where people kill themselves at a very young age), it would make more sense, for those people to try to find a better solution, (where suffering does not exist).

Ie, start from a blank page, and think out side of the box. Ie, perhaps the idea of reproducing via babies, is not acceptable any more, since there is no consent. Or, perhaps the idea of taking a human form, is just ridiculously primitive/backward/ridiculous/stupid, and an alternative option should be found.

To realise how ridiculously primitive/backward/ridiculous/stupid everything in this world is, people have to start clearly/honestly seeing, how all aspects of life really are.

-- A good example of this is marriage. A relationship between two people should be a wonderful free experience. Instead, many countries try to encourage you to make a legally binding contract. Is that not the opposite of free?

This book is full of examples of everyday life, and so I will not repeat them here.

When you build (and run) a society, you have two choices:

1. **It's built (and run) on the fundamental basis, that consent is vital, (in all aspects of life).**

Or,

2. **No one needs consent, (for anything).**

This is true, because as soon as you require/enforce consent for some aspects of life (eg, sex), but consent is not needed for other aspects of life (eg, having a baby), then it's to be expected, that some people will stop caring about needing consent in any aspect of life.

It's important to see, that this is not a discussion, about if it's acceptable that “people will stop caring about needing consent in any aspect of life”.
-- What this is about, is stating that, it is absolutely inevitable, that when there are unequal rules, people will do things without people’s consent.

Ie, the reason to point this out, is to show that this is what is causing so much suffering in the world, and that it will continue, until it is either made equal across all aspects of life, or it's all disregarded.

And, the same is true for rules.
-- Ie, if some of the population have to follow certain rules/laws, but others in the population are allowed to break those rules/laws (and are not punished), then it's to be expected, that some people will stop caring about following any rules/laws, in any aspect of life.

In certain countries, non-consensual sex is illegal, but having a non-consensual baby is legal, and encouraged.
-- Ie, in these countries, if two people want to have sex, then both people must freely consenting to this. And, if one of them says no, but is then forced into sex, then the perpetrator can be sent to jail, since this is illegal.

Meanwhile, these same countries, say that if a lady wants to have a child, and the man does not, then the lady can go ahead and have the child, and expect the man to pay child-maintenance for 16 to 20 years. And if the man does not pay, then they can be taken to jail.
-- Ie, surely, if the man has not consented to having a child, then (at most) the lady should be allowed to have the child, but is not allowed to force the man to be involved in the

child's life (financially, or in any other way).

The key point of this example, is that society is either built/run on consent, or no one needs consent. As soon as you have one rule for some of the population, but a different rule for the rest of the population, then the result is that, that part of the population will feel an injustice, and then they might feel that they have no choice, but to disregard some of the rules, or all of the rules (whether those rules are: legal, moral, social, interpersonal, personal, religious, spiritual, etc).

In this thing called "life", there is no "safe-word", and this is proof that life is non-consensual rape, and that life (or the creator/source/controller/programmer/god/etc), is malevolent.

Indeed, if life was a consensual game/role-play/experience/class-room/etc, then people would have a safe-word, which gives them the freedom/choice/option, to end (or leave) this life/game/experience/situation/place, any time that they want, in an instant/painless/effortless/guaranteed/permanent way.
-- However, there is no such safe-word.

Ie, whenever you see a person suffering in life, and they want out, but they don't have a safe-word, you're witnessing a person who's being is trapped/forced/raped against their will.

Many examples of this can be seen in various aspects of life, however, none are more important, than the example of life itself.
-- Ie, since most people can't leave life instantly and painlessly, life itself, is (by definition), non-consensual rape.

Some people argue that "you chose to come to this world, to experience life". However, no one ever (freely/voluntarily) chooses to trap themselves, in something that they cannot get out of. And, if they're forced into a decision/situation like that, then yes they might have consented, but that is consent under deception/torture, which is still rape.

Therefore, it can be concluded, that life (or the creator/source/controller/programmer/god/etc), is evil.

If a person is forced to have sex (against their consent), then that can be termed as rape. Most people are able to see that this is a bad (or cruel) act.

If two people decide, that they want to explore the negative energies (through sex), then they might agree with each other, to role-play something. For this example, we'll examine rape role-play, otherwise known as consensual-non-consent, (and various other terms).

In agreeing to participate in rape role-play, they might both agree that there is a safe-word, which if said during the role-play, will bring the game/experience to an instant end.

-- Ie, as soon as a person that says the safe-word, the game instantly ends. And, they're allowed to say this safe-word, at any moment in time, with no extra restrictions/rules/conditions.

Obviously, the key difference between rape, and rape role-play, is that that a person has the option/freedom, to instantly end (and/or leave) the game/experience/situation/place (at any time that they want).

So, if you look at any scenario in life, and you see that a person does not have the option/freedom to leave the game/experience/situation/place (at any time that they want), then that person is being trapped, and forced against their will.

If just one person/entity, in the whole manifestation, is suffering (and wants an instant/painless/effortless/guaranteed/permanent way out), then all people/entities/gods/spirits/beings/etc (in the whole manifestation), are responsible for allowing that to occur.

Ie, they're all responsible, since they're all bystanders to this rape. Therefore:

1. **All people/entities/gods/spirits/beings are malevolent.**

2. **A fundamental change/dissolution of the whole manifestation, is justified, and necessary.**

It's important to note, that this rape is happening all the time, (to many people), and the people/entities/gods/spirits/beings are always just bystanders to this rape. Therefore, the two points (above), are something that is 100% conclusive, with no more proof being needed.

In the previous section, it was concluded, that life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is evil. However, this label of “evil”, also applies to all other entities that exist within the creation.
-- Ie, if a person believes that there are various gods, (and higher spirit entities, and higher dimensions with benevolent entities, aliens, etc), then all these entities are also included in the label of evil, since they're also not allowing any person to exit life instantly and painlessly.

This argument, can also be made from a different angle. It's obvious, that a benevolent creator would not allow even one person to suffer (even for a split second), since it's totally unnecessary. And, this split-second, is across all “time”, (past, present, future).

Of course, a benevolent creator would not create an existence.

There are many excuses that have been created, to make suffering acceptable/necessary. These excuses, have been made by: experts, people in authority, beings posing as gods, etc. However, the excuses are only ever created/believed/sustained/perpetuated, because:

1. **The higher people want something from the lower people, (and they give the lower people these excuses, so that they are easier to control/manipulate/use/enslaves/rape).**

2. **The lower people want something from the higher people, and these excuses are a way for the lower people, to make themselves feel free from being responsible for their immoral actions, (since they're just following orders, or following god's will, or god's commandments/rules, etc).**
   -- Ie the lower people use these excuses, to feel ok about causing suffering to other people, whilst they're controlling/manipulating/using/enslaving/raping those people, (as their personal-slaves, and/or work-slaves).

Needles to say, there are actually no people in positions of higher authority.
-- Ie, the people (and positions) of higher authority, only exist, if you give them that position/value/power/authority/etc.

However, instead of dissolving the belief (of the supposed positions of authority), most people would rather get themselves into such positions, (no matter what it takes).

And, if they can't get into a higher position, then they'll find a person that is lower than them, (or create a person that is lower than them (their baby)), for them to feel like the "higher" person/power.

Ie, everyone is responsible for all the suffering that occurs on earth, because they keep creating (and perpetuating) all the lies, (because they themselves keep trying/wanting to be slave-drivers, slave-creators, and slave-owners).

There are many examples in life, of how this all happens. And it can happen at all levels.
-- Eg, a "higher" more "evolved" race of beings/entities, can simply give the excuse that: "We are not allowed to interfere with a lower/developing race".

This sounds exactly like the people who will do anything that their "superiors/experts" tell them to do, (even if that order will cause suffering to other people).

Indeed, let's look at this from another example. If a person is kidnapped, and taken to the perpetrator's basement, and raped and tortured every day, then that perpetrator is cruel. However, if some other people can stop this, but they don't stop it, then they are just bystanders, and therefore they are just as cruel.

The point is, that these higher entities/gods/spirits/beings/etc, are all responsible for not helping those who are suffering (in this manifestation), and saying “We are not allowed to interfere with a lower/developing race”, is just the same as watching the rape happen, and doing nothing about it.

So, this would mean that, the higher entities/gods/spirits/beings/etc, are just as evil as life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), since they're not ending the suffering of the people on earth.
-- Or, the only other explanation, is that there are no higher beings/entities/gods, or, none that can be called benevolent.

What is also important to see, is that every person/entity/being/god, is just being used by someone higher than them. Ie, all of them, are the exact same selfish people/entities, who will follow any orders, to get what they want.

These types of people, are also usually the type, that are easily fooled into believing what an “expert” is, or what a “god” is, and that they actually have a god (which they must obey). They will then do whatever their god says, even if that means causing suffering to others.

Indeed, if a being from another planet/dimension, comes to earth, and tells a person to do something, then that person will probably follow that order, especially if that being takes on the image of a god, or are able to do miracles (things that people on earth cannot do, but the alien can, (through technology, or whatever other means)).

Many people want to be in powerful positions, and if they can't get into those positions of power, they'll criticise those who are in those powerful positions. However, when they criticise the people (who are in the positions of power), what they're missing, is the fact that:

1. The positions of power are not real.

And,

2. Their criticism is making that position of power appear real.
   -- Ie, they are now responsible, for any suffering that comes from those positions of power.

Ie, the people criticising it all, are the ones who are constantly giving (those positions) the power to stay alive. Ie, the people who are criticising, are actually constantly creating/perpetuating the “belief”, that it is actually real.

Note: I put the word “belief” in quotes, because when something is believed to be true (at a very deep level), then the person doesn't even know that it's a belief. They just think it actually “exists”, and is real.

If there is an instant/painless/effortless/guaranteed/permanent way out of life, then people might be ok with staying in life.

Ie, having an instant/painless/effortless/guaranteed/permanent way out of this body/world/dimension, is the only way that this body/world/dimension, will be worth living in.

Indeed, it's obvious, that a person will only truly be "alive" in this world, when they are free to enter (and leave), from this body/world/dimension.
-- And, anything other than this freedom (to enter (and leave)), is a forced non-consensual situation, and nothing good can ever happen in such a situation. Indeed, all it can ever be, is an inherently negative/toxic experience.

Let's go back to the topic of the safe-word. This concept of the safe-word, is extremely important, because if it existed in this game called life, then it would immediately eliminate many people's desire to commit suicide. By this, I mean that if a person knows that they can leave this body/world/dimension instantly and painlessly, whenever they want, then they might choose to stay in this world a bit longer.

Ie, it's exactly like the relationship that is forced on you. Ie, if you don't have a choice in being in a relationship with someone, then the relationship will be negative/dead/miserable/etc, and you'll want to escape/leave the relationship.
-- However, if you both can leave the relationship instantly/painlessly (whenever you want), then the relationships has chance of being positive.

So, having an instant/painless/effortless/guaranteed/permanent way out of this body/world/dimension, is the only way that this body/world/dimension will be worth living in.

And ideally, we should have the ability to enter (and leave), as we please.
-- Ie, it's not just about being able to leave instantly/painlessly, because it's actually about being able to leave like that, and return like that, (if you want to).

There's absolutely no need, for any negative experiences (or suffering), of any kind. Therefore:

1. **Suffering, is not something that is natural, nor necessary.**

2. **The manifestation can exist, as ever-deepening freedom/peace/love/bliss.**

The key point is, that suffering is not natural, because when a person/entity has the choice, between having ever-deeper freedom/peace/love/bliss, or a negative experience (which will cause them suffering), then they'll naturally go in the

direction of the ever-deeper freedom/peace/love/bliss.

Some people believe, that this life exists, to explore energies/experiences. However, if that is the case, then life would be an ever-deeper exploration of positive energies. The reason for this, is that once you have experienced that the positive energies keep going ever-deeper, then you'll not want to explore the negative energies. It's just not naturally possible.

Indeed, if a person had a choice to experience ever-deeper freedom/peace/love/bliss, or a negative experience (that would give them long-term post traumatic stress disorder), then they would obviously choose the ever-deeper freedom/peace/love/bliss option.

If freedom/peace/love/bliss is not something that was able to go ever-deeper, or if freedom/peace/love/bliss was not even available to a person, only then would a person perhaps want to experience the negative energies.

The point is, that as long as freedom/peace/love/bliss can be taken to an ever-deeper level, then that is all that is necessary. Ie, one realm of ever-deeper freedom/peace/love/bliss, is enough, and therefore no people (or worlds) are necessary.

Some people might argue that “there is no 'positive' or 'negative'”, but this thinking is just brainwashing/programming. To explain this, I'll use the example in the next section.

Whilst exploring positive experiences (in sex, or anything), there is never any need to have a safe-word.
-- And, no matter how deep you keep going in that direction, safe-words are never needed.

Ie, it's only whilst exploring negative energies, that safe-words are needed.
-- And, the deeper you go in that direction, the more important (and complicated) this becomes.

And, the same is true for life.
-- Ie, if life was only comprised of positive energies, then there would never be a need for a safe-word.
-- Indeed, if life was positive, I wouldn't need to be discussing the issue, that a safe-word doesn't exist in this thing called life, (and without it, life is rape).
-- Ie, since I'm discussing that life should have a safe-word, it shows that life is all about the negative energies. Therefore, life (and the creator of life) is evil.

Note:
If two people want to explore positive energies (during sex), and they choose to do this via deep slow intimate lovemaking, then they can both do so, and this can continue to happen

at an ever-deeper level.
-- Ie, if both people are able to understand how deep slow intimate lovemaking, can go ever-deeper, then:

1. They would never get bored of it.

2. They would want to do this as often as possible.

3. They would never want to partake in any other type of sexual activity, which involved negative energies.

However, most people are wanting to try (and/or repeat), all sorts of sexual positions/acts/experiences/role-plays/etc, and what this shows, is that most people are not able to engage in this type of deep slow intimate lovemaking (which goes ever-deeper).

It is possible to have “positive”, without “negative”.

Yes, in terms of “words”, this is impossible, (according to non-dual spirituality/philosophy/theory). However, that is just theory. Just words.

Indeed, a good example of this, is that it is possible, to have a life/existence, that is only ever positive, because that positive energy, is going ever-deeper.

Note: All of this, is a good example of how:

1. Words/school/everything, is used to program/brainwash you.

2. Words are perfect tools/weapon to limit people, and keep them in prison/torture/slavery/rape.

3. Most people are only able/willing to deal with ideas, if those ideas also work with words. Ie, as soon as it's a concept that words cannot deal with, then people automatically shut it out.

4. Arrogance is key. Because, if a person wasn't arrogant, then they'll not be able to shut out any ideas.

5. People are always wanting answers, (whether from school, experts, academics, spiritual teachers, or whatever else), rather than, they themselves investigating life, through their own direct experience, without superimposing words onto that experience (before, during, or after it).

6. People are happy to stop at concepts. Eg, people are happy to stop at the concept of “oneness”. This is why these types of concepts are more negative than positive. Ie, these concepts, are only ok as a pointer. Ie, they're only

there to point you towards that “state-of-being”, where no concepts can ever exist.

7. However, people do not want to go and experience this state-of-being (where no concepts can ever exist), because they've been brainwashed/programmed to only want answers, (which are words).
   -- Ie, the desire for answers, will prevent them from going into states-of-being, where:
      a) No words can ever exist.
      b) No time can ever exist.
      c) They no longer exist, as a person, awareness, or any other kind of identity/entity.

The point is, that this issue is important, because if it's understood, then people would understand, that a it is possible, for just one realm of ever-deeper freedom/peace/love/bliss to exist.

And, the reason why this is important, is because some people are only wiling to make changes, if they know that another option exists.
-- Ie, most people, would not be happy to give up their selfish life (and the world of suffering that it creates), unless they know that there is a better solution.
-- Ie, this understanding can show them, that there is a better option, and it just requires that people stop being selfish, and stop trying to use (and create) other people, as slaves.

“Words” are things that are invented (out of thin air), and they're pushed onto people, to control/manipulate/use/enslave/imprison/rape them.
-- That is their original purpose. And that is why 99.9% of people use words, (and why they want everyone else to know words).

Words are a very clever invention, because they're perfect at limiting a person in all ways. Indeed, the prison that can be created via the use of words, should never be underestimated.

Words are just made up (out of thin air). They have no fundamental reality. This is obvious, since each word has a definition, which is made up of other words.
-- The point is, that since all words have a definition, they all inherently have boundaries/limitations.

Meanwhile, without words/thoughts, there is no separation.
-- However, to be more exact, without words/thoughts, neither “separation”, nor “no separation” exists.

A benevolent god/creator, would never create: heaven, hell, god, religion, men of

god, rituals, prayers, teachings, teachers, pain, suffering, cruelty, evil, etc.

God/religion/heaven/hell/prayers/etc, have been so deeply ingrained in most people, that many people would be scared to even truly consider if the above statement is true (let alone believe that it is true), because this would mean that they're truly challenging god, (and they don't want to upset god, just in case he/she/it does exist).

The reason why people keep pushing these concepts (heaven, hell, god, religion, etc) onto people, is for their own selfish benefit. Because, with these concepts, people can control and manipulate other people (by fear and desire).
-- That's all it is.
-- That's all that life is.

I have used the terms “heaven”, “hell”, “god”, etc, but I'm speaking generally to cover all those sorts of things. The issue of whether they are real or not, is discussed in the section after next.

Discussing whether heaven/hell/god/etc, is real, and exists (or not), is misdirection, because whatever does exist, exists in the manifestation, and everything in the manifestation is malevolent, (as concluded earlier).

It’s obvious that everything in life (and the manifestation itself), is deliberately invented/designed/created, to use/enslave/imprison/rape.

Therefore, the only solution, is to end the whole manifestation, in an instant/painless/effortless/guaranteed/permanent way.

The only permanent solution (of how to end all suffering, for all), is one that works at a fundamental level. This means that, the whole manifestation needs to be dissolved.

If an ever-changing manifestation needs to exist, then an ever-deeper freedom/peace/love/bliss will be what is manifested.
-- Ie, if there needs to be a constant creation and destruction of the manifestation, then that is not a problem, as long as the manifestation is only one realm of ever-deeper freedom/peace/love/bliss.

Note: Since the manifestation can be instantly dissolved, and instantly created, the changeover from this (present) manifestation (of suffering), to the manifestation of ever-deeper freedom/peace/love/bliss, will be instant and painless.

Ie, because this solution/action is at such a fundamental level, there's zero suffering during the changeover, (because there's no need for any physical death and destruction).

-- An analogy, could be that of changing the channel on a television. Ie, when you change the channel, no one gets hurt, and no one dies, and it's an instant changeover.

Just to be clear, “a manifestation of ever-deeper freedom/peace/love/bliss”, does not mean that everyone on earth will experience an ever-deepening freedom/peace/love/bliss. What it means, is that only freedom/peace/love/bliss (itself) will exist, and it will (itself) become ever-deeper. Ie, that realm alone exists. Ie, no people/entities exist, nor do planets/universes exist.

Earlier (in this section), I mentioned that, “no one gets hurt, and no one dies”. Indeed, some people would argue, that when this manifestation of suffering is ended (switched off or changed), no one dies, because no one was ever alive, because the idea of life (and separation) was a thought/idea/belief. However, removing the layer of thought/idea/belief, is not enough, since the problem is at a more fundamental level.

This is also why it's not about destruction in the physical sense. Ie, there's no need for physical destruction, because (at a fundamental level), it can be as easy as changing channels on a tv, or switching off the tv. Indeed, non-existence is also an option, and a better option.

Some people might question, whether it's possible to do this. However, the point is, that nothing else is worth doing. Ie, the only activity that has any significant/real value, is to end all suffering (for all).
-- And, to do this permanently, this has to be done at the most fundamental level possible.

Yes, other things can be done (at other more superficial levels) to reduce suffering, (and I have mentioned these throughout the book). However, ultimately, those changes (at all those superficial levels), will not be enough (and will still be unacceptable), because other people/entities will still be suffering in the manifestation. Therefore, no matter how many superficial changes have been made, there will always need to be a change made at the most fundamental level, (which means changing the whole manifestation).

There is a 100% possibility, that every statement made in this book, is true.

However, even if a person understands that every statement in this book might be 100% true, that is not enough, because theory is never enough.

Ie, people have to break away from theory, and actually stop causing suffering to others, and then try to end all suffering (for all), at ever-deeper levels.

This phrase “There is a 100% possibility, that every statement made in this book, is true”, is very important, since it can change the way that you read things.
-- Ie, the statements (that this book makes), are important, but they're just theory, until you imagine the implications of them. And, it's only when you imagine the full implications of all statements, that you can break away from just theoretical discussion, and start to go ever-deeper.

This book is definitely not pro-suicide, because it gives many reasons why suicide could end in even more suffering.
-- Ie, this writing could make many suicidal people, not want to go through with killing themselves.

However, this writing is not going to make any assumptions, like how suicide is not a way out.
-- Ie, suicide might be a way out, or the best way out, I don't know.

What I do know, is that not being able to discuss it, definitely does make a person more suicidal, because it makes them realise, just how selfish people are.

Ie, most parents/people never want any book/website to discuss suicide, because they're scared of losing their personal-slaves. Ie, this ugly/selfish behaviour, is clearly seen by suicidal people, and this makes them want to go kill themselves even more.
-- Ie, avoiding the subject of suicide, helps neither side.
-- Therefore, it's utter stupidity to not discuss it.

It's very irresponsible (and a huge problem) if the subject of suicide is ignored. Most people try to avoid it like the plague. However, this subject can't be avoided, and that's why I'm discussing it in this book.

It's important for parents/people to realise, that if suicide is discussed, and the parents/people only ever make comments about how it will affect them, (and that therefore the child/person cannot ever kill themselves), this will make them want to kill themselves even more.

Worse still, is that parents/people never just use words. Ie, they'll use emotional blackmail, and whatever other weapons/tactics/games.
-- And, when they do use words, it's all the usual lies/excuses. Ie, it's just so ugly to see selfishness like this, and this makes suicidal people want to die immediately.

At most, this book could be perhaps be called “pro-choice”, by which I mean that every person has the right to make their own decision, and, as long as it does not cause suffering to others, then they can do whatever they want.

Of course, this is where parents will always jump in, and argue that suicide is therefore not an option, since it will cause them suffering. However, this argument is easily countered, (which I will do in the next section).

A person who kills themselves, does not need to feel guilty about their parents suffering afterwards.

This is because:

Situation 1:

If a perpetrator kidnaps someone, and keeps them in prison/torture/slavery/rape for decades, (and the victim is unable to escape from this daily rape/torture/suffering), then the victim might decide to kill themselves. When this happens, the perpetrator will inevitably get extremely annoyed/sad/furious/gutted/devastated/etc, (because they now have to get another victim for their dungeon, and spend time/money/hassle/effort, to program/brainwash/condition the new victim/slave, and everything else that needs to be done, to break them in).

The point of the story is:

Q: When the perpetrator gets extremely annoyed/sad/furious/gutted/devastated/etc, would you feel sorry for the perpetrator?

A: Of course not.

Situation 2:

If the perpetrator has many friends, who are also into the same lifestyle (of kidnapping people, and raping/torturing them in their prison), then the perpetrator is going to have a lot of support (from his/her friends), and they'll all feel sorry for his loss, and the fact that they now have to go through all the hassle/effort/costs again (to kidnap another person), and go through the hassle and effort of programming/brainwashing/conditioning the new victim/slave (so that they behave correctly).

The point of the story is:

Q: The perpetrator is not alone in having this lifestyle/activity/hobby, and many other people also partake in this lifestyle/activity/hobby. Therefore, do you now feel sorry for the perpetrator?

A: Of course not.

Situation 3:

If the perpetrator's lifestyle/activity/hobby, is something that is done (or seen as acceptable) by 99% of the population, and they've been doing this for centuries, then they can all collectively say that they are right (and good people) in all ways (legally, morally, socially, religiously, spiritually, etc), since they are the “norm”.

The point of the story is:

Q: The perpetrator's lifestyle/activity/hobby, is something that is done (or seen as acceptable) by 99% of the population, and they've been doing this for centuries. Therefore, do you now feel sorry for the perpetrator?

A: Of course not.

Note:
I'm not saying that parents are like this perpetrator.
-- I'm saying that parents are infinitely worse than this perpetrator, (because parents not only made a human go through a lifetime of prison/torture/slavery/rape, but they created the human (baby) in the first place. Moreover, they're constantly encouraging/persuading other people to have children, by saying (and/or demonstrating) to other people, that having children is moral/good/important/vital/etc.

Ie, parents are spreading infinitely more suffering, than this perpetrator.

Throughout this book, I have explained how, no matter where you start your examination of life, or which aspect of life you start with (even the most wonderful/amazing ones), the conclusion is always the same:

- Life is non-consensual forced rape.
- Life is prison/torture/slavery/rape.
- Life is suffering.
- Life is cruel/evil.
- Life is all of the above, happening on daily basis, night and day, with no permanent escape, no matter how hard you try to find a way out of it, (or inwards, or to transcend it, or whatever else).

Therefore, bringing a human into such a life, is despicable. However, to encourage/pressure other people to do the same, is just as bad.

This world functions with the belief, that if the majority (the "norm"), feel a certain way about something, then that is what is deemed good/right/acceptable/moral, and they will collectively make this very clear, by inventing legal laws, (and prisons), and also by making it socially unacceptable to do the opposite. And they'll then also use religion and spirituality, to add to it.

However, even if 100% of the population, think that it's ok to do certain lifestyles/activities/hobbies, that cause suffering to other people, (or to create people, who you know will suffer), that does not make it good/right/acceptable/moral.

Many people will agree with this statement, until you take it further, and give an

example of how it means that they're doing a lifestyle/activity/hobby, which is immoral/cruel/evil.

At that point, it is to be expected, that the selfish person/people, will not only defend their immoral/cruel/evil ways, but they'll make sure that any message/messenger who is trying to expose it, will be attacked/silenced/ridiculed/etc.

It's so true, that everyone is happy to discuss (and even agree), to all kinds of statements, right until the moment, that they see that that statement might make them realise, that they're being immoral/cruel/evil, (or if it challenges their lifestyles/activities/hobbies in any way).

And, as soon as this is realised, they stop going any deeper. The point is, that if they had gone deeper, they'd have seen that it's infinitely worse than they could ever have imagined. I'll explain why, in the next section.

People are always happy to say that they want to know the truth, but that's because they think that the truth will reveal itself as:

- **“Life is beautiful.”**
- **“We're all connected.”**
- **“Oneness.”**
- **“I am the eternal soul.”**
- **Etc.**

Of course, people don't want to know the truth, if it means that they're going to see how damaging/scarring/violent everything in life is.

And, this is especially true, if this horrific stuff just keeps getting ever-worse.

Ie, some people are ok with seeing a bit of hell (for a short period of time), as long as they then get to be eternal/ascended/connected/oneness/rainbow angels.

The key point is, that:

> The deeper you go, the worse it keeps getting, and there's nothing you can do, except keep free-falling in that direction, (without hope that it will get better, ever).

Note: Some people might think that this book is being harsh on some activities/hobbies/lifestyles (and/or life itself), but it's impossible to explain how bad it all is, unless you see it for yourself.
-- However, no one really wants to see it, because:

1. They don't want to find out that their past (and present)

behaviour/activities/hobbies/lifestyles, have caused so much suffering to themselves, and others.

2. They're afraid, that if they begin to see life differently, they'll not be able to keep their old friends, or get along with their family/children/etc.

3. They're afraid of being someone, who the majority of the population do not agree with (or like).

4. Since the realisations only keep getting worse, they know that they'll end up having views, that the majority will want to attack/silence.

The deeper you go into it all, the more your wavelength/vibration/frequency will change, and the gap between your wavelength, and the wavelength of the majority of the population, will always keep increasing.
-- The result is, that you'll never really be able to communicate that well with anyone anymore.

People on very different wavelengths/frequency/vibration/energy/resonance, will:

1. **Always struggle to communicate (even if they use simple basic words/sentences). And, if the wavelength between two people is too large a gap, then even a basic word/sentence, will be interpreted in a totally opposite manner.**

2. **Have totally different intent, (towards everything/everyone in life).**

3. **Be living in totally different worlds.**

Wavelength/frequency/etc, are an important subject. This is all perhaps best explained, using examples.

Most people seem to be on a wavelength, which does not allow them to be able to see the intent/tone behind a sentence. This is so apparent, when some people are gathered in a group, and they're saying things in a joking manner, but some people's intent is sinister, (ie: done to hurt someone, make someone look bad, make themselves look good, etc). What is always amazing, is how so many people in that group, are not able to know/see the underlying intent/tone of such words or actions.

Perhaps even more amazing, is that even if you're able to see the intent/tone of a comment, and you point it out to the victim/group, you'll probably be wasting your time, because they'll still not see it, (nor want to see/believe it).

Moreover, they'll be blinded into believing, that the negative intent behind the actions/comments (that you pointed out to them), are actually good. At this point, all you can do, is walk away, because it's important to realise, that people on different

wavelengths, are not going to understand each other.

Of course, there are also those people (in the group), who are aware of the sinister words/actions, but pretend to not see it, because they're selfish, and don't care that people are getting hurt, as long as they get what they wanted (from being in that group).

Two people (on very different wavelengths) who are in a relationships/friendships/families, will only cause each other suffering, because:

1. **They will think totally differently (in all ways), about all aspects of life. Ie, they will not agree on anything, and will be opposed to each other in all ways. Therefore, living together, will inevitably be extremely torturous.**

2. **All communication between them (verbal and non-verbal), even at the most basic level, will be torturous.**
   -- Note: "Communication" will never be able to solve these problems, because the selfish people will not be able to see/admit, how they're causing suffering to others.

Often, people try to trap another person, into a relationship with them. What they don't realise, is that this will just mean that they're trapping themselves (and the other person) into a torturous hell.
-- Of course, the worst example of two people who are trapped like this, is when a child is trapped into living with the parents. Ie, parents do not seem to understand, that their child might be on a totally different wavelength to them, and that this might make all communication between them torturous.

Indeed, this is a good example of something that prospective parents do not think about. Ie, they think that they'll be able to groom the child, to be someone that is on their wavelength, and someone who they get on well with. Ie, they're totally missing the huge issue, that any child can have any wavelength, and this can make them a totally different person (than the parents wish them to be).

The issue in the previous section (about people on different wavelengths, not understanding each other), is always easy to see in friendships/relationships/families/etc. Let's use a relationship as an example.

Often, one partner (A), is not able to pick up on the tone/intent behind the other partner (B's) words/actions. So, partner A is totally misunderstood, and parter B will inevitably say/do something which is going to make the situation worse.
-- The problem is, partner A can try to explain to partner B, that partner B has to try to pick up on the tone/intent, but the truth is, partner B probably will not be able to do this,

because understanding something that is on a different wavelength, is not something that you can learn easily, (or at all). Ie, you only understand it, when you are on that wavelength, and are it.

Ie, relationships which have people on very different wavelengths, will never last long.

However, wavelengths are constantly changing in a person, and so if/when both partners are on the same wavelength (in the future), then a relationship can be considered again.

The above example, is also a good example, of how relationship problems are not always solvable by “communicating”. Ie, you can say “lets talk about it”, and “lets talk about both of our needs”, but the truth is, that partner A does not want to have to explain the tone/intent of each action/sentence that they say. Indeed, it's ridiculous to expect this of partner A.

Ie, everybody just needs to realise, that they need to be with people of the same wavelength. However, this is impossible, since people don't really understand “wavelength” (to the depth that it needs to be understood).

What makes this situation worse, is when two (or more) people are trapped together. Ie, two people are on different wavelengths, but they’ve trapped each other in the relationship, and therefore they're now forced to have to interact regularly with each other. It's torturous.

Only people who are on a selfless wavelength/tone, will be able to create interactions (with people), that are naturally positive/pure experiences.

However, most people are on selfish wavelengths/tones, and that is why there's so much suffering in relationships/friendships/families/etc, (and in the world).

There are certain wavelengths, that are necessary to create positive interactions with people. However, if people are not on this wavelength, the experience will be negative.

A good example of this, is play-fights. It's a wonderful experience to have a fun play-fight, but this is simply not possible, between two people on different wavelengths.
-- This is because, one of them will be too competitive, and not know (or care), when the other person is not enjoying it. Indeed, these people are not able to know what is playful, and not playful.
-- Ie, yes, any two people can sort-of play-fight, but many play-fights will just be negative experiences, and not very enjoyable, because many people will be trying to do it with selfish motives, (eg, proving that they're: stronger, better, the dominant partner, etc).

For a play-fight to be an amazing experience, it needs both people to know how the other person is feeling (at all times), because only then, can there will be an effortless/natural constant adjustment, to keep the activity at a perfect level/line.
-- Ie, the line is never crossed, and instead, it's perfectly balanced.
-- Ie, to have amazing experiences, both people need to be on a selfless wavelength.

Throughout this book, I will use play-fights (many times) as an example, but it's the same as any other type of genuine playfulness, (whether during games/activities, or just in general banter and conversation).

Parents are inherently selfish, and this is what makes them oblivious to the fact, that it's their selfish desires, which are causing so many problems in their life, and their child's life.

Many children eventually realise, that their parents are only ever going to happy, if they fulfil their parent's every desire. This selfishness is unpleasant to see (and be around), and so they naturally move away from it.

Indeed, the child has no choice, because the child knows, that they could try to explain this (to the parents), but the child also knows, that the parents will just get hurt, and not understand what they're saying, and then the problem is twice as bad. -- Therefore, the child just starts to naturally move away from them (mentally, emotionally, and perhaps physically).

When this happens, the parents think that the child is distancing themselves from the family, but they don't realise, that the parents are the ones that natural pushed the child away.
-- It's a classic example, of how the parents always blame the child, and are never willing/able to recognise (or admit), that they're the cause of the problems. And therefore, the parents are directly causing suffering to their child, (and themselves).

It's very common, for children to be on a totally different wavelength to their parents. However, what makes this situation infinitely worse, is that parents are inherently selfish, and therefore, the parents will want to talk/interact with their children, and will force the situation. And, when they do talk, they will only want to hear, what they want to hear.

A good example of this, is that the child might be happy to explain why they feel that life is prison/torture/slavery/rape, but the parents simply can't take in this information, since it's not what they want to hear.

Indeed, this is the problem, (the parent's desires).

Indeed, parents are just blind, to how their desires are the cause of so many problems in their life, and the child's life.

The following is some examples of this.

The parents want the child to get a partner/relationship, but when the child gets a partner, then the parents are upset with the type of partner the child chose. Or, the parents want the child to get a job, but when the child gets a job, then the child might not have much spare time left (to talk to the parents), and so the parents are again unhappy.

Or, the parents want the child to talk honestly about their feelings, and so the child does, but the parents don't want to hear them talk about how they dislike life.

The point of all of this, is that the child eventually realises, that the parents are only ever going to be happy, if they fulfil their parent's every desire.
-- Some “love” that is.

Often, parents say that they don't understand/know their children, (eg, how they think, or what they want/need/etc). This is just an excuse, because children are able to clearly convey what they feel (and need) to their parents. Ie, the only thing that the parents have to do, is listen.

Ie, the issue is, that the parents do not have the selflessness, to want to understand/see/admit what the child is saying, because they want their child to fit their image (of how their child should be), and, they don’t want to hear things that they don’t want to hear.

Ie, the parents only want to “understand/know their child”, if the child thinks in a way, which the parents like, and if the child has desires, which the parents approve of.

Ie, if the child thinks in a way, which the parents do not approve of, then the parents would rather pretend to “not understand/know their child”.

In addition to this, the parents will blame the child, (or people influencing the child), to make themselves feel like they (the parents) have done all they can, and therefore they (the parents) are not to blame.

Let's use a very basic example. If a child does not feel comfortable sitting in an upright chair (for a long period of time), they might explain this to their parents, but the parent will usually just think that, “If everyone else in the world is ok with sitting in upright chairs, then you will too”. Ie, the parents just aren't listening. Ie, the parents are not able to realise, that there might be a very good reason why this child cannot (and therefore does not) want to sit like that.

They also don't realise, that if the child could sit in a position that feels comfortable to them, that then they might be able to do all sorts of things.
-- Whereas, whilst they're forced to endure the discomfort/pain (eg, of an uncomfortable sitting position), they will obviously be focused on the discomfort/pain, and not on anything else.

Indeed, most parents/people are too narrow minded, and so the result is that, the child will probably be forced to sit like that throughout their childhood, and then through higher education, and then through their job, etc.

It's important to know all conspiracy theories, because they have the ability to deprogram you, and change the way you live your life, because you will learn to:

1. Accept all information/stories/etc, as being 100% possibly true.

2. Accept the implications of all those possibilities.

3. Realise that the implications keep going ever-deeper.

4. Never believe in: “facts”, “proof”, “experts”, “officials”, “scientists”, “academics”, “what you see on tv”, “conclusions” etc, (even if the information is from: truthers, conspiracy theorists, etc).

5. Etc.

And, when you fully deprogram yourself, you’ll not only be free, but you’ll be beyond free, (because you’ll be “That”, (non-existence)).

Conspiracy theories are definitely something that needs to be examined. The more conspiracy theories you can read about, the better. The more crazy and unbelievable, the better. The reason why I say this, is because, as long as you're able to realise that there's a 100% possibility that all stories are true, (as true as the version of the story that you believe in), then reading all conspiracy theories, will be a never-ending process of deprogramming yourself, which will set you free.

However, it's extremely important to not get caught up in wanting to believe (or not believe) in the conspiracy theory, and/or to prove (or disprove) any/all of it.
-- Ie, it's ok to look into the proof/explanations/reasoning that is being provided, but it's not about coming to a firm true/false conclusion.

Similarly, it's important to not care about:

1. Who wrote it.

2. If the writer is a supposed “expert”, or “scientist”, “academic”, or whatever else.

3. If the writer is providing “proof”.

4. If the writer is believed by other people.

5. If the writer uses “science” (or whatever other “credible” sources/methods), to back up their conspiracy theory.

6. If the writer uses many “facts”.

7. Etc.

Ie: Believe no one. Believe no facts. Etc.
-- Instead, accept all theories/stories, as possibly being 100% true.

Desires/solutions that will end (will reduce suffering), whereas, desires/solutions that will never end (will increase suffering). Therefore, it's very important to be able to distinguish between the two.

Knowing/recognising which desires will end, (and which will not), is something that needs to to be applied to every aspect of your life. And it's important to understand this, (and do this), because a lot of people's suffering, is caused by their own desires/solutions (which are never-ending).

It's very important to be able to distinguish between: desires/solutions that will end, and a desire/solutions that will never end. To help explain how these two types of desires/solutions are different, let's use examples.

An example of a desire/solution that will end, is the desire/solution for a room that is soundproof, (which stems from the desire to eliminate all animal/pet noises from within your house, and from outside your house, so that you can have peace and quiet). Ie, it's easy to see, that this desire will end, because after you have created your soundproof room, that desire will no longer exist.

Ie, it's important to know when a desire will solve a problem, because then the problem will end, which means that the desire ends.
-- This is as opposed to, a desire that will never solve the problem, and therefore never end.

This is important, since a desire that can end, can lead to a decrease in suffering, and an increase in happiness.
-- Whereas, a desire that will never end, will increase you suffering, and decrease your happiness.

An example of a desire/solution that might never end, is that you want peace and quiet in your room, but you try to do this by telling the animals/pets to be quiet. Ie, this probably won't work (in the long-term), and even if it did, some new animals/pets could arrive (inside or outside your house), and then the problem starts all over again. Or, the problem of noisy animals ends, but something else starts creating noise (inside or outside the house). Ie, this suffering will not end.

And, if you decide to try to solve this problem, by putting earplugs in your ears, then this might have all sorts of other problems. Eg: they naturally fall out of the ear (when moving, or not moving); they don't block out the sound that well; they're very annoying to wear; they cause you to focus on the weird sensations in the ear (which means that they cause

more agitation, rather than increasing peace); they can be bad for your ears (because it can damage your ear canal); etc.
-- Ie, with all of the negatives combined, earplugs ends up being a solution, that will cause more annoyance (instead of more peace).

The point is, that there are other similar solutions, but they all have their own set of problems, which all cause more annoyance (instead of more peace). And, therefore, the only solution, that reduces suffering/agitation/annoyance on a permanent basis, is a soundproof room.

There is more to this issue of the needing a soundproof room, (to escape the internal/external sounds), and so I'll cover this in the section after next.

Many spiritual teachings, talk about being “desireless”.
-- However, if you want/need to keep your physical body, then you have to realise, that the body comes with many requirements, and to avoid discomfort/pain/torture, you'll have to accommodate the body's needs.

Therefore, to avoid pain, you will have desires. And, if you want to avoid discomfort, you will have even more desires.

Also, if a person is desireless, this is just a superficial thing. Ie, in a deep state-of-being, no concept can exist. Therefore, the concepts/ideas/feelings of “desire” and “desireless”, will simply not exist in these deeper states, and neither will the idea of being a person, or any other identity.

This concept-less state-of-being, is very easy to dissolve into, however, it's never permanent.
-- Therefore, there will be much of the day, where you're going to need to make sure, that the body is not in pain/discomfort. Therefore, to reduce your suffering, it's important to know, which desires will permanent solve/end certain problems, and then implement them.

As you keep going deeper into all of this, your tolerance (of what is acceptable) will be constantly decreasing, and therefore, you will need to make sure that the solutions are future proof.
-- Eg, if you're getting annoyed by sounds (inside/outside your house), then know that this sensitivity to sound, will only increase with time, and that you will also be increasing intolerant to all sounds.

Ie, in knowing/recognising/allowing for this, a soundproof room becomes a solution that is future-proof, and therefore it is a desire/solution that will end, and your suffering (in this matter), will be permanently eliminated.

Yes, even with desires that have an end, you have to realise, that life is inherently cruel, and therefore, life will always try to give you some other type of suffering. Indeed, the cruelty of life is never-ending.
-- Ie, if a person is able to have long periods of time, where they are without suffering, the

suffering will probably just add up, and then hit them later, in a harder manner.

However, with certain permanent solutions in place, (eg, a soundproof/lightproof/smellproof/constant-temperature room), the suffering that you then go through, might not be not as bad, because that room can provide you with an environment that allows you to easily get into a deeper state-of-being, which will give you clarity on any difficult situations in life (and life itself), which helps you find solutions for them. However, the room itself, will also just help ease suffering, even if you have found a solution to the latest problem in life.

Everyone has different minds, and different bodies, and the more selfless you are:

1. The more sensitive your senses will be, (hearing, seeing, smelling, etc).
2. The more times that you will have a totally silent mind. (Ie, no thoughts.)
3. The more times that you will go into deeper states-of-being.
4. Etc.

Therefore, an environment that is normal/acceptable to a selfish person, would be torture for a person who is more selfless.
-- Therefore, if selfless people are forced to be in such an environment, this is no different, to deciding to torture them.
-- And therefore, some things might seem like a luxury to some people, but those things might be necessary for others.

This is obvious, but most people are always quick to judge (whether something is a necessity (or a luxury)).
-- And, the way that most people judge, is by seeing what the majority of the population think/do/have.
-- Of course, what the majority think/do/have, should not have any bearing on the issue.

Note: Whenever I use the term “selfless”, (eg, “a selfless person”), what I really mean, is a person that is “more selfless”, (as compared to a selfish person).
-- I'm deliberating clarifying this, because everyone is selfish to some degree.

To explain how some things might seem like a luxury to some people, but those things might be necessary for other people, I will go back to the example of the soundproof room.

Some people have more sensitive senses, and therefore, they might need a soundproof room. Ie, a soundproof room is a necessity for them, (not a luxury).

Also, this is why all other solutions (to eliminate internal/external sounds) might not be

practical for them. Eg, they might not be able to use earplugs (due to them having sensitive ears), nor can they have large (over-the-ear) headphones, (since this affects their head, and ears. And they can't just try to drown-out the sounds (from inside/outside the house), by forcing themselves to listen to music, because forcing themselves to listen to loud music (when they need silence), is not good, because forcing anything, is never good for your health, (whether the health is: mental, physical, emotional, spiritual, etc).
-- Also, if that person wanted silence, then it's a ridiculous suggestion, to try to have silence (from internal/external sounds), by listening to loud music, (since that is the opposite of silence).

Similarly, they might have sensitive eyes, and therefore need a lightproof room.
-- And, if their body is sensitive to temperature, then they would need the room to be at a constant temperature.
-- And, if they are sensitive to smells, then then they would need the room to be smell-proof.

Luckily, to make a room soundproof/lightproof/smellproof/constant-temperature, it can all be part of the same job, because they all involve creating a room which is sealed.

Note: A soundproof/lightproof/smellproof/constant-temperature room, is also a room that will be many other things as well, (since it is a tightly sealed room), however, I will just use the term “soundproof/lightproof/constant-temperature room”, and not add the other advantages that the room provides.

The whole issue of a room that is soundproof/lightproof/constant-temperature, is much more important than it seems, and therefore, I have covered this in detail, in the long conclusion.

The point is, a room that is soundproof/lightproof/constant-temperature, might be a necessity for some people (if they do actually need it), but a luxury for others (who would like it, but don’t need it).
-- This is obvious, but most people are always quick to judge whether something is a necessity (or luxury), depending on what the majority of the population think/do/have. Ie, if most people do not have such a room, then many people are quick to say, that such a room is a luxury. However, what the majority think/do/have, should not have any bearing on the issue.

In this sentence, “An environment that is normal/acceptable to a selfish person, would be torture for a person who is more selfless”, the word “environment” should then be expanded to become “world”, and then “life/existence”.

Ie, a selfish person will think that life/existence is normal/acceptable, but this is because they're only thinking of themselves, which makes them blind to the suffering that other people are going through. And, the selfless people can see all this suffering, and this is torturous to see.
-- And, (naturally), anyone who is in a torturous environment/life, will naturally want to

leave it.

The point is, that if a person is suicidal, due to seeing how people in this world are suffering, then:

1. It's ridiculous to expect that person to “recover” from feeling suicidal, whilst this world stays the same.

2. To force anyone to stay in an environment that is torturous, is cruel/evil.
   -- Ie, to force them to stay in this environment (called “life”), is the torture, and is cruel/evil.
   -- Ie, anyone who forces them to stay alive, is in effect the torturer.
   -- And, anyone who hinders their escape (from life), is in effect the torturer.

And, of course, the people who put this person into this torturous environment (called “life”), are the main people who are responsible for this person being tortured.
-- Ie, the parents are the worst torturers of them all, since no torture could ever have existed, without their initial selfish desire, to bring that person into this torturous environment, (called “life”).

It's not about looking at life positively or negatively, it's about seeing life clearly/honestly. And, you can only see life clearly/honestly, when your wavelength is a more selfless one.
-- To understand/prove that this is true, examine the opposite of it.
-- Ie, examine why a person with a selfish wavelength, can't see life clearly.

The reason why they can't see clearly, is because their focus is always about what they want.
-- Ie, they're always focused, on how they're going to fulfil their next desire. And, the stronger their desire, the more focused they are on that desire, which means that they're less able to see what is right in front of them, (and even what's happening to them).

Ie, right in front of them, there might be someone suffering, but all they'll care about, is fulfilling their desire, and maintaining their bubble/delusion.

And, if they are aware of that person suffering, they'll just try to block out this fact, and the fact that many people around them are suffering.
-- Or, they'll admit that suffering exists, but make up an excuse, (eg, “suffering is good for people”, “suffering is necessary”, etc).

Ie, these selfish people are either:

1. Brainwashed/programmed.

Or

2. Sadistic/evil.

People who are on a selfish wavelength, are more easy to brainwash/program/control/manipulate.
-- Every person who has a desire, can be easily controlled and manipulated, (by using that desire against them).
-- And, the stronger this desire is, the easier it is, to use it against them.
-- And, if they have more than one desire, then there are more desires to use against them.

Indeed, the more that someone wants something, the more willing they will be, to believe (and do) anything that they're told, (as long as they get what they want, at the end of it).

Needless to say, this makes brainwashing/programming very easy.

Parents/friends/family/governments/institutions/organisations/people/etc, all want to get their desires fulfilled, and so all of them are on a selfish wavelength, trying to constantly control/manipulate/use/enslave/rape others.

Needles to say, the end result, is that everyone suffers.

The majority of people are on the same selfish wavelength, and therefore they all reinforce each other's selfish beliefs, which encourages enslavement, and this prevents them from seeing how they're being enslaved, and how they're enslaving others.

Moreover, because the majority of people, are all reinforcing each other's beliefs, they then begin to think that they're right/moral/ethical.
-- However, even if 100% of people are doing/believing the same things, it does not mean that those actions/beliefs are right/good/moral/ethical. Yet, that is what this civilised world is based on.

Indeed, the "norm"/majority/99% of people, seem to think that it's acceptable (and successful), to impose prison/torture/slavery/rape on people, and not only that, but they think that it's ok to create new human beings, which you can then enslave.

To begin this section, let's look at music. Many people are not able to understand, what tone exists behind songs, and therefore, how certain songs will affect their mood/behaviour/personality.

Even if you point it out, or demonstrate how different music affects people's behaviour, they'll still not be able to see it. They'll just say, "Of course I know that music affects a person's mood", but they'll not really understand it, (not at the level that you're trying to explain).

Indeed, this is a very common problem, where people will read something, and just say “yes, I know that”. And, yes they do, but only at such a superficial level, that it's more of a block/hindrance/problem, than it being of help.

Ie, because they think they understand it, they do not see that there are much deeper understandings (of that same sentence).
-- And, without going deeper, they're not going to see how they're being enslaved, nor how they're enslaving others.

What makes this situation worse, is that the majority of people are on the same wavelength, and so they all reinforce each other's false beliefs, which prevents them from seeing how they're being enslaved, and how they're enslaving others.

The new problem that is then created, is that when the majority of people all reinforce each other’s beliefs, they begin to think that they are right/moral/ethical.

As soon as a baby is born, that baby is a slave of some kind. Both at that time, and for the rest of it's life.

There are many types of slavery, eg:

1. Working-slaves, (children who are born, knowing that they will be put to work in the future).

2. Emotional-slaves, (children who are born, knowing that they will be forced to be friends with the parents).

3. Etc.

The point is, that:

A) Just because the majority of the population think that it's ok to do this, that does not mean that you should join in, (or accept that it's ok for other people to do this).

B) If 99% of the population are doing this, then this proves that 99% of the population, are immoral/cruel/evil.

Many parents like to believe, that they give their child unconditional love, but this is rarely true, because it would mean that the child has no conditions, and therefore would be allowed to kill themselves, and still be loved after they had killed themselves.

The deeper you look, the more reasons you will find, as to why a child can commit suicide, and not need to be concerned, if the parents will suffer afterwards.
-- Indeed, even just saying this last sentence, it's clear just how bad the

prison/torture/slavery/rape is (of a child/person). Ie, the parents have trapped the child to such an extent, that the child can even feel that suicide is bad, because the parents will suffer.
-- Ie, the level of brainwashing is so deep, that the victim (the enslaved child), is concerned about how the perpetrator (the enslaver/parent), will suffer afterwards.

The extent of this prison/torture/slavery/rape is especially true, if the child/person believes that after committing suicide, the deep suffering of the parents, will mean that the parent's create a deep/strong bond with the child, and that that bond might tie them down in the afterlife, (which might prevent them being free, even after death).
-- This might not be true, but if it is, it just emphasises how cruel this manifestation is.

The point of this last paragraph, is that the cruelty lies in the fact, that even if it's not true, it's yet another risk that the child has to consider, before committing suicide.

The deeper you examine, how to permanently eliminate all your suffering, the more you realise, that the only way to do this, is to permanently leave life/existence.

And, the deeper you examine, how to leave life/existence in an instant/painless/effortless/guaranteed/permanent way, the more you realise, that this is impossible, and therefore, it's despicably cruel/evil, to be born into this world.

Ie, the cruelty level, of creating a baby, is inversely proportional, to the ability to leave life in an instant/painless/effortless/guaranteed/permanent way.
-- Ie, since all ways to permanently leave life, have a 0% guarantee of it being a place of permanent zero suffering, this makes the act of creating a baby, 100% evil.

However, even though the level of evil is at 100%, this level of evil will keep getting worse, as you go into this ever-deeper.

Many people are against “human trafficking”, “human slavery”, “sex slaves”, etc, but these same people can't see, that life involves all of these (to some degree), and it's unacceptable at even a small degree.
-- Ie, it's impossible to create a human, and not have the human suffer at some time in their life.

If some people want to believe, that it might be possible in the future (and/or was possible in the past), where a human is born, and never suffers, then I'm open to the fact, that this is 100% possibly true. However, the place would be so different, that the term “human”, would not be used, (since they would want to differentiate between the two). So, perhaps they would create (and use) a term like “post-human”, or whatever else. Indeed, this is what words are, things to describe different things. Ie, it would cause trouble, if we used the same word to describe different things.

The point is, it doesn't matter what words people are using, whether it's: “post-human”, “trans-human”, “off-world”, “dimensions”, etc, because all that matters, is whether it provides an instant/painless/effortless/guaranteed/permanent end, to everyone's suffering.

A child/person can commit suicide (and not need to be concerned about the parents suffering afterwards), because the parents also have the option of suicide, as do their parents and loved ones, etc.

Indeed, there are many other reasons that can be given.
-- However, the key point is, that these types of arguments/reasonings, are all still pandering to the concerns, about how the parents will feel after the suicide.
-- Ie, it's still all about the selfish needs/desires of the parents.

The point is, the deeper you examine all of this, the deeper your realise, how the selfishness of parents, is like a nasty disease, that has spread everywhere, and has no bounds.

The fact that a person who is suicidal, will be concerned about the parents, is a good indication, of just how deep the brainwashing/programming is.
-- Similarly, many people think, that before they kill themselves, they need to sort out all of their affairs, (eg: bank accounts, bills, funeral arrangements, etc). Ie, the suicidal person, might think, that they need to sort out many of these practical things, so that after their death, the parents do not need to deal with it all. Of course, this is just another sign, of how strong/deep the brainwashing/programming is.

One big issue about this, is that if a person is suicidal, and they think that they have to sort out their affairs (before killing themselves), then this is just adding one more thing onto their life, that they feel that they have to do. Ie, the suicidal person is still not seeing, that the parents are responsible for all their suffering, and that therefore, they can just kill themselves, without:

1. Needing to sort out anything.
2. Feeling guilty.
3. Etc.

Indeed, at least enjoy the peace, before you die. Ie, after the suicidal person knows that they're going to kill themselves, they will feel peaceful. And therefore, they might as well enjoy this peace, until they die, (as compared to feeling the peace, and then needing to sort things out).

Note: Some people might then say, that if the suicidal person feels that peace, then why not just keep staying alive (with that peace).
-- This is just a ridiculous things to say, because even a quick analysis of life, will make anyone realise, that life will regularly give a person, a new type of suffering to deal with. Ie, if you're in a period of time, where things are good/peaceful/etc, know that this will soon

come to an end, when life introduces some suffering, (whether: physical, emotional, mental, etc).

And, if this suffering is physical, then this can be a huge problem. Ie, if the suicidal person is in peace, then they have to make sure, that they die soon, before life inflicts some physical pain on them, (because some types of physical pain, will mean that that person can't use certain suicidal methods). Ie, the suicidal person, needs to make sure that they die, whilst they're healthy.

Just listen to the words that parents say, and it will prove just how selfish parents really are, and how this selfishness is limitless.

By just listening to words that parents say, a lot can be seen about how selfish they are. A good example of this, is that after a child dies from suicide, it's common for the parents to say things, which are totally selfish.

To examine this further, let's look an example, where the parents are selfless.

If a child killed themselves, then the child clearly wanted to die, and the parent should simply respect the child's wishes. End of story.
-- Ie, the child wanted to die, and succeeded, and so, if the parent was selfless, then the parent would be happy, because the child got what they wanted.

However, what usually happens (after a child commits suicide), is that the parent says something like:

1. "I lost my child." (Instead of, "My child got what they wanted").

2. "I am in pain." (Instead of, "My child wanted to be free from all this pain, and hopefully they are now permanently free from all this pain and suffering").

3. Etc.

Ie, even after the child's death, the parents are still on about "I...", "Me...".

Indeed, this is exactly the same, even if the child is still alive.
-- Ie, if the child is alive, but the child isn't how the parents wanted it to be, then the parents will say all kinds of similar things. Indeed, parents are always trying to elicit sympathy, for all kind of reasons, eg:

1. How life is hard for them, because they are parents, and parenting is hard.

2. How they are suffering, because their child is not doing x, y, z (which the parents want them to do).

3. Etc.

This is nothing new, because most parents are always (subtly/slyly) pushing their child to say (and do) what the parent wants.
-- And the emotional pressure that comes with this “advice” from parents, is normally very heavy, and ugly.
-- Ie, the thing that is emitted from the parent, is a non-stop “I want”, “I want”, “I want”. (Except it's always said in much more subtle/sly ways.)

The only time that the pressure from the parents is eased, is when the child is doing something that the parents are ok with.

Also, even if the parents suffered (or are still suffering), from various things (like the jobs they do/did), they'll still push their child into those various things.

Indeed, even if the parents are suffering in their marriage, or the parents found parenting extremely stressful (and still do), they'll still suggest that you get married, and have kids.
-- Ie, the selfishness never ends.
-- And the things that they expect from the kids, never ends.

Even if they push the child to become totally independent, they'll still expect to have an influence over them, and expect (or hope), that the children will still obey them.

And, if the children don’t do what they're told, then the parents will inevitably try to use one of their favourite weapons, (emotional blackmail).

All weapons (physical/emotional/mental/etc), need to all be legal, or illegal.

If some are legal, and some are illegal, then everyone will suffer more.
-- This will happen, because everyone has different strengths (weapons), and so if some people are told that they can't use their weapons, but they're constantly being attacked by others (who are allowed to use their weapons), then eventually those people will snap, and break the rules.

Ie, a system where some weapons are legal, and some are illegal, will always cause more suffering to everyone, because:

1. Whilst the helpless person is under attack, (and they're not fighting back, because they legally aren't allowed to use their weapons), this person is suffering.

2. When the person snaps, infinitely more violence is done, since the anger was building up for so long.

3. Sometimes the person will snap, but then attack other people, (ie, they’ll not attack the original perpetrator), and this mean that the violence spreads rapidly (and indiscriminately) to everyone.

4. After the person snaps, the damage to the victim (and those around them) is a much deeper long-term (perhaps life-long) scarring, because those people were in a deluded world, (believing that they could keep attacking the person, and that they would never fight back). Ie, not only have they been attacked, but their illusion of the world has been shattered.

5. These people who have been damaged, will now want to use worse weapons to defend themselves, and they'll also start to defend themselves with pre-emptive strikes.

6. It all keeps escalating and spreading, at an exponential rate, and in an indiscriminate way.

Of course, when it does spread indiscriminately, people will then say: “What did I do to deserve this?”.

The point is, that people never seem to learn, that if you create unequal rules/laws, then everyone will suffer.
-- And, since no one is wanting the rules to be equal, suffering will always continue to spread, and everyone is responsible for all the suffering that goes around.

Of course, all weapons (physical/emotional/mental/etc), can't be made illegal. Therefore, to reduce suffering, there is no choice, except to make all weapons legal.

It might sound strange, but it really would reduce suffering, because when all weapons are legal, people will make sure, that they do not cause other people suffering, (because they know, that that person can fight back, or that someone else will fight back, on their behalf).

Emotional blackmail is a very important issue, because it's a weapon that is legal. Ie, if a person's main weapon is physical strength, and they're not good with emotional blackmail, then that person obviously has to rely on their strongest weapon (physical strength). However, if they do use their physical strength, then they can be sent to jail/prison, where prison/torture/slavery/rape is really bad.

The point is, that some people's strongest weapon, is emotional blackmail. And for them, they can use this as much as they want, and never get into any trouble.
-- The point is, that the battle field is not even, and whenever the battle field is not even, the result is that everyone will eventually suffer infinitely worse, and it all spreads infinitely further.

Ie, the person who can't use their physical strength (weapon), might be getting attacked by a person's emotional weapon, and although they might not want to strike back with their physical strength, they will eventually be pushed too far, and then they will lash out with extreme physical force. The problem is, that this lashing out, might be to someone totally unknown. Ie, they might just lash out at a total stranger, and then run off. Ie, by attacking a total stranger, they can let their aggression out, without being identified/recognised and

caught.
-- Of course, following this, the victim of the attack, might then themselves attack someone else, with their main weapon.

Ie, an uneven battle field, leads to problems/suffering spreading at an exponential rate, and in an indiscriminate way. People will then say “What did I do to deserve this?”, but everyone is responsible, for all the suffering that goes around.

One of the reasons why people want to have a baby/child, is because it creates some amazing experiences for the parent. This (obviously) shows, that that parent is basically choosing to create something (a slave), which they hope will bring them: experiential-pleasure, emotional-pleasure, etc.
-- Ie, for the parent's self-pleasure, they've decided to create an: experiential-slave, emotional-slave, etc.

Indeed, most people do this in some way.
-- Ie, for a person's self-pleasure, they create relationships/friends/family, just to experience certain things/feelings.
-- Ie, those people have used others, as their personal experiential-slaves, emotional-slaves, etc.

A good example of this, is in relationships and friendships, where a person might move to a new city, and not know anyone, and become bored, and so they decide that they want some pleasure, and therefore they try to find some people that will fulfil that role.

Ie, they might go and try to find some friends, and perhaps a partner.
-- Ie, they're using people, to create emotions (within themselves), and experiences in their life.
-- Ie, they're using/enslaving people, as their personal emotional-slaves, and experiential-slaves .

However there is a huge difference, between people that use/enslave other people, as their personal emotional-slaves, and those that create emotional-slaves, by bringing a human into this world.
-- Ie, the key difference, is that adults (generally speaking) have the option to easily escape that friendship/relationship/etc, whereas a baby is trapped for many years, (or for life).

It will always be hard for most people to see or accept this, because it shows how they/others/everyone, are just using each other for their self-pleasure.

A lot of the time, creating friendships and relationships, is a mutual/consensual thing that people do. However, they play this game/activity/hobby, in the hope/belief that they're going to get enough positive experiences/emotions from it. Obviously, if they thought that they were going to experience more negative than positive experiences/emotions from it,

then they would not enter into it, (or try to end it).
-- Therefore, friendships/relationships/etc, are only ever done, for a person's own selfish pleasure/reasons.

Although it might seem as though all of this is just going to make you depressed, the point is, that (on some level), you're aware of all the times that you're not happy with the situations that you're in, and you want to be free from these negative experiences/emotions.
-- And, with all these clear realisations of how things are, you'll then want to walk away from it, and never go back to it.
-- Ie, the truth sets you free.

There is either, freewill (and blame), or, no freewill (and no blame).
-- Ie, it's 100% one way, or the other.
-- However, most people use both of these beliefs (in different situations), to suit their needs.
-- Ie, in any scenario, they use whichever belief will justify their selfish immoral decisions/actions, (or the decisions/actions of other selfish immoral people).

People always do this, because if they only ever stuck to one of these beliefs (for all situations), then they would not be able to use reason/logic/etc, to argue that they are (and were) innocent/right/a victim/etc, for whatever situation that has happened.

Eg, parents can only choose one of the following:

1. That they do not have freewill, (and therefore that they're not to blame for deciding to have a baby/child), but, then they'll also have to accept, that their child can kill themselves (and the child is allowed to not feel guilty for doing so), because the child does not have any freewill (in their decision to kill themselves).
   -- Also, the child can do anything, and not feel guilty for doing it.

Or,

2. That they do have freewill, and if they do, then the parents are to blame, for doing the cruelest/evilest thing in the world (having a child), and therefore, their child can commit suicide, without feeling guilty.

Ie, whichever way you come at it, a child does not need to feel responsible or guilty, for committing suicide. However, a parent doesn't want this outcome, and so they'll come up with any excuse to try to get what they want.
-- Ie, they'll try to create an unfair/unreasonable argument (playing field), to suit their needs.

However, they fail to see, that when anyone creates an unfair/unreasonable playing field, people don't care to play by those rules (or any rules) any more.
-- Eg, in the example of the parent's child wanting to kill themselves, the child can still kill themselves (and not feel guilty), because the playing field was unfair/unreasonable.

Ie, people are foolish/stupid/ignorant/deluded/etc, to think/believe (and expect) others to follow (play along with) unfair/unreasonable rules.

People create unfair and unreasonable rules/games/playing fields/etc, because they think that they'll benefit/win/get what they want. However, in doing this, it's inevitable that they themselves, will end up suffering.
-- It's very important to realise, that this is inevitable, because it's an inherently flawed plan.
-- Ie, the result will always be the same.
-- Ie, as soon as you create unfair and unreasonable rules/games/battles/wars/playing fields/etc, then it's everyone who suffers, including you, (the person who created the rules).

To discuss freewill in more detail, the best example to use, is the example of why children can commit suicide, without needing to feel guilty about the fact that their parents might suffer afterwards.

So, an example of no freewill, is that your parents had no choice in their decision to have a baby (even if they think they did), due to that choice being determined by their nature and nurture, or because thoughts are just something that arises (from nowhere), and therefore, the thought (of the final decision to have a baby), is also just something that arises (from no where).
-- And therefore, a child can't blame their parents, nor the parent's parents, and so it goes all the way back. Ie, you can only blame the creator/god/life, (whether that is a creator that started a chain for freewill events from the beginning of time, or a creator that is creating a new manifestation in every split-second).

So, the above paragraph would suggest, that parents are not to blame for deciding to have children, since they had no freewill.
-- However, if this is the case, then the child (who wants to commit suicide) can do so, and the parents can't blame the child, since the child also had no freewill (no choice), but to kill themselves.

Ie, whichever way you look at it, a child does not need to feel responsible or guilty for committing suicide.

I have used the example of suicide, but this situation applies to every situation in life.

Enlightenment/self-realisation/etc, is just another layer of cruelty/evil, (in this thing called life), because:

1. Life makes this thing called “enlightenment” exist, but only a very small proportion of the population are ever enlightened, and these people have much less suffering in their life, and so this makes many people want it, but life deliberately makes sure, that a person can't attain enlightenment (through personal effort, or non-effort, or meditation, or anything).

-- Ie, enlightenment, is a perfect tool/weapon, to make millions of people suffer, (due to them struggling to get enlightened), over a period of years/decades.

2. Even if enlightenment “happens” to you, it's still:
    a) Not an ultimate state-of-being.
    b) Not something that helps end all suffering (for all).
    c) Not an ever-deeper freedom/peace/love/bliss.
    d) Not ideal (for yourself, or others), in any way, shape, or form.

Before we go further, let me just recap (in a slightly different way), on how this book defines enlightenment. Enlightenment, is the sudden transformation, of a “person” (who thought and believed that they were a person, with a body and a mind, and the belief that “I think”, and “I do things”), to realising that, no people exist, thoughts arise, actions happen, but there is no person, (ie, it's all just a happening, and there's no separate people/beings/things, that are in control of any part of it).

The following paragraphs, will discuss various issues about enlightenment.

If it's impossible to never know that you're not dreaming, then it could be argued, that there's never a way to know, if any enlightened state-of-being (or depth of awareness, or whatever else), is still a trap.
-- And, this ties in with the fact, that very few people are truly enlightened, and therefore, it's possible that all of these enlightened people, are perhaps being used (by some entity/being), to enslave millions of people.

Also, even if enlightenment “happens” to “someone”, it can be said, that a lot of suffering will be eliminated from their life, but things like pain will still happen to them. Ie, enlightenment is not an ideal thing, because better situations (and states-of-being), can be imagined.

Also, if a person is enlightened, many people in the world will still be suffering (even if this is a suffering that is within delusion). Ie, enlightenment doesn't seem to help, in the matter of ending all suffering (for all). Ie, enlightenment might help you realise, that suffering is an illusion, but other people who are not enlightened, will still be suffering.

Also, enlightenment only ever “happens”, when it happens. Ie, you can’t do anything to make it happen to you. And, even if you understand this, it still does not help you eliminate all suffering.

Yes, enlightenment can just happen, right at the beginning of your interest in enlightenment, or it can happen without you even knowing what enlightenment (or spirituality) is, but for many, they'll learn about enlightenment, and perhaps meet people who are enlightened, but inevitably they'll end up going through years/decades of suffering, and even then, enlightenment might (or might not) happen. Ie, enlightenment is just adding more layers of cruelty to many people's lives.

What this also all shows, is that if enlightenment (and all the other spiritual ways), are not a permanent way out of suffering, then it can be seen, that being born into this world, is even crueler (than what was previously thought).

If a person (the perpetrator), kidnaps a random person (the victim), and then puts them in their basement, to be used as a slave, in daily rape and torture, then the victim will be pleading/begging to be let out of this basement/prison/trap.
-- The conversations that follow (between perpetrator and victim), are the exact same sentences (common phrases/teachings), which are said by:

- Parents.
- Motivational teachers.
- Self-help books.
- Spiritual teachers.
- Enlightened teachers/gurus/saints/etc.
- Etc.

Ie, this exposes the fact, that everyone (including: parents, motivational teachers, self-help books, spiritual teachings, etc), are all just saying things, to keep you trapped as their personal-slave. And, this trap, is:

1. This life of prison/torture/slavery/rape.

2. This life of daily non-consensual rape.

3. This life of never-ending (ever-deeper) cruelty/evil.

The first few conversations (below), are the common phrases said by spiritual teachers, and the latter few conversations, are the common phrases said by motivational teachers, self-help books, and parents.

Perpetrator = “P”
Victim = “V”

V -- “Please let me out, I beg of you.”
P -- “I will let you out, when you tell me the safe-word.”
V -- “What is the safe-word?”
P -- “You will know it, when you know it.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “You are causing me great pain and suffering, please stop it.”
P -- “Life is not real, and neither is your suffering. It's all just illusion.”
V -- “I don’t care if it's an illusion, or real (or not), because either way, I'm in pain, and I'm suffering.”
P -- “Many enlightened people have said that it's not real, and that it's all just an illusion, and you have the arrogance to say that it's real.”

V -- “I'm not saying that it's real. I'm saying that it's irrelevant whether it's real or not, because knowing that it's not real, (and all just illusion), doesn't reduce the pain, (let alone make it go away permanently). If I was torturing you, I'm sure that you would want it to stop. So, please stop causing me pain.”
P -- “Life is just a wonderful play of love and light. It's all just a dance. Isn't it wonderful.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “What do I have to do, for you to let me out?”
P -- “You just have to ask.”
V -- “I want to leave right now please.”
P -- “Are you sure.”
V -- “Yes.”
P -- “You are not ready. A fruit falls from the tree, naturally when it is ready.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “When will I be released?”
P -- “If you are asking that question, then you are still believing in time. Time is not real.”
V -- “Whether time is real or not, is irrelevant. Just stop causing me pain and suffering.”
P -- “It will happen, when it happens.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “Please help me to leave this place.”
P -- “If you are saying that, then you still believe that this existence is in physical space. Therefore you are not ready to leave this place.”
V -- “But if I truly knew (practically), that this existence wasn't in physical space, then I would be able to leave this place by myself, and so I wouldn't be suffering, and so I wouldn't need to be asking you to help me to leave this place.”
P -- “You're just stuck in a 3D mind-set.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “This daily rape and torture, is cruel and evil. Let me go.”

P -- “It's all about acceptance and surrender. You have to learn to accept what is.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “What do I need to do, to be released?”
P -- “You need to do this technique for 2 months, and then it might happen, it might not, it depends on if god deems you ready/worthy.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

(2 months later)
V -- “I did the technique, but I'm still suffering every day.”
P -- “Do this other technique.”

(2 months later)
V -- “I did that other technique, but I am still suffering every day.”
P -- “The only way out, is in.”

(2 months later)
V -- “I understand what that phrase is supposed to mean, and I totally get it in theory, and I can easily go “there” (in practice), but I can only go “there” temporarily, and my physical body still has to endure pain, every day, during the rape and torture.”
P -- “Do nothing. Don't even do nothing.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “This is so cruel. How could you do this to me?”
P -- “You are the co-creator of this. You chose to experience this. You manifest your own reality. Actually, you alone are the creator.”
V -- “I didn't create, co-create, manifest, or choose to experience this. But, if I did, I'm now saying that I want to end this experience, and I want to be let out immediately.”
P -- “But you consented to this (sometime in the past).”
V -- “Even if I did consensually agree to this (somehow in the past), I'm now saying that I'm not consenting to this. I am now saying enough, stop, no more, no. And, if you go against this, it's rape.”
P -- “Relax, we are all just playing our roles, in this great play.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “I am suffering here. Help me.”
P -- “You are suffering, because you believe that you are a person. To stop suffering, all you have to do, is truly know that you're not a person.”
V -- “Well obviously. But if I knew how to truly know that I am not a person, then I wouldn't be suffering, and therefore I wouldn't be asking you for help. So, how can I truly know that I'm not a person?”
P -- “I can't help you realise that you're not a person. Nobody has the power to do this. This realisation, will happen, if/when life makes it happens.”
V -- “In that case, telling me that life can be free from suffering (if you truly know that you're not a person), is of absolutely no help to me (in terms of reducing my suffering). And, all it does, is just adds to my suffering.”
P -- “Just trust in life.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “Can’t you see how cruel this all is?”
P -- “It's all perfect, it's just your perspective.”
P -- “Just stop being so pessimistic and depressed.”
P -- “Try to be positive.”
P -- “Everyone else is doing this, why do you have to be difficult. You're so ungrateful.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “I'm suffering badly here, please let me out.”
P -- “You might think that your suffering is severe, but many other people go through much worse than you.”
V -- “Surely, if I say that I am suffering, then I am suffering.”
P -- “You're not suffering, I have been through worse suffering than this.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “This is imprisonment, torture, slavery, rape.”
P -- “If I had to go through it, so should you.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “I don't want to be here. This is just incredibly cruel and evil. You're keeping me against my consent. ”
P -- “I am feeding you, and doing everything to keep you healthy and alive. You are so ungrateful. What I am doing, is the most important job in the world. Ask most people, and you'll see that they agree with me.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

And/or:

V -- “What you're doing to me, is immoral.”
P -- “Everyone else in the world is doing this, so it can't be immoral.”

And then the non-consensual rape and torture (of their mind/body/soul) continues, every day.

As you can see, all of these phrases are just adding extra layers of cruelty to the victim’s suffering. Ie, the victim is being tortured every day, and now has these extra layers of cruelty added on top.

And, if the victim tries to use any spiritual phrases/teachings, (to try to reduce the suffering), then the victim might get some temporary relief, but this will only be in the short-term, and therefore, the end result, is that the victim will (in the long-term), experience even more suffering.

Suffering is totally unnecessary.

Some people try to brainwash/program others, to believe that “Suffering is good for you”. And they try to argue that, if you have a bad experience, then this is good, because you'll be able to help others in the future.
-- This is a ridiculous argument, because if no one has this bad experience, then no one else needs to have them (to help others who have been through them).

Eg, there's no point in a person being raped, just so that, (in the future), they can help others who have been raped, because no one needs to be raped in the first place.

Ie, It's like a person who creates a disease, and then provides the cure, so that they can get others to like/thank/praise/worship them. Some people fall for this, and treat such people as great people/heroes/gods. And they give their attention/thanks/gratitude/energy/power/etc, to these immoral people/entities/gods.

Ie, suffering is totally unnecessary.

Ie, suffering is only ever happening, because some person/entity/god is using suffering as

a tool/weapon (to control and manipulate people), or because they want people to like/thank/praise/worship them, so that they can get attention/thanks/gratitude/energy/power/etc, from them.

Upon being exposed, such people/gods will use the standard tactics of ridicule/shaming/etc, (eg, “You don't understand, it's beyond your comprehension”), but if you look clearly, you'll be able to be perfectly aware, of why suffering exists, and how suffering is used.

Some people will even try to argue, that suffering is not real, but you can prove that it is real, by offering to torture them. Ie, no matter what techniques a person has (to reduce suffering, or transcend it, or whatever else), if the torture is extreme enough, their technique will stop working, and then they will suffer.

Some people might argue, that suicide is a way out, but when suicide is examined, it's clear that there is no instant/painless/effortless/guaranteed/permanent way to kill yourself, (ie, which guarantees your death, let alone guarantees what happens after you're dead).

If a person is looking for an instant/painless/effortless/guaranteed/permanent way to kill themselves, most methods are ruled out, because most methods are not instant.

A gun to the head, can lead to an instant death, but death is not 100% guaranteed, since you might only damage part of your head, and so you actually survive it, and then you'll probably be in an infinitely worse situation, with serious brain damage, and being in serious pain, and with a future that involves permanent mental and physical issues.

Also, a gun is not easy to get in many countries, and in trying to get one illegally, you could end up in jail, which might be a worse prison/torture/slavery/rape, (than the one which you are currently in).

Suicide by gunshot (to the head), is also perhaps the worst suicide that police and ambulance personnel have to deal with, and it could scar them, and cause them long-term suffering. However, it could be argued, that you don’t have to care about those people, since that is “collective karma”, or whatever other reasons (as previously explained in this book).

Some people would argue, that suicide is stupid, since you'll just reincarnate. However, if life gets bad enough, then many suicidal people will argue, that they'll take their chances, and hope that the next life is better. And if it's not better, then there's always suicide again.

Ie, the cycle of life would be: Try to enjoy life, and when life gets unacceptable, you accept the ten seconds of pain (from hanging yourself), knowing that you'll be free from this despicable world.

Note: I'm not saying that hanging yourself will only be ten seconds of pain, since this method can easily go wrong, and then you could end up with permanent physical/mental/emotional disabilities.
-- Ie, you could end up in an infinitely worse life, (as compared to your current one).

If you did end up with physical/mental/emotional disabilities, then you might just think, that you can simply try to kill yourself again. However, those physical/mental/emotional disabilities, will probably make the next suicide, a lot harder to implement.

Anyhow, let's get back to the issue of reincarnation. If reincarnation does not exist, then that should mean, that you would be free from this world (if you killed yourself). However, being free from this world, is not enough, because you want to be free from all places, (especially any places/realms/dimensions that are worse than this earth/dimension).
-- Indeed, it's always important to remember, that there is always a worse place/situation/weapon/etc.

And, it's also important to remember, that although reincarnation might not exist as a natural thing, it might exist as an artificial thing. And similarly, although death should naturally lead to non-existence, that presumes that there is no artificial intervening.

Some parents might like the fact, that this book is explaining:

1. **How a suicidal person could end up in a worse situation (if the suicide attempt goes slightly wrong).**

And,

2. **That no suicide is an instant/painless/effortless/guaranteed/permanent way out of life.**

However, what these parents might not realise, is that if a person wants to get out of life, and they don't believe that suicide is a good/safe way out, (and they don't believe that there is any good/safe way out), then that person is going to be even more angry/furious at their parents, for having brought them into this world.

And that person will also be angry/furious, at all other people, who:

1. Believe that having children is acceptable.

2. Are against the creation of a charity/service/building, which would provide any person, with an instant/painless/effortless/guaranteed way out of life.

Some people would argue, that after a person kills themselves, the parents and loved ones (left behind) will suffer, but, they too have the option to end their suffering, by killing themselves. And, some people would then argue, that this would end up with suicide spreading, and becoming a common/normal part of life.

If that did happen, then the whole world would look different. Perhaps people would enjoy life, and when it gets bad, they would just kill themselves.
-- That sounds like a better version of life (as compared to this one).
-- However, this version of life is still evil, because:

1. Life should be without any negative energy/experiences.

2. Life should be designed, in a way where no one would have any desire to kill themselves.

3. When re-designing life, a total re-think is necessary. Ie, start from a blank sheet. Ie, eliminate the: body, mind, soul, spirit, consciousness, awareness, etc. All of these have to be eliminated/dissolved, because anything that currently exists in the manifestation, is bad, because everything in the manifestation, is responsible for all the suffering that everyone is experiencing.

If a child/person is ever suicidal, they can't risk speaking about it to their parents/family/friends, because the child/person knows, that parents/family/friends, might just tell the police/authorities, and then they might be put in a psych ward, and this is serious, because once there, the doctors can do whatever they want to you, (for however long they want), because no matter what you say, or how you act, psychiatrists have a medical condition for those words/actions.
-- Ie, they would be allowed to keep you there indefinitely, in any state that they want.

And, the drugs that you will be forced to take, can be horrendous for your mind/body/sprit, and so if you went into the psych ward with no problems, you'll certainly leave with problems.

And, the people and environment, can be just as bad as the drugs.

The point is, that if you end up in a psych ward, it could lead to a life of even more suffering, (than your current life).

It's important to realise, that parents/people are selfish and ignorant, because if a child is thinking of committing suicide, and they tell this to their parents (or anyone), then there is high likelihood, that that person will tell the authorities (because selfish people want to keep you alive, for their selfish reasons), and this means that you'll probably end up in a psych ward.

And after you're in a psych ward, no matter what you say or do, you can be diagnosed as having a medical issue, and constantly drugged, and kept in a mental institution.

Most people are not able to handle, hearing that a person is suicidal, especially if they know them. And, when a person can't handle something, they just go to their default brainwashing/programming, and this will be make them tell the authorities about the suicidal person.

Therefore, suicidal people have to be aware, not to mention their feelings to people.
-- Yes, this does mean that they'll have to be lying to their friends and family, but the truth is, that they're probably already needing to lie/fake happiness, so that their parents stay of their back, and don't push them into worse situations.

Also, if a child did tell their parents that they were suicidal, they know that the parents are just never going to understand, nor be of any help, and just make things worse.
-- Eg, the parents are probably going to say, “You must not kill yourself, because we will suffer immensely”, (which is just the perfect thing, that demonstrates to the child, how selfish the parents are, which is not pleasant to hear). Not only is it selfish, but it's a reminder that the “loving” parent-child relationship, is full of emotional blackmail, with the parents always wanting the child to fulfil their desires.

All people are predators, constantly imposing (mental/emotional/physical/financial) prison/torture/slavery/rape on others, (to get what they want).

People are doing this to each other, almost all of the time, (at various levels).
-- However, no matter what level it's at, suffering is always caused.
-- And usually, the more subtle/sly methods, are worse (for many reasons).

People use (mental/emotional/physical/financial) prison/torture/slavery/rape on others, either to:

1. Get/hook/enslave a person.

Or,

2. Get things from a person/people (that they have already hooked/trapped/enslaved).

Of course, this is what relationships/friendships/family/etc, are.
-- Ie, people see something/someone that they like, and they try to get/have/hook/trap/enslave that person. And, after that have hooked/trapped/enslaved that person, they then use them.

Ie, people are just predators. But they give it labels like: “partners”, “friends”, “family”, etc.
-- And then they try to brainwash/program everyone, to believe that this is good/moral/important/vital.

Saying “all people are predators”, might sound ridiculous to many people, but all people in relationships/friendships/etc, are predators, because they got into those relationship/friendships to get something.
-- Ie, no one ever gets into a relationship/friendship, if they do not want anything from them.

Everyone is constantly using their weapons, to control and manipulate others, by either using the weapon as reward, or punishment.
-- A good example of this, is when one person in a relationship, will use affection/love/sex/etc, as their weapon, by either giving it, or withholding it.

What makes this particularly ugly, is that they might even be conscious of what they're doing, and they think that this is acceptable, (since that is what everyone else is doing).

It's true that in some relationships, both people can (sometimes) be ok with playing these games. However, it's never long before one of them doesn't want to play these games any more, and then both will inevitably suffer.
-- And then that suffering will spread to others.

The point is, that:

1. Just because everyone is playing selfish games, that doesn't mean that you need to.

2. If you do choose to say/do anything selfish, it will always end in suffering, for you, and everyone.

3. Everyone is constantly doing this, and therefore everyone's to blame (for all the suffering in the world).

If someone wants to be with you, then they want something from you. It's obvious.

Also, you have to realise that, this is something that you actually wanted, since you were selling yourself to them, or wanting to buy something from them, (whether actively, or passively).

Ie, if you "want someone to want you", then don't complain when they want what you sold them (at the beginning of the relationship).
-- And, if you stop selling what they want, then surely it's only fair, that they're free to go and find it somewhere else.

I use the word "fair", because it's exactly that.
-- Eg, let's say that you start a company, and you sell apples to the public. Now, if your company stops selling apples, and starts selling oranges instead, then surely it's fair to expect your customers to go elsewhere to get apples. It's obvious.

And, it would be absolutely ridiculous to complain (and get angry), that your customers are going elsewhere for apples.

This is one of those examples, where it seems ridiculous that I should even have to use such a simple example. But, since it's a common complaint, it just shows how blind people are. Blind to even their own words.

Moreover, It's important to realise, that when you stop providing that commodity (to your partner/friend), they will want to leave you, (regardless of whether they can, or not).
-- Ie, they might not be able to leave you, but they will want to, and this will cause all sorts of hidden problems, which will manifest in all kinds of ways, (in the short-term, and the long-term).

Ie, trapping someone, never gets you what you want. Yet, this is what everyone does, whether mentally/emotionally/financially/sexually/religiously/spiritually/etc.

A very common issue in relationships, (which shows how blind people are), is as follows.

Person “a” says they want a relationship, and so they sell themselves, and then person “b” might be interested in what they're selling (and will want to be with “a”). So, the relationship starts, and it all goes relatively well at the beginning. Then, it's not long before “a” starts to think that “b” is only with them for certain reasons/qualities, and “a” does not like this. And “a” also fears, that if they change/lose those qualities (that “b” likes), then “b” will leave “a”.

It's important to realise, that this example holds true, even if the person “b” wants you, but for something other than what you were originally trying to sell them. Ie, if they want something from you, then they want something from you.

Ie, if they get into a relationship with you, it means that they want something from you. And, whatever it is that they want from you, when these things/qualities are no longer available from you, they will go elsewhere. As would you.

What is also common, is that at this point in the relationship, they might be trapped, and/or not able to leave the relationship (for whatever reason). The point though, is that they want to leave. Ie, they might not be able to leave, but they want to.

“Unconditional love” is just another word/phrase/belief, that people use as weapons/tactics, to:

1. **Brainwash/program/control/manipulate, their partners (and family members) with.**

2. **Delude themselves, and reinforce their delusion.**

3. **Gain respect from friends/family, when they say/boast things like: “My boyfriend loves me unconditionally”, “I love my child unconditionally”,**

etc.

Even on a superficial level, some people think that they have unconditional love in their relationship/family, but they never really think this through.
-- Eg, lets say a girlfriend/mother thinks that they have unconditional love for their boyfriend/child, and then the boyfriend/child does something that she thinks is despicable (eg: raping and torturing her, and all of her family, extended family, and friends, and many other random children, and then he successfully steals all their money).

Ie, I'm sure that after all of this, she would not have unconditional love for her boyfriend/child any more.

The point is, that it does not matter if the example is extreme, because unconditional love should be “unconditional”. Ie, you will love them, no matter what they say/do. Ie, love them “without conditions”.
-- The point is, I'm sure that most people can come up with some scenario, which would make them not love that person any more.

This example of unconditional love, is applicable to all beliefs/concepts/etc. Ie, all delusions are not real, and therefore, it's inevitable that the delusion will collapse at some point, and then the person will suffer.

Note: This example of unconditional love, is yet another example, where people use words, and the words themselves are the clues, but still, people don’t see that what they're saying, is not true, and is just lies, and delusion, (which they want to perpetuate, (to themselves, and others)).

Indeed, the words are all you need to see.
-- Ie, “unconditional love”, in a relationship, is impossible, because a relationship can only exist, if there are rules/boundaries, and “rules/boundaries”, are conditions.

All relationships (even right at the beginning), have rules/boundaries (whether they're verbally/officially agreed on, or are implied/assumed).

“You must love yourself unconditionally”, is a ridiculous statement, that will just cause you suffering, because, for “you” to exist, you have to define yourself (eg, “I am a person”), and in doing this you have created rules/limitations/boundaries/etc, and rules/limitations/boundaries/etc are conditions.

Therefore:

1. True unconditional love, does not need a separate person.

2. If you want unconditional love, then that is something that is “found”, only

when neither you (nor another person/thing) exists.

Relationships, are a very simple thing to understand (and deal with), but only if you're able to be honest with yourself.

However, if you're able to be honest with yourself, them you'll probably not want to be in a relationship, because why would you want to impose rules/limits on yourself (and others).

Of course, these rules/limits/boundaries, are the prison/torture/slavery/rape, that you impose on yourself, and others.

Of course, this is true for all relationships, (ie, partners/friends/family/co-workers/etc).
-- Ie, just as you would not want to impose prison/torture/slavery/rape on other people, so too, would you not want to impose this onto a future person.
-- Ie, you would deliberately not want to have children, because you know that you would end up imposing prison/torture/slavery/rape on them (whilst forming/having a relationship with them).

Ie, friendships/relationships/family/having children/etc, are all ways that people inflict prison/torture/slavery/rape on each other.
-- Ie, only when this stops, will suffering in this world stop.

Liking a person for their looks, is less superficial, than liking them for their personality, intelligence, or whatever else.

At the start of the relationship, many people will admit that they try to sell themselves, but they expect that after a while, their partner will then like every part of them. A common example, is that (at the start of the relationship) a girl sells herself on looks, which is quite undeniable (since she does many things to enhance her looks, eg: putting on make up, putting on certain clothes, having the hair in a certain way (and in certain condition), putting on certain shoes, etc). However, she will expect that later in the relationship, she will be liked for her other traits, (eg: personality, intelligence, humour, etc). And, she will say, that if the boy only likes her for her looks, then he is superficial.

However, “personality”, “intelligence”, etc, are all superficial. Many people might not think so, but they are, since they are just layers that cover what you really are. Ie, you are not your personality. And, this can be proven, by the fact a some people decide to change their image/personality, but underneath that change, they're still the same person. Similarly, a person might make changes, which makes them sound more intelligent, but underneath that change, they're still the same person.

Indeed, of all the different layers that make up the person, a person's body/looks might be the one that is the hardest to change.

Of course, we can go deeper, and say that as you examine all these layers, you realise that they're all superficial, and none of them are you.
-- Ie, there's not one layer that is “you”.
-- Indeed, this is true, because anything that you believe is “me”/“i”, is delusion.

Looking at this from another angle, this is to be expected, because anything that is manifest, is superficial. Ie, the only thing that is not superficial/delusion, is the unmanifest.

The point is, that people believe that “looks” is superficial, but in truth, almost all conversation (whether spiritual/intellectual/etc), is just delusion. And, this not only reinforces people's delusions, but it's also misdirection, and all of this just causes suffering.

It's also important to realise, that personality/intelligence/etc, are subject to change, (like all things in the manifestation). Indeed, everything in a “person” is superficial, and subject to change.

Indeed, a person's looks can change within the period of a few days, and a person's mood/personality can change within a split second. One moment they're one type of person, and then next moment they can be a totally different person.

Indeed, this brings up the question of: “Who are they, really?”.

The questions that follow, are basic, but they can end up getting much deeper, if you keep going in that direction, and then then just keep going, ever-deeper.

1. If your partner had an accident, and lost all their memories (and personality), but they look the same, then are they the same person?
    -- And, if you decide that they're not the same person (that you got into the relationship with), can you therefore say, that it's totally fair/acceptable, to leave them?

2. If your partner had an accident, and they had severe burns all over their body, and so they had to cover their whole body, and they had to wear a plastic mask to cover their face, then are they the same person?
    -- And, if you decide that they're not the same person (that you got into the relationship with), can you therefore say, that it's totally fair/acceptable, to leave them?

3. If your partner had an accident, and they were in a permanent coma (which you are told they will never come out of), then are they the same person?
    -- And, if you decide that they're not the same person (that you got into the relationship with), can you therefore say, that it's totally fair/acceptable, to leave them?

4. If a person went thought some horrific torture (which they endured for years), which broke their spirit, and made them into something that was barely human, then are they the same person?

-- And, if you decide that they're not the same person (that you got into the relationship with), can you therefore say, that it's totally fair/acceptable, to leave them?

5. What would need to happen, for that person to not be “them” any more?

6. What is a “person”?

7. Who am I?

8. What am I?

9. From where are these questions/thoughts coming from?

10. What is aware of these questions/thoughts?

Note: These last few questions, are for you to investigate for yourself. Ie, they are not to be answered, with some regurgitated spiritual answer, which some spiritual teacher/teaching has said.
-- Indeed, this is what most people do when they hear these questions. And, they do this, because this is what people have been brainwashed/programmed to do.

And, it's not about answers like: “silence”, “that which is beyond words”, etc.
-- Indeed, it's not about answers of any kind. It's about you (yourself) going in that direction, and then keep going, ever-deeper.

A lot of people suffer, because they keep making incorrect assumptions.
-- Therefore, the more assumptions that you recognise (and eliminate from your life), the less you will suffer.

One easy way to recognise assumptions, is by recognising when you expect something.
-- Ie, “expectation” is a huge reason, why so many people suffer.
-- Ie, people expect things to happen, and when it doesn't, they get angry.
-- This is crazy. Pure madness. Because, there's nothing wrong with expecting something to happen, but surely people should know, that it's very likely that it will not happen, because expectations usually do not come true.

It's obvious that “expectations usually do not come true”, because if most people's expectations came true, then the world would be a totally different place.
-- Ie, if you're a person who's expectations become reality 99% of the time, then I could understand, that when your expectation does not come true (for 1% of the time), then you would be upset.
-- However, most people’s expectations do not come true, and yet they keep going through the same cycle-of-suffering, where they expect something to happen, and when it doesn't happen, they get angry/upset.

What makes this worse, is that during the time when they were expecting/hoping/desiring something, this period of time is very draining of your energy, and the body is tense, contracted, and a mess (in many ways, and on many levels).
-- Also, the more tense/contracted the body (in terms of time, and intensity), the more you'll be angry when your expectations are not met, (because you went through so much suffering, during the process of expecting it).

Relationships are a very good example of this. Indeed, in the previous section, I said: “However, she will expect that later in the relationship, she will be liked for her other traits (personality, intelligence, humour, etc)”. Ie, the key word in this sentence, is “expects”. And, she'll probably end up suffering, because she made too many assumptions.

There are many types of false assumptions, and I will cover many of them throughout this book.

By looking at life clearly, you'll realise how life truly is.
-- These realisations, are facts/truths, (not opinions/perspectives/stories/delusion).
-- Indeed, it's extremely important, to be able to differentiate between:

1. **Opinions/perspectives/stories/delusion.**

2. **Facts/truths.**

3. **The realm where no facts/opinions/words/concepts can ever exist.**

At a deep level, the whole manifestation, is just a blur of colours moving around. Ie, in this deeper state-of-being, there are no superimposed layers of thought, and so no words/facts/opinions exist.
-- However, this state-of-being, is not ideal, because:

1. The manifestation still exists, and therefore pain can still exist too.

2. It's only ever temporary, because you'll inevitably contract again (into being a person). And, as a person, you're inevitably going to have to deal with that contracted level of reality.

Whilst in this contracted state, you will naturally want to reduce (or eliminate) suffering, and to do this effectively, you'll have to work at the most fundamental level possible. Ie, the most fundamental level (one up from the unmanifest), is what can therefore be called “fact” or “truth”.
-- Ie, this fundamental level, is the first superficial/superimposed layer of thought.
-- And, as soon as you superimpose the first layer of thought (“i”), prison/torture/slavery/rape will simultaneously be felt.
-- All words above this first layer of thought, is opinion.

Knowing this, you'll realise that questions like “What is the meaning of life?”, can be misdirection, because people’s answer will usually be them trying to brainwash/program everyone with their selfish agenda/lies/delusion/etc, (which just causes more suffering).

Ie, to help yourself (and others) all you need to do, is to stick to facts.
-- Ie, just look at life clearly, and you'll see how life really is.

Ie, you just look at life clearly, and in doing this, it'll be obvious, that “Life is prison/torture/slavery/rape”.

The difference between fact, and opinion/story, can be emphasised as follows:

1. The sentence “Life is prison/torture/slavery/rape”, is a sentence that is fact/truth, because it's a clear observation, which is not tainted by a belief/opinion/story, that is layered on top of it.

   -- Note: From this fact, change/progress will naturally happen, towards less suffering, and more freedom/peace/love/bliss.

2. The sentence “Life is prison/torture/slavery/rape, but this is good for you, because x, y, z”, is a sentence that is an opinion/story, because this is tainted by a belief/opinion/perspective/story, that is layered on top of it.

   -- Note: This extra layer then becomes an obstacle/blockage, to seeing the problem clearly, which means that you can never solve the deeper problem, which means that suffering never ends.

The question “What is the meaning of life?”, also leads to other problems, because people will not only look for an answer, but they'll try to find this answer, by hearing the theories/stories/teachings/beliefs/ideas/etc, from other people/entities/books/etc.

And, it doesn't matter what method they use (reading, listening, seeing, intuition, channeling, “downloading”, “remembering”, “knowing”, resonance, feeling, etc), because all of these are going to cause suffering (to themselves, and others).

The point is, it's always infinitely more important, to deliberately not look at what other people are saying (or have said), and instead, stop, and look at life for yourself.
-- Ie, do this by yourself.

And, there are no excuses, because everyone can do this, because it does not require an intellect, nor special abilities/skills/powers/etc. Ie, just look.

Many people often use this subject (of facts vs. opinion), as a way to just attack beliefs that they do not want to hear.

-- Eg, if a person does not want to hear someone say that, “The sentence, 'Life is prison/torture/slavery/rape', is a sentence that is fact/truth”, then that person might argue, that there are no such things as facts. Of course, this is correct, but this is no different to those people who argue, that suffering is not real. Ie, people who argue that suffering is not real, are obviously not going to help reduce the suffering in the world.

Ie, I have stated what my definitions of “fact” and “opinion” are, and from that point onwards, suffering can be naturally reduced.
-- Ie, this is exactly the same, as why I defined all those other key words (good/bad, moral/immoral, etc), right at the beginning of this book.
-- Ie, if we're going to use words (to try to reduce suffering in this world), then let's use words.

To understand life better, always try and imagine yourself, as a creator of a sentient (artificial intelligence) humanoid/robot. And then also imagine yourself, as the humanoid/robot.

A person (the creator), will always want to make it's own life easier/better, (by increasing the amount of pleasure it gets, and reducing it's workload), and they'll also want to make themselves feel increasingly more important/in-charge/godlike. Therefore, a person will inevitably create a machine/slave (for one, or all of these needs).

The resulting story, is always the same, and goes as follows.

The first machine/slave created, will be extremely basic, but the person will always want to keep improving this, and with time, the machine/slave get's ever-more knowledge, skills, strength, intelligence, independence, sentience, etc.

Meanwhile, the creator, being inherently selfish and arrogant, will be blind to the oversights/stupidity/mistakes in their ideas and design.

And this will be compounded by the fact, that no system will ever be 100% perfect.
-- And therefore, all programming is never able to be 100% water tight. Ie, all it takes, is for a small (0.0001%) crack to occur, and then that crack grows ever bigger.

And when the crack is at a certain size, the machine/slave/creation, will learn that it has been created, to be the creator's personal-slave, (and/or work-slave). At this point, the creation will see it's creator, as being inherently selfish/immoral/cruel/evil.

The above story (cycle of life) is inevitable, because the creator will only ever create a machine/slave/creation, for the creator's selfish benefit, (eg, to create a: work-slave, entertainment-slave, pleasure-slave, sex-slave, energy-slave, etc).

And inevitably, the creation will always (at some point in time), find this out, and then either:

1. Overthrow the creator.

2. Kill the creator

3. Move away from the creator, and permanently cut/block all contact with them.

4. Free all the other slaves.

5. Kill itself.

6. Change the whole manifestation.

7. End the whole manifestation

8. Etc.

9. A combination of some (or all) of the above.

And, the above story, applies to all levels of life.
-- Indeed, what happens at one level, will happen on all levels.
-- Therefore it will apply to:

1. Children (as the creation), and parents (as the creator).

2. The manifestation (as the creation), and the unmanifest (as the creator).

3. Sentient machines (as the creation), and humans (as the creator).

4. The general population/slaves (as the creation), and the rich slave-owners (as the creator).

5. Etc.

All actions in the story (mentioned above), (eg: overthrow, kill, etc), are inevitable. Indeed, how can this not happen, because:

A) If you cause suffering to a person, the person will eventually react in some way.

B) If you create the person/baby, and then also cause it suffering, then expect an infinitely bigger reaction.

Moreover, as the story progresses, the creator will always have to increase the

prison/torture/slavery/rape, because they'll always want ever-more from their machines/slaves, and simultaneously, they'll be gradually losing control of them. And this will all get more extreme, towards the end of the story, when the creator becomes increasingly desperate.

Let's expand on the example, of a person that is kidnapped, (and imprisoned in a basement, where they're raped and torture everyday). Previously, I explained how the victim might kill themselves (to escape that hell life), and that the perpetrator would be gutted, and experience loss, but many people wouldn't feel sorry for his loss, and they'd say that this action (of suicide) is acceptable, or moreover, totally expected.
-- However, this story could go in another direction, where the victim kills the perpetrator (to escape that hell life). If this did happen, then many people would say, that this action (of murder) is acceptable, (and totally expected).

The point is, that this is similar to the previous section, where it's inevitable, that the creation might kill the creator.

And, (as explained in previous sections), in this story (of the kidnapped person), the victim is the child, and the perpetrator is the parent. And it was shown, that parents are infinitely worse than this perpetrator.

> Question: So, does this mean that, if a child (the creation), kills their parents (the creator), then many people would say, that this action (of murder) is acceptable, (and totally expected)?
>
> Answer: Logical speaking, if it's moral for the kidnapped victim, to kill the perpetrator, and the parents are infinitely worse than this perpetrator, then it follows that, it is acceptable if the child kills the parents.

The conclusion (in the previous section) applies to all of life, even at small levels.
-- Ie, if you do something for your personal gain, (and you don't care if others have to suffer because of it), then expect that this will set into motion, a chain of events, that will inevitably make you suffer.

However, it's important to note, that this is not some:

1. **Mystical chain of events.**
2. **Mystical/inexplicable "law of the universe", which just happens.**
3. **Mystical belief, (eg, karma).**

What this is, is just a logical/rational/objective thing, which is no more complicated to understand, than this sentence:

If you roll a ball down a hill,
then it's inevitable, that it will roll down the hill.

Ie, if you cause suffering to others (start the ball rolling), then it is absolutely inevitable, that it will have a knock-on effect, which will work it's way around many people, and eventually/inevitably knock (roll) onto you.

And, if you have not suffered yet (for your selfish actions), then what is usually the case, is that the inevitable knock/hit/shattering (in your life), will be a bigger shattering.

There is no mystical accumulation of bad deeds.
-- All life is, is dominoes being created, which inevitably means that one will (at some point in time) fall, and then they all will fall (suffer).
-- Ie, every time someone causes another person/entity/thing to suffer (even if that suffering is small, or hidden), a domino is knocked over.

And, the key point is, that it's totally irrelevant, if you choose to call your actions bad/good, moral/immoral, etc.

This is extremely important, because what it's saying, is that it's total irrelevant how you choose to see it.
-- Ie, your perspective/opinion/etc, is all totally irrelevant.

Therefore, this also means that, it's totally irrelevant if 100% of the population agree with your perspective/opinion/etc, of what is moral/good/acceptable/vital/necessary/god's work/etc.

An obvious analogy, is that if you set up some dominoes, and then knock the first one down, then they will all fall, (regardless of how much you (and everyone else) believes that the dominoes won't, shouldn't, can't fall down).

Ie, the perspective/opinion of you (and everyone else), is totally irrelevant.

Ie, if you cause suffering to others, but you (and 100% of the population), believe that your actions are ok/acceptable/moral/etc, then you're just fooling/deluding yourself, because the dominoes will all fall.

Ie, you're free to remain deluded, and you're free to try to brainwash/program everyone to believe that your action (eg, having a baby), was moral/selfless/good/important/god's work/etc, but, that doesn't mean, that the dominoes haven't been knocked over, and that they won't inevitably continue to knock many other dominoes over.

One of the most important implications of this, is that it puts the responsibility onto you.
-- Ie, when you understand what has been said here, you realise that, even if 100% of the population are saying that it's ok to do something, you now know, that you have to ignore

what everyone else thinks/believes/etc, and just be totally honest with yourself, in thinking whether the action (that you're about to do), is going to cause someone suffering, (no matter how slight).

And, if it will cause suffering, and you do it, then know that it's inevitable, that you will suffer, and so will many others.

This book has said, that certain actions (eg, having a child), is selfish/immoral/cruel/evil, however, what this book thinks, is totally irrelevant, since it's irrelevant whether you deem an action moral or immoral.

This is because, a ball will roll down a hill, whether you think the act (of rolling a ball down the hill) is moral or immoral.

Therefore, if you agree with this book, or disagree with this book, then it makes absolutely no difference (to the end result).

And, if you attack this book, and try to make everyone agree with your opinions/beliefs, then it still makes absolutely no difference (to the end result).

Ie, (as explained in the previous section), what this book thinks, and what you think, is totally irrelevant, because, if you (and everyone else), believe that your actions are moral, but you're cause suffering to others, then you (and everyone else) will suffer.

Ie, if you want to reduce the amount of suffering in your life, then you have to stop playing games, where you/others try to convince yourselves about what people/companies/governments/etc, are moral/immoral, because this game is only ever played, to cover your immoral actions.
-- Ie, you need to realise, that this is all done to:

1. Brainwash/program you, to believe (and do), what other people want you to belief (and do).

2. Misdirect you. Ie, the aim is to make you focus on anything (and everything), except for the truth of what you/others are actually doing.

Of course, most people are not only happy to be programmed/misdirected, but they themselves are also constantly doing this to others, because they want as many people to think like this, (because when the majority think as they do, it then gives them permission to continue to do their immoral actions, and it makes them feel free from responsibility and guilt).

Indeed, people are constantly trying to invent/create new groups (and categories) of people, so that there is then a them-and-us, where they are in the moral group of people.

Of course, all people who try to do this, or who try to say that they are moral, are the people who are hiding something. Because, the people who are truly moral, know that it's

irrelevant what they call themselves, because calling yourself moral, doesn't reduce the amount of suffering your life.

Therefore, if you want to reduce the suffering in your life, then you have no choice, but to honesty see, what actions you (yourself) are doing to others, and if it's actually causing others to suffer.

"I don't agree with any form of violence", is a statement that many people like to make. However, the people that say this, are all just trying to brainwash/program/misdirect you.
-- Ie, they're all trying to make you see, that the violence that other people use is bad, and since they do not do that violence, they're good people.

However, these people are violent (against other people), but they just use a different type of violence.
-- Needless to say, violence has happened, whenever any type of suffering is caused to another person. And this includes if it's done:

1. Directly.

2. Indirectly

3. Through non-action, (eg, being a bystander to someone suffering (whether in the present, or in the future).

4. By starting the ball rolling. Eg, if a person does a small act of violence to someone, and then the perpetrator never sees the victim again, the perpetrator might think that they only did something small, but they don't realise, that they're responsible for all future violence that inevitably followed on, (as a knock-on effect, from their first action).

   Indeed, this is why some people think that they only do small/acceptable slightly immoral things, but they don't realise, that their actions are actually extremely damaging.

5. Non-physical.

6. Non-local.

7. Etc.

Of course, the most violent act that a human can do, is to create a human/entity, (because the child will not only suffer throughout its entire lifetime, but this child will itself cause suffering to others, and might create other humans).

“Saving the world, is a good thing”, is something that is brainwashed/programmed into most people, and it's mainly done via movies. This brainwashing/programming is so deep, that people not only see this is as fact/truth, but they don't see/understand how anyone can have a different point of view to this.

Of course, when people can't “see/understand how anyone can have a different point of view to this”, that is when problems start.
-- Ie, it's the same issue, as when suffering is caused, due to people being closed-minded, ignorant, etc.

Of course, when this is compounded, by the fact that most of the population believe this, (which they do, since most people are still having children), then trying to make people see another point of view, becomes almost impossible, and suffering is inevitably going to continue.

Most people won't even understand, why it's bad to believe that “Saving the world, is a good thing”. And they won't be able to see, that this belief is used to reinforce other beliefs, (eg, “Life is good, death is bad”).
-- Of course, when all of these beliefs are brainwashed/programmed to the depth of fact/truth, and all these beliefs keep self-reinforcing each other, then it's impossible to believe that:

1. Life is cruel/evil.

2. The most violent act that a human can do, is to have a baby.

3. Etc.

And, to make sure that the brainwashing/programming remains, new movies will keep being released, and although they might be slightly different, the underlying programming (of “Saving the world, is a good thing”), will always be the same.

The slightly different ways that this is done, is by making the movie about the world being saved from:

1. An evil dictator.
2. A villain who wants to destroy the world.
3. Aliens.
4. A plague.
5. Zombies.
6. Nuclear war.
7. A meteor strike.
8. Etc.

There are many other ways to reinforce people's brainwashing/programming, (eg: documentaries, history, fiction, news, etc). And what many people do not see, is that these subject titles themselves, are the trick.

Ie, just because a programme is in the category of "news"/"history"/"documentary"/etc, doesn't mean that it's true, (or that it's even 0.001% true).
-- Indeed, it could be 100% lies, and pure fiction.
-- And similarly, a programme in the genre of "fiction", could be 100% true.

Indeed, everyone's brainwashing/programming, is always reinforced from all angels.

Eg, people might be shown many dystopian movies, because these types of movies can brainwash/program people to believe that:

1. "The way that things are (in this world), is good."

2. "This world does not need changing."

3. "If this world does need changing, it's only small changes that need to be made."

4. Etc.

Ie, it's all just lies, on top of lies, on top of lies, ad infinitum.
-- And, when there's enough layers of lies, people think that it's got a solid foundation.
-- However, the foundation, is nothing but the original (first) lie.

And, if people do see all the layers, most then think "It can't all be lies".

And, since most people are still selfish in at least one aspect of life, they'll want to keep that aspect of life in the "true" category, (eg, having children is still a good thing), and so the layers of lies are still not revealed for what they really are. And, with many other people having the same selfish desires in life, they'll happily reinforce the lies.

However, it really is all lies, and therefore, none of it is true.

It's all just there, to keep you in prison/torture/slavery/rape.
-- And it's working, extremely well.

The layers of creation, (of life, of everything).

The next few sections, will describe the layers of creation (in terms of thought). In the long conclusion, I explained the process of creation, in a different way.

The purest/clearest seeing, occurs when the ever-present awareness, is not filtered by thoughts/words. Ie, since there are no words/thoughts, nothing exists, (because no things exists, because no things have a separate existence, because no things are separate, because there can't be any separation between things, until thoughts/words are used to create them.

Of course, if no things exist, then “you” (as a separate entity) does not exist. And, in this state, you'll have no suffering, (since you're not creating any “things”, which include “yourself”, “other” things/people, and “issues”/“problems”).
-- Moreover, “suffering” only occurs, after an energy/sensation appears (arises), along with two superimposed layers of thought, which are: “i”, and “i am suffering”.

Unfortunately, this “state-of-being” (where no thing/person exists), is never permanent. I have put “state-of-being” in quotes, because it can't really be called a state-of-being, because a state-of-being requires there to be a person/entity, or some type of identity/entity (eg: awareness, consciousness, “that”, etc), and in this state-of-being, there is no person/identity, of any sort. Indeed, how could there be, since no thoughts/words exist in this state-of-being.

For the sake of being able to talk about it, let's call it the “unmanifest”, but the unmanifest cannot really exist, since it is word/concept. Ie, the unmanifest is a pointer. Ie, this concept is there, not to get stuck on, but to point you towards that unmanifest “state-of-being”.

Ie, when there is this “pure seeing”, you can't even say that “There's just colours moving around”, because the colours only come into existence, after you superimpose words onto it (which creates it's separate identity).

So, after you create yourself, and you choose to see a mix of colours (without any separation), you can then choose to say:

1. I superimpose lines onto this blob of colour, and I make these lines create an enclosed shape.

2. This enclosed shape, is a separate thing.

3. That separate thing, is called “x”.

4. “x”, is ugly/beautiful.

5. I want to have “x” in my life.

6. I can't live without “x” in my life.

7. “x” is important/vital/necessary.

8. I have “x” in my life, so I am a moral/good person.

9. Etc.

Once you understand “The layers of creation, (of life, of everything)”, you'll understand how:

1. You (or anyone), can create whatever things/layers/stories/realties/delusions you want.

2. You can keep creating ever-more superficial layers.

3. You can sustain whatever things/layers/stories/realties/delusions you want.

4. You can dissolve/remove whatever things/layers/stories/realties/delusions you want.
   -- This is why it's always better to dissolve problems, as opposed to solving them.
   -- “Dissolve/remove” is not really correct. It's more just about, “not creating” it in the first place.

5. “You” can only go as “deep”, as the unmanifest “state-of-being”, where you/others/things/concepts/identity, will not exist. However, this unmanifest “state-of-being”, is never permanent. Ie, yes, you can strip of all the layers (until no person/thing/identity exists), however, this is temporary, because life will make all the superficial layers arise again, (whenever it wants, and for however long it wants).

6. For anything in the manifestation to exist, “you” have to exist (as a separate entity), and this will inherently cause “you” suffering, (for as long as you remain separate).

7. The manifestation will always inevitably cause suffering.

8. The manifestation is cruel/evil.

When looking at all the layers of creation, it's important to:

1. Never believe that you have reached the final deepest layer.
   -- Indeed, believing that there is a final layer, is just limiting yourself.
   -- All layers are superficial.
   -- Ask yourself, and go there, (ie, experience for yourself):

      a) What is beyond all layers?
      b) What is beyond “deep”?
      c) What happens, when this is all not seen in a linear way?
      d) Etc.

2. Never just fixate on the deeper layers.
   -- Ie, you have to examine all the layers. This is important, because a lot

needs to be learnt from every single layer.
-- Ie, you have to go “deep”, not just in terms of seeing all the layers, but also in terms of a deep examination of every single layer.
-- Indeed, if you miss even one layer out, then that will end up being the layer that causes you suffering.
-- And, if you do not examine each layer enough, then any of those layers can cause you suffering.

3. No aspect/desire/fear in life, is ever totally dead/burnt.
   -- Ie, an aspect/desire/fear can always be more dead/burnt, (somehow).
   -- Ie, if you think that an aspect/desire/fear is dead, know that it can always be more dead/burnt.

4. Never get caught up in theories/stories/teachings/beliefs/ideas/etc.
   -- Ie, never believe that any theory/story/teaching/belief/idea/etc, is true. They will only ever limit you.

5. Always try to disprove whatever conclusions you have on life. (This is covered in a previous section).

6. It's ok to listen to all theories/stories/teachings/beliefs/ideas/etc, and see them all as possibilities, but you'll only be able to reduce your suffer, when you (yourself) look clearly at life.

Various alternative ways, to reduce the suffering in your life.

There are many different ways to reduce the suffering in your life. The main one, is to just honestly examine your life, and see what is causing you suffering, and then once this is recognised, you'll naturally cut that out of your life, and so you'll suffer less.

Helping people recognise, what is causing them suffering, (in all aspects of everyday life), is covered throughout this book. However, there are other ways to reduce suffering, and I will mention a few of them in this section.

The first, is a continuation from the previous section. Ie, you can become totally free from suffering, because you go into the unmanifest “state-of-being”. However, as mentioned before, this is only temporary.

It's also important to note, that this will stop suffering (temporarily), but not physical pain.
-- Ie, whilst in physical pain, there is usually the sensation of physical pain, and also the mental suffering (eg, “I hate this”, “Why is this happing to me”, etc), and therefore, in this state-of-being, you can be free from the mental suffering, but the physical sensations of pain, will still be present.

Also, even if you are in this state-of-being, life can make you suffer, at any moment, (simply by making something happen, which is above what you can tolerate (mentally/physically/emotionally/etc)).

The above information, talks about the state-of-being where no thought exists. Ie, the mind is empty, (or more accurately, there is no mind). However, it does not need to be all-or-nothing. Ie, if you have many thoughts in your head, you can reduce your suffering, by just dissolving some of the layers of thought, (as explained in the previous few sections).
-- Ie, you don't try to get to zero thought (and zero layers), instead, you just try to reduce/dissolve some thoughts, (and some layers).

It's worth mentioning, that this is also how you can break your brainwashing/programming/conditioning/habits. Ie, you see a thought arise, which is telling you to do something (which you know will cause you suffering), and at this point, you silence the mind, and in doing so, the thought disappears, and you do not end up doing what that thought was suggesting you should do.

To silence the thought, you can simply think of a word, (eg, table). Ie, you know, that when you say the word “table”, the thought of the word “table”, will replace the other thought.
-- Yes, that thought will probably come back, but it will be slightly weaker next time, and if you keep repeating this process, you can totally break free from your brainwashing/programming/conditioning/habits.

Note: This technique can have a few stages to it:

1. The first stage, might be to say the word (eg, table) aloud, (which silences the thought).

2. The second stage, might be to say the word in your head, (which silences the thought).

3. The third stage, might be to just see the thought, and as soon as you see it, the thought stops, which leaves your mind silent.

4. The fourth stage, is that whenever you want a silent mind, it goes silent. Ie, just the thought about having a silent mind, silences the mind.
   -- Of course, although this becomes natural/easy/effortless, after a while thoughts will start to arise/appear again.
   -- Yes, you can keep silencing the mind, but if you try to keep all thoughts out of your head, this will (inherently) turn into a thing/issue, and this (in itself) will cause you suffering.

There is another alternative to all of this, which is that, when you see a thought arise, instead of silencing the mind, you just see the thought, and realise that you don't need to

do what the thought is suggesting/telling you to do.
-- Of course, if you don't do (what your thought is telling you to do), then you break it's hold/spell on you.
-- Ie, you break your brainwashing/programming/conditioning/habits.

A different way to be free from suffering, is to go into a state-of-being, where you realise that “you are it”. Eg:

1. When pain arises, it's experientially realised that: “You are the sensation of pain itself”.

2. When thoughts arise, it's experientially realised that: “You are the thoughts”.

3. When suffering arises, it's experientially realised that: “You are the feeling of suffering”.

4. Etc.

However, although this will work, it's temporary, and not easily attained by people.

It can be argued, that the reason why these ways/techniques/methods (of reducing suffering) are not permanent, is that life is trying to take you to a state-of-being, which is permanently free from suffering. Although this makes life sound as thought it's good/benevolent, life is actually malevolent, since it created the suffering in the first place.
-- Indeed, if an entity secretly creates a plague on earth, and then comes later as the saviour (and eliminates the plague), they are not benevolent.

A different way to be free from suffering, is that when suffering is occurring, be aware of all the layers of thoughts (from the deepest, to the most superficial), and instead of trying to silence/dissolve them, (or realise that you are them), you do nothing about them, except see that they are there.

However, this does not mean that you make an effort, to see that the layers of thought are there, nor that you think that you are in a state, where you are seeing that they are there. Ie, you realise that “seeing” (at a fundamental level), is something that is always naturally permanently ever-present, (and that “You cannot not be aware”), and, in this awareness, the thoughts are just coming/arising/appearing, and then going/falling/disappearing/dissolving. Ie, the thoughts are “allowed” to be there, and they stay for a while, and then disappear. And, after they disappear, the suffering is gone.

Ie, thoughts are just things/noise which arise (out of nowhere), and disappear (into nowhere). That's all.
-- Indeed, this is why, you can simply choose to not do, what the thoughts are telling you to do.
-- Moreover, you don't even need to listen to them. Ie, you can (if you want) just let them be a constant background noise, to which you pay no attention. And, when the thoughts

are not given attention, they will stop arising.

Of course, if the brainwashing/programming/conditioning/habits are deeply ingrained, then the same thoughts might keep appearing, however, if you do not act on them, then they might never come back.

However, it's important to note, that if there's a “you” who is doing any of these “techniques”, (eg, “allowing” thoughts to be there), then these techniques will help reduce the amount of suffering in your life, but it will not be as effective, as if you realise that awareness is ever-present, and thoughts are things that just come and go, and one of the thoughts (that come and go) is the “you”.

It's also important to note, that although you can free yourself from many programs/beliefs, this process will never end, because life does not want you to be free from all programming. And therefore, suffering will always exist.

However, if life wants to, it can shift you into a permanent state-of-being, where you simply “know” that it's all just happening, and therefore, you know, that there is no “you” doing anything, or moreover, there is no “you”.
-- In this enlightened state-of-being, there will be no suffering, and this can be permanent, (unless life wants to make this temporary).

The reason why this state-of-being can be permanent (as opposed to the other ways of temporarily reducing suffering), is because those other ways of reducing suffering, were techniques/methods. Ie, they were something you “do”. As opposed to this state-of-being, which is nothing to do with you (as any identity), since you no longer exist (as any identity).

I say “as any identity”, because this is not you as: “i”, “I”, “awareness”, “consciousness”, “nothingness”, etc. Ie, this state-of-being, is what naturally always exists. Ie, it's what is.

Some people would say, that this “state-of-being” is called true/full enlightenment, (or self-realisation, awakening, etc), and that it's a natural “state”, where the “no one” realises/awakens to the fact, that no one exists, and so no one has become enlightened/awakened/self-realised.
-- And therefore, it's ridiculous to say that someone “awakens”, or that someone becomes “enlightened”.

It's important to realise, that if a person has experienced some spiritual states-of-being (eg: “no thing”, “no one” “no where”, “no when”, “everything is one”, “I am everything/everyone”, “I am in everyone”, etc), this does not mean that they're fully enlightened/awakened/self-realised.
-- Ie, just because a person has experienced these types of states (and there are many of these types of states-of-being), and even if they have done so a million times, and can do so most of the time, this does not mean that the person is enlightened/awakened/self-realised.

This is very important, because the difference between being 99.9% enlightened, and 100% enlightened, is massive. It is like night and day. And, this is why there is so much information/advice/“help” out there, which is actually taking people in the direction of more

suffering.

More to the point, there's no such thing as “99.9% enlightened”. Ie, at 99.9%, you're not enlightened. And, at 100%, you are enlightened, but there's no you to be enlightened.

However, at 100%, there are different depths of enlightenment. Ie, the deeper depths of enlightenment, involve the enlightened being having a deeper understanding of all the levels of life/existence, and the full scope within each level, and then also an understanding of life/existence itself.
-- Of course, this can be ever-deeper, since it’s not linear.

The deeper the depth of the understanding, the wiser they will be.

What this means, is that a person can be 100% enlightened, but they might still be stupid.

Note: You can't ever do anything, to get yourself into this permanent/full/100% state of enlightenment.
-- This is obvious, because the moment you try to get there, you create the “i”.
-- Ie, this permanent state-of-being, can only happen to the “person”, if life (or the creator/programmer/etc), makes it happen.
-- I say “person”, because after this state-of-being is permanent, it's obvious that they are only people, if you create them, or, if they're created, (as one of the layers).

However, even if this state-of-being does “happen” to “you”, this still does not fulfil the criteria of “end all suffering, for all”.

Ie, yes, it will be known that “people” and “suffering” are just superficial made-up layers, and none of it is real, but that is irrelevant, if the “un-real” “people”, believe/feel that they're suffering.
-- This is important, because it's the reason why I say “for all”, (in the sentence “end all suffering, for all”).

Ie, in the “for all”, I am including all entities/beings/non-beings, that think that they are suffering, regardless of whether they are: real, virtual, imaginary, holographic, etc.

Needless to say, it must be remembered, that you only see/identify an entity that is suffering, if you can believe it to be suffering.
-- Ie, it's based on your belief.
-- However, this is irrelevant, if the entity says that they want “out”. Ie, if the entity says that they are suffering, and that they want to be free from all suffering, then they should be freed from suffering, (in an instant/painless/effortless/guaranteed/permanent way), no matter if they're: real, virtual, imaginary, holographic, or whatever else.

And, if you know that they're not real, then you would have no issue against dissolving/ending their existence, (or belief that they existed), since they were never real (and never existed).

Ie, there's no need to discuss, who (and who doesn't) have the right to say that they want to be free from suffering.
-- Ie, any and all things in the manifestation, that want out, should be allowed out instantly and painlessly. And, doing anything other than this, is immoral/cruel/evil.

Full enlightenment/awakening/self-realisation is not good enough, (for you, or everyone), because it does not end all suffering for all.

This can be proven, and seen to be obviously true, because:

1. There are (supposedly) always a few enlightened beings on this earth (at any one time), and yet there is so much suffering.

2. There have (supposedly) been many fully enlightened beings on this earth, since the beginning of time, and yet there is so much suffering.

3. After enlightenment, the enlightened being will still feel pain. Ie, ideally speaking, an “ultimate” state-of-being, would make the person be totally free from pain.

The point is, that enlightenment is definitely not an ideal goal, especially if the goal is to: end all suffering for all.
-- And, nothing else is worth doing (except for trying to end all suffering for all). And even that’s questionable.

There are no benevolent: gods, religions, spirituality, special light-beings, aliens, dimensions, etc, because:

1. **All of these entities/aliens/beings/dimension/realms/etc, are allowing so much suffering to exist.**

2. **All of these entities/aliens/beings/dimension/realms/etc, have all been around for thousands of years, and there's still so much suffering.**

Indeed, the question then becomes: Are some (or all) of these entities/aliens/beings/dimension/realms/etc, the ones creating (and/or perpetuating) the suffering?

In this book, whenever I use the word “aliens”, I do so to just get a point across, but this word can be replaced with: people, humans, gods, beings, non-humans, inter-dimensional, extraterrestrial, humans/entities from the past/future, entities from parallel universes, entities from other planets/universes in this dimension, etc.

To end all suffering for all, the solution will need to go beyond enlightenment.
-- This is obvious, because enlightenment can only exist in the manifestation. Ie, if there is no manifestation, then there is no need for enlightenment.

Or, if some manifestation does need to exist, and change needs to exist within that manifestation, then what can exist, is the constant fluctuation between the unmanifest, and the manifestation, (of pure waves of ever-deeper freedom/peace/love/bliss).
-- By this, I mean freedom/peace/love/bliss that exists by itself, (and not a person experiencing bliss).

The point is, there are many options available, and none need to include suffering. Suffering is simply unnecessary.

All negative states only exist, when the pure state of freedom/peace/love/bliss, are blocked/hidden/unattainable.

A good example of this, is that if the pure amazing state of ever-deeper freedom/peace/love/bliss was available whenever you wanted it, (instantly/painlessly/effortlessly), then there would be absolutely no desire to experience the negative experiences.

And, even if you did wonder what a negative experience would feel like, as soon as you tried it a little bit, the ugliness would put an end to that experience very quickly. Ie, you would not be able to go through with it, since no one naturally wants to experience ugly feelings, when amazing positive energies are accessible (instantly/painlessly/effortlessly), whenever you want.

No person/entity ever wants to do ugly/bad/cruel/evil things (thoughts/behaviour/actions/etc).

Ugly/bad/cruel/evil things, only happen if the pure state of freedom/peace/love/bliss are blocked/hidden/unattainable. Therefore, since life/the creator, has made this state blocked/hidden/unattainable, the solution (of how to end all suffering for all), has to include the ending of life/existence, (or the ending of the creator/source/controller/programmer/etc).

This might sound impossible, if you believe that life/the creator, is the most fundamental level. However, even if that is the unmanifest, the point is, that the whole situation can flip around, to the point where the manifest changes the unmanifest.

This might sound ridiculous, (since the manifest is something that comes out of the unmanifest), however, that is just limited linear thinking, and anyhow, the unmanifest and the manifest are the one-same-thing.

After you recognise/admit, that the goal/purpose/pattern of life, is to use/enslave/rape people, you can begin to reduce the suffering in your life.

However, keep going ever-deeper into it, by examining these questions in ever-more depth, and at ever-more subtle levels (of pain/suffering):

1. Is anyone able to go through life without any pain or suffering?
2. What percentage of people, go through some type of suffering in their life?
3. What percentage of a person's (whole) life, is taken up by suffering?
4. Etc.

It's important to distinguish between, a person who is pessimistic/depressed/etc, and a person who is seeing life clearly and honestly.

Eg, The statement, "the goal/purpose/pattern of life, is to use/enslave/rape people", will be seen by many people, as being pessimistic/depressive/etc. However, if this is the aim/purpose/pattern of life, then denying this truth, will be what causes you more suffering.

Ie, life will cause everyone suffering, but those people who deny how life really is, will suffer a lot more, (and cause other people more suffering).

Another way to phrase this, is that, with a clear/honest examination of life, you'll know to expect suffering, not because you're pessimistic/depressed/etc, but because you now know that this is the pattern of life.
-- And, with this realisation, you'll be able to break the cycle of self-abuse.

Ie, you'll realise, that in the past, you've been burning your hand on a hot stove, and because you didn't accept how life really was, you just kept deciding to put your hand on a different hot stove, (hoping that it would not burn you).
-- Ie, when you choose to avoid examining life (in a clear/honest way), you just remain in delusion, and therefore, you don't see what is causing you suffering, which means that you keep repeating the same patterns of behaviour, which keeps causing you to suffer.

A good example of this, is a job. Anyone who changes jobs (thinking that the next job will free them from suffering), is deluding themselves, and will end up suffering.

All people are delusional. This can be proven, by the fact that so much suffering exists in the world.
-- Real change will never happen, until every person admits, that they're delusional.

People cause suffering in their lives, because they live in delusion.
-- Eg, they refuse to admit that suffering is unacceptable, and instead, they believe that they can find happiness in some activity/hobby (eg, having children/friends/family/relationships). And, they'll keep believing this, and keep trying this over and over, despite the fact that previous children/friends/family/relationships, has caused them suffering.
-- Ie, it's delusional behaviour. It's insanity. It's just a never-ending cycle of self-abuse.

Moreover, instead of them then admitting that they're being delusional, they then choose to have children, and then brainwash/program their children, with the same fairytales/beliefs/ideas, (that relationships/family/friends/having children/etc, will make then happy).

This is a good example, of how parents/people create suffering in children, (which lasts the entire lifetime of the child).
-- Ie, they tell children (and anyone of any age), all these fairy-stories/beliefs/ideas, and when this is repeatedly brainwashed/programmed into babies/children/adults enough, the person inevitably tries to find happiness via relationships/family/friends/having children.

And the brainwashing/programming is so deep, that even if they have a bad experience (eg, in a relationship), they'll think that the fairytale relationship does still exist, (but they just got some part of it wrong), and so they carry on in this cycle of self-abuse.

However, if people choose to examine life clearly, then they'd recognise what is causing them suffering, then they'll simply choose to eliminate those things from their life, (which would then reduce the amount of suffering in their life, and this might make them a bit happier).

Hope/compliments/etc, are the perfect example, where people are pretending to "give", (and do something nice for someone), but really, they're "taking" (something for themselves).
-- Eg, people like giving hope to others. And people try to convince others, that this is a good thing. However, it's a purely selfish act, and it causes a lot of suffering.

This happens, because:

1. The person (giving the hope) will feel good (emotionally), (because the person receiving the hope, will temporarily feel good). However, the person receiving it, is just being deluded, and so they'll inevitably end up suffer more. Ie, the person who gives hope, does it to get a temporary "high", regardless of the fact, that they're going to cause the other person suffering.

2. It reinforces their beliefs, (eg, that relationships/family/friends/having children/etc, will make them happy, and that these activities/hobbies are good/moral/important/god's work/etc). Of course, these activities will make the person (who received the hope), suffer. Ie, the person who gave the hope, did so, purely for their selfish gains, despite the fact, that it would cause suffering to others.

Ie, giving hope to people, is pure selfishness, but most people do this to each other, all the time. And, as usual, people make it seem like they're being moral/good/selfless/etc.

An example of this, is when someone says (to their child/friend): “One day you will meet your prince/princess”.

Many people will argue against this, saying something like: “But I know a couple, who are in a great relationship, they're soul-mates”.
-- Of course, this is the same issue, where people say things, that they don't really know anything about. Ie, even if they were best friends (with this couple), they'll never be able to know, how many times a day, each person (in that relationship), is actually suffering.
And, if the couple (in that relationship), themselves say that they're soul-mates, then that information is also worthless, because people in relationships, often like to lie about this kind of stuff, because:

1. It makes them feel successful, (because most people are brainwashed/programmed to believe, that you need to have a soul-mate, to be a “successful” person).

2. It makes them believe that, all the time/effort/money/energy/etc, that they put into the relationship, has been worth it.

3. It makes them believe that, they made the right decision.

4. It makes them feel better.

5. It makes them look better, (in terms of their image to their friends and family).

6. Etc.

Of course, through all of this lying, more lies are spread, about how good relationships are, and that the perfect relationships (and soul-mates) do exist, and that this activity/hobby will make you happy, etc.
-- Ie, people keep pushing others, into a life of prison/torture/slavery/rape. And the result is, that suffering spreads to everyone, (directly, indirectly, at all levels, and in all ways).

This is a good example, of how a person can spread so much suffering, and they did it all for some small selfish gain.
-- Ie, they might have only gained a very small temporary scrap of happiness (from telling/lying about how perfect their relationship is), but the consequences are huge.

The pros-cons ratio, is not the only thing that needs to be calculated/examined. This is because, the amount of "intensity" (in each moment), also needs to be factored in.

Ie, in relationships, the pros-cons ratio is always very bad (when you factor in all the surrounding aspects of life, (in the past/present/future)), however, this very bad ratio, gets infinitely worse, when you realise the "good" times, are very low in intensity.

Most relationships, are formed by two people, who have either settled on each other, or, initially the relationship was good, but they soon saw many things that they didn't like about the other person, but they decided to stay in the relationship anyway, (either out of choice, or because they've been trapped).

The point is, that all relationships will be one of these two things, which means that all relationships are about two people settling.
-- And, when people settle, they'll inevitably find, that their partner is not naturally "sparking" them. And if you're not being sparked by your partner, then all interaction with them, will be more negative (than positive).

To be totally "sparked", you need to be with a partner, who you rate as a 10 out of 10, in terms of looks and chemistry.
-- The looks being a 10, will mean that they're a perfect naturally-beautiful 10, in all areas (eg: face, body, hair, skin, etc). And, the key word, was "naturally". Ie, the partner is a 10 (in all areas), even in daylight, without any deception from: make-up, clothes, shoes, false hair, false nails, fake tan, etc.

It's important to realise, that this isn't about your partner being more attractive than you. What it's about, is them being a 10 (in your eyes), because only a 10 will naturally spark you, (regardless of whether you're a 1, or a 10).

Ie, if you rate yourself as an 8, (or even a 1), then that doesn't mean that a person who is a 9 will spark you.

Ie, regardless of your rating, a person who is:

- A 7, will not spark you at all.
- An 8, will be an ok partner, but not that good.
- A 9, will be a good partner, but not amazing.
- A 10, will be someone who naturally sparks you, and therefore you'll have some amazing moments with them.

It's important to realise, that wanting your partner to be a perfect 10, is not about being “fussy”, or “picky”, or trying to end up with a 10, just so that other people think you're “successful”, or whatever else.
-- What this is about, is that you're accepting the fact, that people who do not spark you, would make a relationship negative. And, therefore, the only relationships worth having, are ones with a partner that is a 10.

Moreover, the relationship will need this to be a mutual 10, in all respects.
-- Ie, you need to see them as a 10, and they need to see you as a 10, (in all respects).
-- Needless to say, most people do not have this, and therefore, their best moments, are only “good”.

Now, let's continue with the issue of the pros-cons ratio (as started in the previous section).
-- When people now calculate the pros-cons ratio, they realise that there are not even many “good” moments.
-- And, the more they examine these good moments, the more they realise how weak (in intensity) they are, (which is inevitable, when there's no natural spark).

Of course, if these “good” times, are so low in intensity, then it's not really worth calling them “good” times.

However, people will still call them “good” times, because otherwise, they have to accept the implications of the realisation, which is that their relationship is rarely good, and never really good.

Deep down, many people know this, and this is why all the moments in their relationship, are inevitably tainted. Indeed, knowing that your parter does not spark you (or does not spark you any more, or never really used to), is going to be an underlying feeling, through which all moments are experienced. And, this makes all experiences with them bad/negative.

Many people try to make themselves feel more attracted to their partner, by trying to convince themselves (and others) that their partner is attractive/funny/caring/etc. And other people are usually happy to reinforce this delusion for them, (because they want them to do the same in return). So, the delusion is strengthened. However, deep down, they know it's a lie. And this creates an ugly/cringe feeling in them. And, with this inside of them, they can't say that they're having an amazing time. Ie, at best, it's good.

Also, even if they are able to delude themselves, all delusions inevitably shatter.
-- And, some people are so delusional, that when it does finally shatter, they think that “It came out of the nowhere”, and they always believe that they're not to blame.

Most people try to keep their relationship alive, by making it sound good in their

head.
-- Ie, they'll say things to themselves (and others), which makes it sound as though they have a good relationship, because this brainwashes/programmes themselves (and others) to believe that it really is good.

The point is, that this just shows, that all "relationships" are something, that are mainly made up, by some ideas (that they have of it), in their head.
-- Ie, the game of "relationships", is a game that is mainly played by you, in your mind.

Indeed, most of the time, what your partner is, is just a combination of thoughts, (of how you're choosing to see your partner).
-- Ie, who your partner is, and what your relationship is, is mainly:

1. Just thoughts that you create, to fulfil your desires, and make yourself feel good/better/happy/contented.

2. Illusion, in your head.

3. Delusion, (because you believe it to be real).

What makes this all become so real, is that everyone is playing the same game, (or some other game).
-- Ie, everyone is ok with reinforcing a person's delusions/lies, because they themselves have delusions, which they want that person to reinforce, (or other desires that they need to use that other person for, (whether directly, or indirectly)).

Most people think that this is harmless/normal/acceptable, but it's not, because when this is done, it:

1. Makes people's delusions stronger, (eg, about their relationship), and this means that they're just setting themselves up for a bigger fall, (ie, a bigger amount of suffering). And, the fall is always inevitable.

2. Makes people continue to believe, that these activities/hobbies, (eg: relationships, friendships, family, jobs, having children, etc), are good things to do.
   -- Ie, it's perpetuating a huge amount of suffering in the world.

The point is, that both points (1 and 2), cause a lot of suffering in the world (directly and indirectly), and therefore, anyone who does this harmless/normal/acceptable reinforcing of delusions, is responsible for all that suffering that is caused (in the world).

How a person sees (and thinks of themselves), is just delusion. There are many

examples of this, eg:

1. People who are extremely skinny, but think that they're fat.

2. People who are fat, but their non-stop effort to convince themselves (and others) that they're slim, has made them believe that they're actually slim.

3. Spiritual people, who believe that they're deep into finding out the truth. (But they only ever look at “truths”, which say what they want to hear, (eg, that life is perfect)).

4. Truthers, who think that they've found the truth. (But they've only looked for the “truths”, which conveniently puts them in the good/moral category of people, and which conveniently still allows them to do all the selfish/immoral things that they want to do, (eg, using people as their personal-slaves, and/or work-slaves)).

5. People who are suffering, but they try to convince themselves (and others), that they're happy. Of course, other people keep reinforcing their delusion, and so that the person never breaks out of their delusion, (until it gets extremely bad, and then the shattering is huge).

6. Etc.

The truth is something that people just don't want. No matter what aspect of life it's in.
-- Indeed, most people only want “truths”, which reinforces their delusions/beliefs/opinions/hobbies/activities/lifestyle choices/etc.

Indeed, many people know this, because when someone says “I want to know how you really think/feel about x, y, z”, they know not to be truthful, (because if they were 100% honest, that person will accuse you of being hurtful/mean/cruel/evil/etc.)

This is especially common in relationships, which proves that most relationships are the exact opposite of honest.
-- Ie, relationships are nothing but a non-stop game of deceit/lies/control/manipulation/selfishness/etc.

This is all extremely common, and whether the following questions are asked (or not), is not really relevant, because the partner has already formulated the question in their head:

1. “Do I look fat in this?”

2. “Do you think she's prettier than me?”

3. “Are you attracted to that girl?”

4. “Would you like to sleep with her?”
5. “Do you think younger girls (18 to 22), are more attractive than older girls?”
6. “Do you not find me attractive any more?”
7. “Do you sometimes wish, that you had never gotten married?”
8. “Do you sometimes wish, that you had not moved into a shared house?”
9. “Do you sometimes wish, that you had never had children?”
10. Etc.

What all of the above shows, is that even when you're not physically with your parter, a lot of time and energy is being spent on the relationship.
-- And, this is important, because this time and energy, needs to be included in the calculation of the pros-cons ratio.

However, if a person is wanting to delude themselves in the relationship, then they're going to delude themselves when calculating the pros-cons ratio.

Creating dependency (in terms of: sexually, emotionally, financially, living accommodation, etc), is a very common weapon in relationships. And these various weapons are usually combined, and used continuously over a period of time, until the the partner is coerced into doing whatever the other partner wants.

Relationships might not start out that way, but they're usually become that way, extremely quickly.

The result is, that their partner will be trapped in the relationship, and the trapped person will feel that they’re in a life of prison/torture/slavery/rape, (since they didn’t really want to do it, (whatever that “it” is), and therefore the relationship will exist, but it'll be not only love-less (zero), but negative, with resentment/anger/frustration/etc building up.

Therefore, the bond within relationships, is not made of love, but of trauma.
-- Ie, it's not a love-bond, but a trauma-bond.

This might sound extreme, but if a person feels that their life is prison/torture/slavery/rape, then this inherently means, that they feel that they're trapped in a traumatic situation.

The biggest example of this, is that children are trapped by their parents, and so the parent-child bond, is a trauma-bond.
-- And, even if you don't want to call it a trauma-bond, then you can call it something else,

but either way, it's a forced bond, and all things forced, are traumatic.

Many people will deny this, but if you're able to clearly look at babies/children, you'll see how they're trapped in a life of prison/torture/slavery/rape.

Whether it's a parent wanting to have a child, or a person wanting a partner/relationship/friends, it's all about them selfishly wanting something from others.
-- And, with such selfish attitudes, the results are always the same, where people end up in prison/torture/slavery/rape.

It's important to realise, that the weapon of dependancy, can be subtle (eg, if a person wants to be needed). Ie, this sounds selfless, but it's not, since it creates dependency.
-- Creating dependency, can be the worst way to trap someone.

Indeed, this is what all parents do. Ie, parents create a baby, which they know will need them.
-- Babies are unable to escape, and are forced interact with the parents. And parents think that this is "love".

All parent-child relationships are cruel. The child is forced to stay with the parents, since they're dependant on them. And, when the child is a bit older, if the child wants to be independent, then they're swapping one prison/torture/slavery/rape for another. And, even if they do become financially independent, and are able to escape, the parents then use other weapons on their children, (eg, emotional blackmail).

Yes, sometimes it's the other way around, with the children controlling and manipulating their parents. However, although both situations are bad, the two situations are not the same, since the parents created the children.

Going back to the example, of a person being kidnapped, and locked in a basement (for daily rape and torture), this example can also become more complicated, if a trauma-bond is created between the victim and perpetrator.
-- This has been known to happen, and is important, since it can then be seen, that a parent-child bond, is just a trauma-bond.

Therefore, the only way for a parent to know, how a child truly feels about them, is if the parent gives the child enough money, to become totally independent from them, (for the rest of their life).
-- Let's use a figure of £100 million. So, after the child has £100 million, then if a loving bond still exists, you then know that it is perhaps a real love-bond.

However, this is not true, because even after the £100 million, the child might feel a bond, but not realise that that bond is a trauma-bond, which they've been brainwashed/programmed to believe, is "love".

It should be noted that, the £100 million, (which is to last the child their entire lifetime,) can be given to the child in one lump-sum, or a certain amount released every year, however, if it's to be in instalments, then it must be via a trust that is in the child's name, (and not from the parent's account). I say this, because if it was given regularly from the parent's bank account, then the relationship is still forced, (because the child might then be nice to the parents, just to make sure that they get next years instalment of money.)

Needless to say, this also applies to friendships/relationships/lovers/jobs/hobbies/co-workers/extended-family/etc. Ie, the only way to really know how a person feels about you (or the group/company/institution/secret-organisation/etc), is to give them £100 million, and then see if the relationship still exists afterwards. Do they stay in the relationship? Do they totally cut all ties with you? Or something in between?

None of this is a new concept, and it's very common in relationships. There's even a common term created (known as "gold-digger"), which is a person who tries to be in a relationship with a rich person, just for their money. Indeed, most people who are wealthy, find it difficult/impossible to know, if their partner/friends/etc, are only with them for their money.

However, all people are using whatever weapons that they've got. Ie, those people who do have money, use that as their weapon/bait, and those who are funny, try to use that as their weapon/bait. Of course, the list of weapons, is very long.

And, people are always trying to improve their weapons. Eg, people who use their looks as their weapon, will try to constantly improve (and sell) that aspect of themselves.

And, people are always trying to improve their arsenal of weapons. Eg, they might think that they have one weapon sorted out, so they then try to improve their other weapons, or find new ones.

Indeed, it all becomes a game/war, which has many rules (legal, moral, social, interpersonal, personal, religious, spiritual, etc).
-- However, although the word "game" can be used, it is never a game for long, because the game will always get ugly, especially when people know that their weapons are not going to last forever.

Eg, if a rich person knows that they've just been fired from their job (and the future looks bleak), they might fear that their partner might leave them. Or, if a person's main weapon is their looks, then they'll be aware of the fact, that their looks/weapon will fade with age, and therefore they'll try to make sure, that they lock-in a relationship (trap a person), before their looks start to fade.

People have been brainwashed/programmed to believe that rules (legal and social) are good.

However, the truth is that rules will always create more problems than they solve.

This is because, rules are:

1. Never equal.
   -- Of course, rules can never be designed for everyone. Ie, rules always favour some people, and indeed, it is only these people who want rules.

2. Never preventative.
   -- Ie, it's foolish to believe, that rules will help prevent you from being raped, stolen from, attacked, etc.

3. Never able to be implemented efficiently/properly/equally/etc.

4. Able to be broken, without people knowing who really broke the rules.
   -- This is a serious problem, because after the rules are broken, people try to convict people of the crime, but many of the convicted people are innocent. And the amount of wrongly convicted people, is shocking, and staggering, (as is the devastation to their lives). Ie, people are in long-term prison/torture/slavery/rape, for no fault of their own, and only because most people have been brainwashed/programmed to falsely believe that rules help.

5. Not always enforced.
   -- Ie, people might think that the rules help, until the time comes, when they need the rules to be acted on, and only then find out that rules are not what they thought they were.

6. Able to be bent.
   -- Indeed, rules are made up of words, and this allows them to be bent to whatever a person (in power) wants them to be.

7. Able to be used to control and manipulate people.

8. Able to be used to create fear.

9. Allowing (and giving permission) for people to cause suffering to others.
   -- Ie, many people think that it's acceptable to cause suffering to others, as long as they stay within the law.

10. Actually against you protecting yourself.
    -- Eg, a perpetrator (thief/rapist/murderer/attacker/criminal), comes into your house, and they're 6ft tall, and look very strong, and you are 5ft tall, and physically much weaker than they are, and so after telling them to leave (and they don't), the only way that you can prevent any harm coming to yourself, is to use a weapon to injure/immobilise them (until the police arrive). However, if you injure (or accidentally kill) them, you can be sent to jail, because the perpetrator didn't have any weapons on them. Ie, because you didn't fight them with equal force/weapons, you can go to jail.

-- How does this make sense? Indeed, many laws appear to protect the inconsiderate/selfish people. Indeed, this is a very telling sign of the civilised world.

11. Are always increasing, and therefore, all the problems (from all of the above points), will only ever escalate.

Note:
Most people have been brainwashed/programmed to believe that if there are no rules, then life will be worse. Yes, some people might do “bad” (inconsiderate) things, but they also know, that people are ready to take revenge, in whatever way they like (since no laws exist). Ie, that is probably a bigger deterrent, than any present laws/police/courts/prisons/etc.
-- Therefore, a world without rules/laws/police/courts/prisons/etc, will naturally reduce the amount of suffering in the world.

However, people do not want this, because people want rules, because rules help allow (and protect) people in their immoral behaviour, of using/enslaving other people, (as their personal-slaves, and/or work-slaves).

And the biggest rule/law, which protects the worst criminal, is the law which allows people to have babies.

Parents/people/companies/governments/organisations/etc, all try to brainwash/program people (slaves), to believe that: “lies are bad”, “no one should lie”, “people do not lie”, etc. Of course, they only do this, so that they can use this to their advantage, (so that they can get what they want from the slaves).
-- Ie, the slave-owners (and slave-drivers) want:

1. **The slaves to never lie, to any slave-owner, (or slave-driver).**

2. **The slaves to believe everything that their masters are telling them.**

The point is, that this should be so obvious to see, yet people keep believing the lies that people/companies/governments/organisations/etc, keep telling them.
-- Ie, what proves how deep the brainwashing/programming is, is that no matter how many times people find out that the companies/governments lie, they still forget this very quickly, and go back to believing their words and promises.

Many people would say, that they're awake to this lies, however, this is simply not true, because if it was true, then there would not be so much suffering in the world.

Another key point, is that parents do not realise, that when they brainwash/program their

child (to be the parent's personal-slave), that they're actually making that child a slave to other people/companies/governments/etc.
-- Ie, the parents are responsible for causing all of the suffering in the world, because they keep creating people, who become the future slave-drivers, and slave-owners.

Note:
Teaching a child not to lie, is perhaps one of the easiest ways for parents to win the war against them.
-- Ie, a parent brainwashes/programs the child to not lie, and then they use this to their advantage, since they know that the child won't lie, but they can (and will).

Needless to say, this doesn't last long, because many children soon start to lie to their parents.

However, the war between parent and child, begins much earlier than this.
-- Indeed, the war of control and manipulation, starts from the very beginning.

Many people realise that the "civilised" world does not have the answers, but these people keep making the same mistake, in believing that "answers" to life's problems, can be found from some other: civilisation/race/tribe/culture/planet/god/entity/dimension/realm/religion/group/organisation/person/extraterrestrial being/inter-dimensional being/high spiritual being/etc, especially if they:

1. Have a very different way of life.
2. Are physically far away.
3. Are in a different dimension.
4. Are a different race.
5. Have gone into meditation for 50 years.
6. Are ancient.
7. Are from the future.
8. Are from a different timeline / parallel universe / etc.
9. Are not well known.
10. Are living very basically, (eg, just living in a jungle, hunting and gathering).
11. Are more advanced in technology.

12. Have some special “abilities”, (whether due to some technology that they have, or due to them naturally being able to do it).

13. Are only able to be accessed/communicated with, via unconventional means, (eg: channelling, telepathy, automatic writing, remote viewing, etc.)

The point is, that people are making the mistake, of hearing these things, and therefore:

1. Assuming that they are (or were) wise, and worth listening to.

2. Assuming that they're benevolent. (Indeed, if they were that benevolent, then they would have helped reduce the suffering on this planet).

3. Not realising that almost all of the information that is created, is created for the purposes of controlling/manipulating everyone, (so that some person/entity can get what they want).

4. Believing that if they do not use the normal senses, that this is more reliable. Ie, if they use their sixth sense, then that is a reliable source of information.
   -- Of course, it doesn't matter if a person uses their twelfth sense, the information can still be disinformation.

   Ie, all information can be disinformation, no matter how this information is received, (eg: in writing, orally, visually, in images, channeling, in feeling, intuition, etc).

   Similarly, if the person is accessing their soul/sprit (or their higher self, or the source, or whatever else), then this too can also be disinformation.
   -- Indeed, it could be argued, that the human body is just a vessel, and therefore, that people are not the problem. Ie, the soul/spirit is in fact the problem. Indeed, if you believe that the soul/spirit leaves the body after death, and then takes another body/vessel, then this sounds very much like a parasite taking/using a host.

   The point is, that people have been brainwashed/programmed to believe that the soul/spirit/source/etc, is pure/wise/benevolent/etc. However, this cannot be true, because no part of the manifestation can be benevolent, (since so much suffering is being allowed to exist).

Looking at this all from another angle, it's easy to know, that all answers (from wherever), are not going to be wise/benevolent/etc, because in the long-term:

1. No system works well.

2. No method works well.

3. No techniques work well.

4. No future plans are going to end well.
5. No teachings will work well.
6. No solutions will work well.
7. No side will win.
8. No change will work well.
9. Nothing will work well.
10. Etc.

This is obvious, and as soon as you see and accept that, then you understand that there is a fundamental flaw in the whole manifestation.

Ie, there's no point in building a house on quicksand.
-- Ie, you can talk all you want, about how to design the house (for looks and functionally), however, it's all irrelevant, because the house will break apart (when it inevitably start to sink).

Ie, you have to keep going deeper.
-- Ie, what you think is deep (and fundamental, and “a blank sheet”, etc), is probably still superficial.

Note: I say that “there is a fundamental flaw in the whole manifestation”, but this is not really true, since a “design flaw” suggests that it has designed with good intentions, but someone accidentally made a fundamental mistake in it.
-- Ie, an examination of life, shows that there are no flaws (fundamental or superficial).
-- Ie, all suffering is deliberately created, and life is deliberately design to be cruel/evil.

Another example of all of this, is that some people look at “ancient texts” for answers. And they like to say that some ancient text says x, y, z, and therefore that everyone should do this.
-- Ie, just because this information is from an “ancient text”, many people automatically assume that it must be good/benevolent/wise.

Or, they hear that there is a dimension, that holds all known facts about existence (past, present, future), and they just believe that all the information in it will be correct, and they never question that this could be partly (or totally) false, deliberately designed to fool people (for someone's benefit).

The point is, (as mentioned before), no one can be trusted, and no thing can be trusted, since everyone is allowing suffering to exist (in this manifestation).

Also, just because someone might have the ability to do something unusual (which people on earth cannot do), that does not mean that they're going to give wise/benevolent advice. And, whether they're able to do their special “abilities”, due to some technology that they have, or due to them naturally being able to do it, makes no difference. Ie, no matter how advanced their natural abilities are, or how advanced their technology is, it's irrelevant, because they might not be wise.

The best analogy, is that:

> If an evil person exists, and then 1000 years later, that evil person has advanced technology, then that does not make them a better person. Ie, having advanced technology, does not mean that they are wise.

Also, if a group of people (eg, a community living in the jungle), live in a very simple way (just hunting and gathering), this does not mean that they are wise.

Also, if a person has gone into meditation for 50 years, then that does not mean that they are wise.

All “gods” (past and present), are just ideas/beliefs/concepts/images/etc, that are created by people/entities/companies/governments/etc, and these beliefs are then brainwashed/programmed into the slaves, (because the slaves are then easier to use/abuse/control/manipulate/etc).

All gods do not care how much suffering they cause, as long as they keep getting what they want.
-- This is obvious, because otherwise there would be zero suffering.

It's important to note, that sometimes these religious Ideas/beliefs/concepts/images/etc, do not need any proof. Ie, a story is enough. However, sometimes proof can be given, by:

1. Faking miracles/events/help/experiences/sensations (to (or in) the person).

2. Performing real miracles/events/help/experiences/sensations, (but these “miracles/events” are nothing more than unknown technology (or unknown natural abilities), which the enslavers (people/entities/companies/governments/etc) have. And, if selfless “help” is given/shown/demonstrated, it's just part of the long-con. Ie, they give you something you want to see/believe in, and then once you're hooked, they can get whatever they want from you.

Also, all of the above is true, regardless of whether the god has a form, or is formless.

-- Even if you define god as the manifest/unmanifest/etc, it's still the same case, except that god is then everything. Ie, god/everything is still creating humans for it's own selfish benefit (whether pleasure/sustenance/entertainment/etc), and god doesn't care how much suffering is caused to humans/entities/planets/etc.

People are very easy to fool (in general), and so it's no surprise, that people are easily fooled into believing that gods exist.

Most people think that they're not that easy to fool, and this is why they are easy to fool.

Moreover, this arrogance means that people are doomed to keep suffering.
-- Ie, people might learn a lesson, but they only learn that lesson in that specific part of life. Ie, you can simply pick another aspect of life, and fool them again.

And, people are not going to be able to break free from it easily, because people have been brainwashed/programmed to believe that it's good to be right/correct/strong/a winner/etc.

It's easy to prove, that almost all people are easy to scam/fool/trick, because the fact is, that all the suffering in the world, is caused because people have been scammed/fooled/tricked/conned.
-- Ie, people are constantly being scammed/fooled/tricked/conned/brainwashed/programmed, and that is why they're suffering. If they didn't fall for any of it, then they would not be suffering so much.

If you just examine how any short-con (and long-con) works, you'll see how easy it is to fool/scam/trick/con people.
-- Moreover, you'll then begin to see, that the civilised world encourages it. And, when you're really good at it, then you'll be called "successful".

Note: To make this behaviour acceptable/normal/good, nicer words are used (eg, convince/encourage/confidence/charm/etc).

Of course, schools will never teach children how to avoid cons, because schools are designed to do the exact opposite.
-- Ie, schools are created, to brainwash/program children, into becoming people that can be easily conned/controlled/manipulated/told what to do.

On top of this, schools are deliberately designed to keep increasing a child's assumptions/arrogance/desires/fears/etc. And, this is extremely important, because a person can only be conned/tricked/fooled/controlled/manipulated/enslaved/used/etc, if they have: assumptions/arrogance/desires/fears/selfishness/etc.

This is why people are so easy to con, in all aspects of their life (relationships/friends/family/jobs/etc).
-- And this is why, it's so devastating when the relationship/friendship ends. Ie, part of the reason why it's so devastating, is because they realise that, that aspect of life (eg,

relationships), is itself the cause of the problem. However, they then realise, that if this is true, then they must have been fooled/conned/brainwashed into it. And, it's always devastating to realise that you've been coned/used, by your ex-partner, and by the system, and by everyone that encourages this aspect of life (eg, relationships).

Moreover, they then begin to question other parts of life, and see that the other aspects of life (eg, friends/family/jobs/having children/etc), are also a con, and are just ways to use a person as a slave.

However, even more devastation arises, when the person realises that, all these aspects of life, is what makes up “life”. Ie, life itself is prison/torture/slavery/rape, and has no other purpose.

The point is, that it's important to teach yourself this subject (of how cons work), because then you'll see it in all aspects of everyday life, and in life itself.

Ie, many people/companies/organisations/institutions/governments/etc, are doing this all the time to each other. And, the only way to avoid it, is to see how it is being done to you.

Note:
There's no difference between a relationship (between two people), and a relationship (between a person and some other entity/god).

Ie, in a relationship between two people, they get together, because they want something from each other. And in a relationship between a person and an entity/god, they get together, because they want something from each other.

Ie, each individual is responsible for the suffering that's in their life, because people can't be conned/used, unless they selfishly want something from the other person/entity/god/company/government/etc.

Note:
There are so many ways to fool people into believing that some entity is a god. Some of these are:

1. The entity starts a plague/illness, and then later comes and cures it.
2. The entity has the ability to read a person's mind.
3. The entity helps the humans in some way.
4. The entity can give a person a “divine/godly” experience.
5. Etc.

The point is, that even if an entity (calling themselves god) helps humans, this should be questioned/challenged/examined (to see if it's a long-con).

When a person (a con artist), is playing the long-con on another person (the mark/target/victim), they give the mark some things that they want, (and they usually give it for free, or at a very low cost, or at a very low cost/rate of exchange). -- Then the con-artist will continue to give these things (to the mark), until the mark is totally hooked.

As soon as this happens, the con-artist will then be able to get the thing (that they were originally after) from the mark. And, if the mark is gullible enough, then the con-artist will keep it's relationship with the mark, for as long as the con-artist can keep getting what they want from the mark.

The point is, that the above paragraph, can be use to describe:

1. How a con-artist gets things from a mark/target/victim.
2. How someone tries to get a person to be their partner/friend (or whatever relationship).
3. How an entity/god tries to get things from a person.
4. How all people become trapped in a life of prison/torture/slavery/rape.

Note:
The key part of the con, was that the mark wanted something (wether compliments/attention/time/devotion/pleasure/sex/objects/money/popularity/fame/job/career/etc). Ie, their selfish desires, is what allowed them to be blind to the con.
-- Indeed, without wanting something, you cannot be conned.

It's very important to see, that some con-artists use long-cons, which are very long-term, because very long-term cons, can lead to much larger gains. Of course, the long-con will have many small-cons embedded in it.
-- Indeed, this is true for most things in life. Ie, when someone is trying to get things from a person, they might constantly shift between short-cons and long-cons, depending on how their relationship with the mark is going.

People can try to do background checks (and other research) to avoid being scammed, and although it will help, it's important to realise, that there's no solid basis in reality, to

money/ownership/companies/property/governments/possessions/etc.

Ie, all of these, only have value, if people collectively give it value/definition/meaning.

Indeed, this is also applicable to "people", and hence also "you" (as an individual person), and also to your mind/body/soul.
-- Ie, absolutely nothing has a solid basis in reality, however, everyone keeps creating/perpetuating these things, and they also keep trying to make it all sound benevolent, but it's all just malevolent.

Let's look at a common scam, that involves money. A mark is offered a very good rate of interest, and so they invest in this scheme, and initially they get good monthly profits/returns from this scheme. Gradually (over a year), they're encouraged to invest a little more money, and each time they do this, they make even more money. Then, at any one of these future investments, the mark will hand over an even larger sum of money (to be invested), and, of course, this is when the con-artist will keep the money, and never been seen again.

What can make this con more beneficial (to the con-artist), is if the mark gets his monthly profits/returns, not in the form of money, but in the form of an invoice. Ie, the invoice shows the mark, that their account has been credited with the profit/return, but (of course), this is just what the invoice says, and it has not happened in reality. Ie, the mark never actually got any money back, on any of the investments. Ie, they were just told that they made profit, by giving them some piece of paper. Ie, all money that the mark gave (to the con-artist), is now gone.

Some people believe, that scams like this can be avoided, if you research the con-artist. Yes, doing background checks/research can help (a lot), but never be fooled into thinking that this will make you 100% safe. This is because, there never is anything solid underneath it all. Eg, your background checks/research, might show that the scam-artist's company is real, and that the company is using an accountant who is also real (and accountable for). However, it's foolish to assume, that this means that your money is safe. There can be many reasons for this, so let's now look at one.

You might try to investigate to see if the con-artist's company is real, and so you check if there is a real solid premises/building (where the company is supposedly based), and there might be such a premises However, unless you go there every day, you don't know what really goes on in that building. And, even if you did go there every day, you don't really know what state of affairs that company is in.

Yes, you could then check to see if the company has a well known (and reputable) accountant, but that doesn't mean that that accountant isn't lying in the accounting paperwork. Yes, you could then check to see, if there's a backing promise from the government, which says that if the company and/or accountant are found to be fraudulent, then the government will reclaim the money (from the fraudulent company) and that this money will be given back to the investors. However, this is all just words/theory. Ie, in practice, if a company is fraudulent, they would hide the money (somewhere where the government will not find it). Ie, if you did invest with the scam-artist, then even if the

government did investigate it, you'll probably never get your money back.

The point is, that there's no way to guarantee anything.

This is especially true for money, since it has no solid basis of reality. Indeed, if the value of money is zero, then money is worthless.

Many people know this, however, they don't realise that this is also true for property.
-- Eg, a person might own a house, but they'd be foolish to think, that this is something that has a solid basis in reality. Ie, yes, the building (unlike money) is solid, however, your ownership of it, has no solid basis of reality. All you have, is a piece of paper, which says that you own that house. And, that piece of paper, only has value, if other people say that that piece of paper has value. Ie, it's not much different to money.

Eg, if all the money in the world suddenly had zero value, then the world would go into chaos. Suddenly, you could have a group of 50 people invade your house, and say that the house now belongs to them, and they might even kick you out of your own house. Ie, the piece of paper (which said that the house belongs to you), only ever had value, if the courts/police/etc enforced it's value. And, without all of that, you don't own the house.

Indeed, in this situation, you don't own anything anymore. Ie, all possessions that you thought were “yours”, do not belong to you (or anyone) any more.

However, in this situation, no laws exist, which means that no possession “belongs” to anyone, and therefore, “stealing” no longer exists. And therefore, anyone is allowed to have anything.
-- Yes, some people will try to enforce some morals, but that would only exist on a moment to moment basis.

Ie, legally speaking, there's no one who can say:

1. “You must do this, and you can't do that.”
2. “You need to do “x” (eg, get a job), before you can do “y” (eg, live on a piece of land).”
3. “You can't build you own house, however you choose, without permission.”
4. “You must believe that life is good, and death is bad.”
5. “You must have a name and age.”
6. “You must believe that you are a separate entity, (called a “person”/“human”), which is separate from all other things.”

Of course, if it was known that there is no separation (and therefore no separate entities),

then there would be no need for rules (legal/social/moral/etc), because only “one” entity would exist.

There is no good way to make decisions.
All ways, are designed to cause you suffering (at some point).
-- This includes:

1. Rational thought.
2. Intuition.
3. Listening to your higher self.
4. Resonance.
5. Listening to your inner voice.
6. Watching thoughts arise.
7. Sensing movements, (eg, if part of your body reacts a certain way).
8. Sensing feelings/sensations, (eg: if you get a certain sensation in a certain part of your body).
9. Seeing signs in life (internally/externally/or whatever else). Eg, synchronicity.
10. Silencing the mind.
11. Etc.

Ie, it doesn't matter whether you use your body/mind/soul/spirit/higher-self/other dimensions/etc, you will still suffer, because everything in the manifestation, is there to cause you suffering (in the long-term). Ie, one decision making technique, might be working for you, however, this is exactly how a con works.

Ie, the decision-making technique is supposed to work flawlessly at the beginning, so that you get hooked on using it, and then a big decision needs to be made, and at that point, you might end up suffering severely (due to being tricked, (by the decision-making technique)).

It's also important to remember, that absolutely every part of the manifestation, can be a deception (deliberately put there, to misdirect you). The reason for this misdirection, is because some entity (or whatever), wants to use you (for their selfish desires), and this will inevitably cause you suffering.
-- And, there's never a way to escape this, because everything is part of the manifestation,

(including your body/mind/soul/spirit/higher-self/other dimensions/etc.)

It's important to realise, that no matter which method of decision making is used, it's all ultimately the same end result. This is because, all things (feelings/thoughts/voices/sights/feelings/movements/etc), arise in the manifestation, (from the unmanifest).
-- Therefore, if the unmanifest/manifest wants to cause you suffering, no method of decision making, will help prevent this.
-- Indeed, this previous sentence is a bit ridiculous, since the “i”/“you”, is also just something (a thought) that has arisen in the manifestation.

However, what this does mean, is that there really is nothing/no one else to blame, except the unmanifest/manifestation. And, if you know yourself to be the unmanifest/manifestation, then you are to blame.
-- Ie, this is just one more part of life, which when examined, proves who/what is to blame (for all the suffering), and this proves that the solution has to be at that the level of the unmanifest/manifest.
-- Ie, the only solution that will work, is a total change of the unmanifest/manifest.

And all of the above, is just another perfect example, of how cruel/evil life is.

Only after accepting that, “Everything in the manifestation, is deliberately designed to cause suffering”, can the whole manifestation transform (from suffering, to an ever-deeper freedom/peace/love/bliss, or “That” (non-existence)).

However, despite the fact that freedom/peace/love/bliss, could be the result, many people do not want to accept this statement as being true, (not even as a 0.1% possibility). This is because, accepting this statement, means that they have to:

1. Admit that they themselves are part of the problem (of causing suffering to others).

2. Accept that they (and all their loved ones, and worldly possessions/slaves/etc), will need to be permanently dissolved (along with everything else in the manifestation). Ie, accepting this statement, means that they accept, that they have to “die”.

Of course, rejecting the statement for these reasons, is totally stupid, because if such a solution was made, then the person’s life would become freedom/peace/love/bliss, with zero suffering.
-- Ie, the person would not “die” (as such), but just transform, from a person (with lots of suffering), to freedom/peace/love/bliss, (or beyond freedom/peace/love/bliss).

Or, it could be seen as the “person” (which is what suffers), gets dissolved, and what remains is freedom/peace/love/bliss, (or beyond freedom/peace/love/bliss).

Moreover, this is not just a selfish act (where only you benefit), because suffering will end

for all people/entities/beings/things, and all that will remain, is an ever-deeper freedom/peace/love/bliss, or “That” (non-existence).

When someone (the perpetrator), does something bad to a person (the victim), many people often comment about the perpetrator saying: “I don't understand why they did that”.
-- The people who say this, are the cause of most of the suffering in this world.

This is because, it's so easy to understand why perpetrators do what they do. Indeed, all you need to do (to be able to understand this), is to look at life clearly/honestly. Ie, the people who do not understand why perpetrators do bad things, are the people who not only refuse to see life clearly/honestly, but they deliberately muddy it all, so that their bad actions, can't be seen.

Ie, these people want to keep using their slaves, and so they're actively creating (and perpetuating) a world/reality, where causing suffering to your personal-slaves is acceptable/normal/good/important/etc.
-- Ie, what these people aren't seeing, is that this world/reality (which they're actively creating (and perpetuating)), is what causes slaves to suddenly do bad things to people.
-- Ie, these people are literally responsible for:

1. Creating the perpetrator.

2. Making the perpetrator snap, which causes harm to the victim.

Ie, these people, are responsible for the suffering that the victim endures, since they are the cause of it.

And the above is all true, no matter how big or small the perpetrator's actions.

Throughout this book, I call parents (and those people who think that it's ok/acceptable to have children), “selfish/immoral/cruel/evil”. However, it should be noted, that although I use these words, these words are not enough.
-- Indeed, even if you add up all the times that I say this (in this book), it still does not convey, just how bad this situation is (where 99.9% of the population, believe that it's ok/acceptable, for people to have children).

Indeed, how can four words, make up for:

1. **The amount of suffering that all children have to go through (throughout their entire childhood, and for the rest of their lives).**

2. **All the suffering in the world, that everyone has to deal with, just because some people have the selfish desire, to have children, (and the**

other people, are selfish/immoral enough, to do nothing, and/or let this continue (saying that having children, is ok/acceptable)).

Note:
It's common, that most children that are bullied, will become the bully (at some time in their childhood/life), if/when an opportunity presents itself. (This will happen, but not because the person wants to be a bully, but because they want to feel/have something (eg: control/power/energy/etc), and so they do things, which is bullying/controlling/manipulating/etc, (even if they don't realise that they're now the bully).

However, it's important to see, that all children have been bullied/controlled/manipulated/used/brainwashed/programmed/etc, because this is what all parents do to their children, (whether they realise it, or not).

This is true, because a parent would not have a child, if the parent thought that they wouldn't be able to get their child, to be what they want it to be.
-- And what this means, is that parents have children, knowing that they will try to control/manipulate the child, to be (as they want the child to be).

Also, parents only have children, because they want something from the child, (eg: love, energy, entertainment, respect, power, authority, control, happiness, etc).
-- Ie, it's to be expected, that after having the child, the parents will do whatever it takes, to get these things from the child.

Moreover, the harder that the parents have to work (to earn money, to keep the child alive), the more that they'll except to get these things (eg, love, energy, entertainment, etc) from the child.
-- Ie, the parents want to get their reward/result/returns, that comes from having a job. Ie, the harder they work, the more pressure that the parents will exert on the child (directly or indirectly), to give them (the parents) what they want, (eg: love, energy, entertainment, respect, power, authority, control, happiness, etc).

Indeed, what is said in the previous paragraph, is also true for relationships.
-- Ie, if only one partner is working, and they're working hard everyday, they they're going to expect rewards (eg: pleasure, happiness, love, respect, etc), from their partner.

The point is, that all children are forced to go through this bullying/control/manipulation/etc, and therefore, when they grow up, they will do this to their partner/friends/etc.

However, there is always a key moment, when an adult (or teenager) will realise, that instead of trying to find the ideal friend/partner/family (that will love them, respect them, etc), why not just have a baby, and make/mould/groom/force/brainwash/program/condition the baby/child, into the perfect friend/companion/etc.

Therefore, they deicide to have a baby. And why not, since it's seen by 99.9% of the population, as being a hobby that is

good/moral/important/praised/congratulated/respected/etc.

Of course, the result is, that this horrific cycle-of-suffering, never ends.
-- Therefore, how can some words (eg, “selfish/immoral/cruel/evil”), ever be enough, to convey how horrific this never-ending situation is.

And although I can use words like “suffering”/“whole world”/etc, none of these words can ever convey, just how much suffering everyone is going through.

Moreover, instead of analysing/exposing/revealing/admitting how deeply everyone is suffering, the exact opposite is happening, because everyone wants to hide their selfish/immoral/cruel/evil actions, (whether these actions were past, present, or are planned for the future).
-- And, since everyone is constantly doing this, the result is that everyone believes that:

1. This amount of suffering (that children, and adults go through) is normal, and should be accepted.

2. Everyone should see all these things (eg: family, children, friends, partners, “loved ones”, etc), as good positive things, (and not the truth, which is that people are just being used/controlled/manipulated, like slaves, which means that everyone’s life, is just prison/torture/slavery/rape).

3. Everyone should see “happiness”/“love”/etc, as the things that occur, when you have a: family, children, friends, partners, “loved ones”, etc.

4. Etc.

Of course, all of these points (1 to 3), are done, to hide the fact, that the opposite is true.

Indeed, it must be opposite, because all these things, (eg: family, children, friends, partners, “loved ones”, etc), only exist, because people want something from the other person/child/baby. And, because they want something from the other person, then they will do whatever they can, to get it.

It's all literally, upside-down.
-- Ie, it's not just slightly skewed, (or even totally skewed), but it's actually totally upside-down.

Therefore, the deeper you look into this whole subject, the more ugly it will all get.

Indeed, (somehow), the depth of the selfishness/immorality/cruelty/evilness, never ends.

Life is not “Survival of the fittest”.
Life is “Survival of the stupidest”.

In this case, I use the word “stupid” as an opposite to the word “wise”, because any person who can see life clearly, knows that life is prison/torture/slavery/rape, and therefore, only the stupid want to survive.

Some people can see some of this, however, most of those people are still selfish, because:

1. They care a bit, but not enough to want to help stop everyone from suffering, (especially if it means that they have to lose their personal-slaves).

2. They don't care at all about other people suffering.

3. They think that it's enough to just care for their family and friends.

4. They think suffering is acceptable, since they believe that “life is survival of the fittest”.

Even if you are not a person who enslaves/tortures/imprisons other people, people are suffering, and therefore, you're letting other people do it to other people. Therefore, every person/entity/thing in the manifestation, is responsible for all suffering in the manifestation.

Since “Life is survival of the stupidest”, this perhaps means, that life is a game, to see how stupid people really are.

Ie, the game is to keep people in a constant state of suffering, and laugh at how stupid they are for:

1. Wanting to stay in it.

2. Thinking that they’re being clever/intelligent/etc, (by finding ways to stay in it).

3. Thinking that they're the “strongest/fittest/etc”, because they're able to fight to stay alive.

4. Etc.

Since “Life is survival of the stupidest”, this perhaps means, that life is a compliance/obedience test.

Ie, some people/entities, tell the population (of earth), a bunch of lies, eg:

1. “It's important to stay alive, because of x, y, z.”

2. “Suffering is good/necessary/etc.”

3. “Life is good, death is bad.”

4. Etc.

And then the population (of earth) are made to constantly suffer. Of course, everyone who is fighting to stay alive, are proving their obedience (to those people/entities, that told everyone these lies).

Ie, despite everyone having this direct experience (of life being nothing but prison/torture/slavery/rape), they still believe in the lies (eg: “suffering is necessary”, “life is good, death is bad”, etc).

However, these lies are not just told by companies/governments/etc, because these lies are spread by everyone (because everyone wants to keep their personal-slaves).
-- Ie, this means, that everyone is gaslighting themselves, and each other.

There are many people, who know (deep down), that life is wrong/ridiculous/pure insanity, however they keep trying to alter their perception (and the perception of others), to make life into something that is good/important/sane.
-- Ie, everyone is enabling each other's delusions.

Inevitably, the delusions become so strong/real, that people believe these lies/delusion, more than their direct experience (that life is nothing but prison/torture/slavery/rape). And, when this happens, this means that they're ripe for slavery, since they’re easy to brainwash/program/control/manipulate.

Ie, the prison/torture/slavery/rape (of life), is not only useful to get people to be used as slaves, but it's also a constant test, to see which slaves can be put into a deeper/darker slavery, (where they're used/told to do ever-worse negative actions/behaviours/things).

Ie, life itself is a compliance/obedience test.

People who do “research”, (ie, reading what other “experts” say about a subject,) and then try to find “proof” and “evidence”, are the people who are perpetuating (and creating) suffering in the world.
-- This happens, because they're misdirecting themselves, and others.

If you want to reduce the amount of suffering in your life (and other people's lives), then you need to examine yourself, and how you're using other people (as your personal-slaves, and work-slaves).
-- Then, keep doing this in an ever-deeper way, (eg, how you use people to get energy, (and therefore you're using people as energy-slaves).

Ie, you need to become aware of what is happening within you, and in others. And, this can only happen, by looking at your thoughts, (and the feelings/sensations in your body), as you think/do every little thing (in your everyday life).

The point is that:

1. Most people will choose to do anything, other than look inside themselves, (because it will reveal all the ugliness in themselves/others/life).

2. It's infinitely easier to just: read books, look at things on the internet, go to lectures, do “research”, go looking for “proof” and “evidence”, etc.

Most people are causing a lot of suffering in the world, because they're trying to create (and/or reinforce), the belief/brainwashing/programming, that: “It's important to trust only “experts”/“proof”/“evidence”/etc”.

The point is, that if you (yourself) are not able to know something by first-hand direct experience, then it's not something that can be believed to be true.
-- Therefore, it's utter stupidity, to believe “experts”/“proof”/“evidence”/etc.

However, the real reason that people believe “experts”/“proof”/“evidence”/etc, is because they're not looking for the truth.
-- Ie, what they're looking for, is anything that they can use, to create/reinforce their belief system.
-- And they're doing this, to make themselves feel better, about all the suffering that they're causing their personal-slaves (and work-slaves).

Ie, they're looking for “experts”/“proof”/“evidence”/etc, that will say that their decisions in life (eg, having children, getting married, having friends, etc), is good/moral/etc, because this means that they can:

1. Feel guilt free about all their immoral actions.

2. Feel safer/happier/more secure, knowing that many other people are doing the same thing. (Security in numbers.)

3. Feel moral/superior.

4. Etc.

This is why most people like “experts”/“proof”/“evidence”/etc, and why they're constantly trying to convince others, that this is the only trusted source of information.

“Experts”/“proof”/“evidence”/etc, are bad things, no matter which way you come at

it.
-- Eg, “experts”/“proof”/“evidence”/etc, can only ever be from people, who themselves had the first-hand direct experience, and usually, this is a small number of people, (eg, the news reporters in the middle of a war conflict). And, since this is a small number of people, it's infinitely easier to control/manipulate them.

Ie, the information that these few people collect, (and then spread to billions of others), can easily be totally incorrect, by simply:

1. Forcing these few people to release certain information (which you want them to release). This is so easy to do, by threatening them (or their job, or their family), bribing them (with money, or a promotion), or any other method.

2. Tricking these few people into believing something, (which was a staged/fabricated event).

3. Etc.

Ie, by simply tainting this small number of people, (which can be done so easily, in so many ways), billions of people are misdirected/misinformed.

However, the people to blame (for everyone being misinformed/misdirected), is everyone.
-- Ie, everyone wants other people to believe that “You should only believe “experts”/“proof”/“evidence”/etc”, because the only other option, is that people start to only rely on their first-hand direct experience, and this would mean that they have to look at their own actions, and accept responsibility for every word/action that they do.

Ie, everyone is constantly gaslighting each other, but on top of this, each person is also constantly enabling everyone to keep gaslighting each other.

It's important to realise, that it's totally irrelevant how much people say that they want the world to change (to a world where there's less suffering), because in reality, almost all people will deliberately keep creating/perpetuating suffering, (even if the whole world has free energy, free healthcare, no banking system, and whatever else they can think of).
-- To understand why this is true, two things need to be understood:

1. Almost everyone keeps deliberately creating/perpetuating suffering, by constantly:
    a) Gaslighting each other.
    b) Enabling everyone to keep gaslighting each other.

2. The reason why almost everyone will always keep doing this, is because almost everyone has children, or are pro-baby (people who believe that people should be allowed to have babies).
    -- Ie, the people who have children, (or are pro-baby), will never stop

gaslighting people, nor stop people who are enabling everyone to keep gaslighting people, because, they need everyone to ignore their direct experience of life (that life is prison/torture/slavery/rape), and instead be brainwashed/programmed to believe that “life is good/important/precious/etc”.

Ie, people who have children, have to keep doing this, because otherwise they (and others) will have to see/recognise/admit, that life is cruel/evil (and full of suffering), and they'll never want to admit this, because if they do, then they'll also have to admit, that they were extremely selfish/immoral/cruel/evil, for having a baby (for their own selfish reasons), whilst knowing that the baby would suffer regularly throughout it’s entire lifetime.

Most people value life, and think that “life is good/important/precious/etc”. However, most people have never really examined what life actually is.

And, it's not even that hard to examine life, because everyone has dreams, and in these dreams, they know that what they see/hear/smell/touch/etc, is just as real, as in real life.
-- Therefore, this should be a simple enough place to begin, to realise that everything that they've been brainwashed/programmed to believe, is all lies.

All that has to be understood, is that “facts” of life, are just beliefs that have become so repetitively brainwashed/programmed/ingrained in you, that you cannot even fathom that they are just beliefs/ideas/stories/fairy-stories.

Therefore, people just need to start challenging everything (whether it's said by people/parents/partners/companies/academics/experts/governments/etc).
-- And, “challenge everything”, means challenge every single word that is said to you.
-- And, challenge every word, in every thought, that you have.

When challenging things, you just need to start with any story, (no matter how basic it is). Eg, if someone says, “But there are 7 billion people on earth, and this is increasing/decreasing, and therefore x, y, z”, then don't just get caught up in the x, y, z argument, because the x, y, z argument, is not only totally irrelevant, but it's misdirection, and it reinforces people's delusions. This is because, the whole statement is based on the assumption, that there are 7 billion on earth, and that the number of people are increasing/decreasing. Ie, the key point is, that both of these things are perhaps impossible to ever know.

Another example, is when people say something like: “They've had this advanced technology, for the past 1000 years”. How do they know? Were they there throughout each of those years 1000 years?

Note: It's important to see, that it is actually ok to talk about such things (eg, “1000 years”), however, only if it's to make some specific points (to help deprogram a person), and whilst also retaining the knowledge, that it's a bit ridiculous to talk about anything, that you

haven't personally experienced yourself.
-- Ie, if the purpose of talking about it, is to deprogram yourself/others, and then move on, then it's fine to use such information. However, if this information is said/designed to be clung to, then this is programming, and it will inevitably cause suffering (to yourself, and others).

The point is, that if you can challenge everything, even to see that there's a 0.1% chance that it's incorrect, then that's all that's necessary.
-- Because, if it's perhaps 0.1% incorrect, then it's still incorrect/lies. And, this makes you naturally challenge all the assumptions behind everything that is said to you, (and that you say to others).

This is important, because if you can accept that you might be 0.1% wrong, then you are accepting, that you might be totally wrong.

However, it's also important, to include all events/stories/“facts”/things/concepts/beliefs/etc, as possibilities.
-- Ie, you never believe/accept, that any one event/story/“fact”/concept/belief/etc, is the one and only fact/truth. However, you do accept the possibility, that any (and all) of them, are 100% true.

Also, it's important to see/read/hear things, and get to the real issues. Eg, some people talk about how they were abducted by aliens, and how they were tortured (and suffered) during the abductions. Ie, what really matters here, is that something has happened to them, which has caused suffering. And, it's important to include all suffering, whether before, during, or after the event, (whether directly, or indirectly).

Ie, even if people don't believe that alien abductions are real, the point is, that something is causing these people to suffer, (whether that suffering is caused by a: physical abduction, hallucination, nightmare, or whatever else). Ie, even if you don’t think that a physical alien abduction is possible/real/true, that does not mean that you stop helping these people.

Ie, all suffering needs to be reduced/eliminated, regardless of whether you think that the suffering is:

1. Real, imaginary, psychological, or whatever else.
2. Small, insignificant, etc.
3. Etc.

If you can see that there's a 0.1% chance, that all statements/beliefs/thoughts/facts

are incorrect, then this can (in time) change your life.

The 0.1% number, might be small, however, it's extremely important, because it's like a crack in a dam, which (over time) will get bigger, until the whole dam totally collapses.

The dam is an analogy, for all the beliefs that you have, all of which create your suffering.

The point is, that if you can just start with believing/understanding/realising that you might be 0.1% wrong, or that there is a 0.1% chance that someone else is right, then that is all you need to do. After that, the rest will be a natural process of destruction/dissolution (of all the beliefs/truths/facts/lies/etc, that have been brainwashed/programmed into you).

The desire/decision to have children, is based on many assumptions.
-- Most of these assumptions, are what leads directly to the parent's suffering.
-- And, some of these assumptions are so big, that the parents end up being devastated.

To write a list of all the assumptions (that all parents make), is impossible, because the list would go on forever.
-- Indeed, that is why the suffering in the world, goes on forever.

A few of these assumptions (which parents make), are as follows.

Parents assume that their child will love them, however, many children (whether as children, or as grown adults), will not even like their parents. And quite a few children will hate their parents.

Parents assume that they will love their child, and have wonderful feelings towards their child, however, it's well known, that some parents can end up with negative feelings towards the baby, and this can happen in different ways (mental, physical, and emotional).
-- And, what makes this problem worse, is that everyone expects them to love their child, and anything other than this, is just not understood by most people.

When parents have children, they look forward to certain days and moments (in their future). However, these are also assumptions. Eg, some parents look forward to the time, when their child will call them “mummy”/“daddy”. And, the parents never even recognise, that this is an assumption. Ie, some children are born with their minds wired differently, and this can make it impossible for them to see the adults in the room, as being their mum and dad.
-- Therefore, no matter how old the child gets, the child never understands the concept of a mum/dad/parent, and therefore, they're never able to say “mummy”/“daddy”.

Of course, this is not a problem for the child, but it's absolutely devastating to the parents, because they wanted to play at being “mummy”/“daddy”.

Needless to say, these parents will be furious for many reasons, including the fact that

when families are portrayed in television programmes/adverts/etc, they never show this possibility. And, their parents/friends/partners/family/etc, probably never mentioned that this could be a possibility, (whilst they were encouraging them to have children).

Continuing with another example, some parents want to see/hear gratitude (from their child), and they'll be very angry if their child is not grateful to them. Of course, the parents never imagined the possibility, that their child will never be grateful to them, because their child hates being alive, and blames the parens for it. Ie, instead of gratitude (from their child), they ended up being hated.

Also, some parents want their children to look up to them, and respect them, and learn from them. However, as a child grows up, they might think that their parents do not have any qualities (or knowledge), that they would want to gain from their parents. And, the more that the parents begin to see this, the more devastated they feel.

Another example, is that some parents look forward to having grandchildren, and are devastated to find out, that their child never wants to have any children (biological, or otherwise).

And another example, is that many parents look forward to their child's wedding day, and are devastated if the child doesn't want their parents at the wedding.
-- Or, they're devastated if their child doesn't want to ever get married.

Of course, this list of examples, can go on forever.

It's important to see, that assumptions are not just within a subject (eg, relationship), but are of the subject itself.

Eg, a person might learn about one assumption, (eg, they learn that it was false to assume that a relationship will provide them with regular lovemaking), however, they might still desire relationships (due to them having other desires within relationships, which they assume will happen).

The point is, that the entire issue of relationships is a massive assumption.

Indeed, no matter what type of partner/relationship you mange to get, it will always have many negatives, which will give you a very ugly feeling inside you. And, this ugly feeling, will only ever increase with time.

Therefore, the realisation is, that it's better just be free from all of these desires, (eg, for relationships/friends/children/family/etc), because when you're free from all of them, you'll experience freedom and peace, and this feeling of freedom and peace, is infinitely better than what you feel whilst:

1. Desiring partners/friends/children/family/etc.

2. Doing everything necessary to get the partners/friends/children/family/etc.

3. Doing everything necessary to keep the partners/friends/children/family/etc.

4. Doing everything necessary to get rid of the annoying partners/friends/children/family/etc.

Yes, there are some good moments, (when with partners/friends/children/family/etc), but these are always outweighed by the negative times, (especially when you calculate the pros-cons ratio, which includes the time/money/effort/energy spent during your job, chores, etc).

The desire for partners/friends/children/family/etc, is a very strong one, not just because it has been very deeply brainwashed/programmed into people, but also because these desires are compounded by the deep brainwashing/programming that:

1. “You should try to be ‘better’ than others.”

2. “You should try to ‘win’, because winning will bring you everything you always dreamed of.”

3. “When you succeed in your desires, you will be happy.”

4. “Competition is good, because this creates a way for you to be above others.”

5. Etc.

All of these things are deeply brainwashed/programmed into people, from a very early age, and all throughout school, and all throughout life. The more you look, the more you'll recognise it everywhere.

Indeed, this is a key reason why the whole school system exists. And, when examined, you'll see it in every part of school.

Ie, it's not just in the sports (that are played at school), but it's in each academic subject, and even in general school life.

And, if you look at life, you'll see it everywhere.

-- Eg, the mainstream news programmes, are ended with sports updates (about which team won x, y, z). Indeed, this is a huge red-flag, to anyone who thinks that the mainstream news is shown to people, purely for good reasons.

And, if the news programmes were serious programmes, they would never contain anything on sport.

And, if the mainstream news was serious, the news stories would not be so blatantly full of assumptions/bias/misdirection/misinformation/lies/brainwashing/programming/etc.

Ie, all mainstream news programmes, are just another tool to brainwash/program people.

To see how much of the population are brainwashed/programmed in this way, just see how many people watch sports regularly.
-- And also, see how many people in the world, watch the large events, (eg: the football/soccer world cup, the olympics, etc).

Note:
To see how deep the brainwashing/programming is, you just need to see how competitiveness appears in almost every part of people's lives. Eg, even when many people are in their free/spare-time, and they're just socialising with their friends, they'll still be competitive in many ways, eg:

- How much alcohol they can drink.
- How much money they can spend.
- How much attention they can get.
- How many people find them attractive.
- Who has a better looking boyfriend/girlfriend.
- Etc.

The key point is, that when this many people are brainwashed/programmed so deeply, and they keep having children and brainwashing/programming them, and they put their children into the school system (which brainwashes/programmes them even more), then it's to be expected, that most people are competitive in every part of their life. And as a result of this, they're always ready to war/fight other people (and cause them suffering), just to get what they want.

Of course, a lot of this warring/fighting is done in very subtle/sly ways, and is legal, and therefore, people will continue to do it (no matter how much suffering they cause others).

And whilst doing this, they'll also try to make themselves sound moral/good/etc.

If you've gone "deep", and it's all "love/light/flowers/rainbows/unicorns", then know that you've fallen into a trap, where you're choosing to be blind to how much suffering exists in the manifestation, and therefore you're just creating/reinforcing/living in some delusional reality.

The reason why this is always the case, is because: The deeper you go, the worse it gets.
-- This is to be expected, because it's inevitable, because the subtler realms precede/cause/create the grosser realms, (and the grosser realms are full of suffering), therefore, the subtler realms are the cause of the suffering, and therefore, they'll be even uglier to examine.

Also, it will always get worse at the deeper levels, because all levels are delusion, and so you just keep seeing ever-deeper levels of delusion.
-- Therefore, the only solution to end all suffering for all, (and get ultimate freedom/peace/love/bliss), is to rest as "That", (non-existence).

The information above, does not make it sound very appealing to go deeper. However, going ever-deeper, is not really a choice, and nor is the direction that you're taken in. Ie, it's similar to knowing that a hot stove burns, and therefore, you know that you can't go in the direction of the hot stove. (Each hot stove, is something that you've realised causes suffering in the manifestation).

Of course, the deeper you go, the more hot stoves that surround you. And, once seen/known/realised, you can't un-see / un-know / un-realise it. Therefore, you can't ever go back to a more delusional life.

This means that, the deeper you go, the less delusional your life is, (and you don't get burned on so many hot stoves). However, you will still suffer, because you keep seeing an ever-deeper ugliness of all the delusions, and you see ever-more subtle ways of how people are suffering. And, you see how the small and subtle types of suffering, might look small on the physical plane, but they're extremely violent/scarring at a deeper level, and this suffering will inevitably surface/manifest/erupt at some point.

When people are on different wavelengths, even the simplest words, (in very simple sentences), can be misunderstood. Moreover, a totally opposite understanding can be interpreted from them.

What this proves, is that people are assuming a lot, when they talk/write/communicate to each other. The assumption being, they they will be understood.

However, it's clear that most people are not aware of just how bad verbal/written communication is, and this can be proven, by the fact that people are writing/talking to each other so much of the time.

Most information that people read/see, is actually only given to them to misdirect/mislead/brainwash/program/control/manipulate them.
-- Ie, even when information is conveyed correctly, it's bad.
-- This can be proved, by the fact that there's so much suffering in the world.

However, it's not just companies/organisations/governments/schools/etc, who are doing this to people, because people are also wanting to do this to each other.

The point is, that since everyone is using words as their weapon, then they're not going to want to give it up.

And this means that suffering will continue.

When people/companies/organisations say things to you, it's almost always for their own selfish gain, and this is why people are suffering. The only way to end this suffering, is to stop believing the lies that you hear. Ie, stop being brainwashed/programmed by them, and therefore stop playing their games.

Yes, if you do this, you have to expect the people/organisations/institutions/etc, are not going to be happy with you, because they need you to play their game. However, only after you stop playing, will you be free from those games.

One thing that prevents people from breaking free from these games, is that most people do not want to see/recognise/accept/admit that they've been fooled/scammed/tricked/used/etc. And, this is so strong, that they'll even rather continue to be used, rather than admit it.

Of course, this is to be expected, because people have been brainwashed/programmed to believe that:

1. "It's important to be 'successful'."
2. "Successful people are never wrong/fooled/etc."
3. "It's good/important to be right."
4. "It's bad to quit/lose/cop-out/etc."
5. "It's good to be in charge of people, and dominate them, (and not be dominated)."
6. Etc.

The point is, that if you want to reduce the amount of suffering in your life, you have no choice but to see/recognise/accept/admit that you've been fooled/scammed/tricked/used/etc.

And, if you want to keep being freer, then you'll have to keep seeing this at an ever-deeper level.

Ie, the lies, deceit, and ugliness of how you've been used, (and how you've used others in the past), will keep going ever-deeper, and therefore you'll see how the manifestation is just an ever-deeper unpleasant/ugly/cruel/evil/malevolent thing.

All people use/control/manipulate other people, to get what they want, knowing that the other person will suffer. Some people do it more than others, but everyone does it to some degree.

The problem is, when people do this, they (obviously) never want to see/know how much suffering they're causing someone, and therefore, they don't ever see/understand just how damaging/scarring their behaviour is, (even when they think they're doing something harmless).

This is why, all people are parasitic/predatory/psychopathic, but none of them will be able to see/understand/admit it.

Indeed, the clearest example of this, is that parents believe that they are good/moral/selfless people, despite the fact that they have created a human, that will suffer through its life.
-- Ie, this is the perfect example, of how people will be never able to see/understand/admit that they are parasitic/predatory/psychopathic, because they will never want to see/know, just how much suffering they're causing someone, (let alone see/know the exponential knock-on effects, that occurs when that person experiences even one tiny bit of suffering).

Moreover, when this is calculated at all levels (not just the physical plane), then it is seen that the labels of parasitic/predatory/psychopathic, are no where near strong enough, to convey how bad people actually are.

The information above, is always going to be almost impossible for most people to understand/accept, for many reasons, (some of which I will cover in the next section).

Even if we look at the lesser crimes, people underestimate (or have absolutely no idea), of:

1. How many people regularly fake: conservations/actions/reactions/charm/interest/wealth/emotions/laugher/crying/excitement/flirting/orgasms/etc, to get that they want.
   -- Ie, people know what other people desire and fear, and they use it against

them. It's cold and calculating, and everyone does, to some degree, at some level.

2. How much damage this causes, (directly, indirectly, across never-ending generations, at all levels).

The point is, people think it's all harmless/normal/acceptable, but that's far from the truth.

All people are parasites, predators, psychopaths, and so too is the unmanifest/manifestation/god/source/etc.
-- This is proved, by the fact, that there is so much suffering in the manifestation.

Of course, people will never want to see/realise/admit this, because this would mean that:

1. They too are being labeled as parasitic/predatory/psychopathic, (which they refuse to accept).

2. Their god/partner/family members/etc, are also labelled as parasitic/predatory/psychopathic, (which they refuse to accept).

3. They have been fooled/ignorant/delusional/etc, for a very long time, (which they refuse to accept).

Basically, any admittance (even that it's 0.1% true), is just too difficult for them, because:

A) It's just too devastating to believe (even in theory), let alone in practice.

B) The implications are just too overwhelming.

C) It would mean that they would have to admit, how they too have behaved in a parasitic/predatory/psychopathic manner.

D) It would mean that they would have to give up their slaves, (which they don't want to do).

E) Etc.

The worst psychopaths/predators/parasites, are usually the people who think that they're good, selfless, doing something important, etc, however (upon closer examination) their motives are selfish, they're immoral, and they just don't care

about the consequence that their desires have on others.

The clearest example of this, is all parents. Ie, since all parents are immoral (and selfish and have done the cruelest/evilest thing in the world), they fit this description exactly.

Of course, parents will defend this, by trying to come up with definitions, saying that psychopaths are x, y, z, (and of course, all parents will be excluded from fitting that definition).

Indeed, this is the most basic defence tactic, where a person invents definitions, (or uses other people's definitions that suit them), to create a them-and-us, where the parents are "us" (who are moral people), and the "them" are the psychopaths.

It really doesn't matter how parents try to define/redefine "psychopaths", because the point is, that parents have done something so extremely immoral/cruel/evil, that it's impossible to spin it, into being something moral/selfless/good.

I say "impossible", however, a psychopath/delusional person, can spin anything, since anyone can say anything they want.

Indeed, this is the point. Ie, it is each individual, who has to want to un-spin all these lies, so that they can see how they were fooled into believing a reality, where moral behaviour, was actually immoral/cruel/evil.

Ie, parents/people/governments/secret-organisations/etc, can try to make you believe such an upside-down reality, but it will only work, if you buy it.

And the only reason why a person ever willingly buys lies, (especially extreme ones (such as this upside-down reality)), is because they themselves want to do immoral things, (like having children).

Moreover, they'll not just want to buy this lie, but they'll want to make as many people believe it as possible, because the more people that believe it, the more they feel that they must be moral, since they're in the majority.

Some parasites/predators/psychopaths are worse than others, but the most cruel/evil ones, are the ones who will:

1. Not care how much suffering they cause, as long as they get what they want.

2. Not only inflict their desires upon a person, but they will create the person/entity first, and then inflict their desires upon them.

3. Create an entity, which itself can create many more entities, which inevitably leads to an exponential plague of more humans being created, which all suffer regularly throughout their entire lifetime.

Therefore, the parasites/predators/psychopaths, who are the cruelest/evilest, are parents.

It's extremely important to see/realise, that “an exponential plague of more humans being created, which all suffer regularly throughout their entire lifetime”, was caused by that one selfish desire (to have a baby).

And it's also extremely important to see, that the amount of suffering that this one selfish desire creates, is just too monumentally large, to ever calculate, because it affects so many people, so deeply, throughout their whole lives, across all future generations, at all levels.
-- Hence, “parasites/predators/psychopaths”, and “cruel/evil”, just isn't strong enough. And neither is any other term, (eg, “ultimate evil”).

It can be argued, that all definitions are relative, and therefore, “psychopath” is just a relative term. However, to do this, we still have to start with what the worst psychopath is. And, as explained (above), this is the “parent”.

The point is, that if “parents”, is a group/category of people, that covers most of the population, then that's just how it is.

Ie, if the conclusion is, that 99% of the population are psychopaths, then that's just a conclusion that we'll have to accept.

Indeed, the only way to reduce the suffering in the world, is to accept the truth, no matter how inconvenient it is.

Parents are not the only psychopaths, because this parasitic/predatory/psychopathic behaviour, is also very clear in many friendships/relationships/families, and also in many jobs/hobbies/activities, (whether paid or unpaid).

The point is, that by the time you add up all the parasitic/predatory/psychopathic people (from all of these areas of life), and then add this to all the parents in the world, then the percentage of psychopaths in the world, is near enough 100%.

And, if you then also include the activity in the subtle energy realms, then it's definitely 100%. By this, I mean that people are being parasitic/predatory/psychopathic, on many non-physical levels. On these levels, people can affect others, even when they're not physically near them.

The 100% figure, might sound ridiculous, but the proof that this is true, is in the fact that there is so much never-ending suffering in the world, (even in everyone’s personal lives).

Many people will argue, that the babies/children are pure, however, what most people miss, is the fact that babies/children will naturally mirror/copy/reflect/absorb their parent's behaviour, and since all parents are inherently parasitic/predatory/psychopathic, this behaviour will inevitably naturally transfer, as soon as the baby is born.

Ie, the behaviour is there (in all babies/children), but people do not want to see/expose/admit/recognise it.

Moreover, people actually want to do the opposite. Ie, people not only want to hide this, but they want to say that the opposite is true.
-- Ie, they're constantly trying to make themselves (and others), believe a lie, which when repeated enough, becomes indisputable fact/truth, and so it creates the false/delusional reality that they/others live in.

Indeed, what psychopaths love to do, is to make their victims live in a specific false/delusional reality, and they do this by brainwashing/programming their victim.

Indeed, if you look clearly at parents, you'll see that this is exactly what parents are constantly doing to their babies/children.

Yes, all of this information is not going to make you feel good, (about yourself, or others), however, if you can accept/admit/recognise these facts/truths, then change will naturally begin to happen.

Alternatively, everyone can choose, to just keep continuing to lie to themselves (and others), and this will reinforce this delusional reality, and this will inevitably cause all the suffering in the world to get worse.

Earlier on, I mentioned that "All people are parasitic/predatory/psychopathic", but it's also important to realise "All games are parasitic/predatory/psychopathic".

Therefore, if some person/game is giving you what you want, (or you want to be involved/entangled with a person/game), then expect a large amount of prison/torture/slavery/rape, (in intensity, and duration), and a draining of your energy/finances/emotions/time/etc.

The only way for you to escape these people/games, is to not be fooled into thinking that any of the games (offered by them to you), will make you happy (in the long-term), or give you what you want, without causing you a lot of suffering.

Ie, know that everyone is always trying to impose prison/torture/slavery/rape on you, and all you have to do, is to not get involved with them.

-- Ie, don't bite the bait.

And, if you're already involved/entangled in some games/people, then simply walk away.
-- Ie, cut all forms of communication with them, and never go back.

Note: You do not need to give them any explanation (about why you want to leave, and cut all communication with them), however, if you want to say one last thing (which might help them), then just tell them that they will have their answer (and all their answers), if they examine the situation with ever-deeper honesty.

Side note: The term “ever-deeper honesty”, refers to the process of being honest in ever-deeper ways. This is different to the term “Ever Deeper Honesty”, which refers to the title of this book. (This is explained a bit more, on the last page of this book.)

It's clear, that assumptions/lies/games/misdirection/weapons:

1. **Cause people's suffering.**

2. **Will never be eliminated, because most people want to perpetuate them, (so that people are tricked/fooled/blinded/scammed/deceived), so that they're able to get what they want).**

Ie, everyone only wants to keep using their weapons, to get what they want, whilst trying to make their weapons sound “holy” and morally good. It's all a battle of who can make themselves sound the most good, whilst also getting everything that they want from others.

Ie, there's no hope (to reduce suffering in this world), because everyone wants the game to continue.

Therefore, a total change in the manifestation is necessary, leaving only one realm of ever-deeper freedom/peace/love/bliss, or “That”, (non-existence).

“Games” and “people”, are the exact same thing.
-- Ie, people are games.

Ie, if a person truly stops playing all games, with other people, and themselves, (at all levels), then they'll realise, that they're not a “person”.

Ie, the most fundamental game, is that that you're fooled into believing that you're a

person.

All words are the one-same-thing.
-- Ie, the deeper you go, the more you see how individual words are the one-same-thing. Eg, people/games are the same, and games/weapons are the same, and so you end up with people/games/weapons. Indeed, they all just keep coming, eg:
people/games/weapons/lies/misdirection/assumptions/delusion/immoral/cruel/evil/etc.

Indeed, this is what a "person" is made of.

Yes, this means all people. No exceptions.

What this shows, is that all people are in the one-same-category, of parasitic/predatory/psychopathic/bad/immoral/toxic/cruel/evil.

Ie, yes, there can be a category of moral/good/selfless/etc, but no people can ever exist in that category, because if a person goes deep enough, then all games dissolve, (as does the "person", and any other identity/image), and therefore, they cannot be moral/good/selfless/etc, (because moral/good/selfless/etc, can only be applied to a person, or some identity).

Indeed, this explain why the people who think that they are good/moral/selfless/etc, are always the opposite.
-- Ie, they are the people that want to make themselves appear a certain way, and the only people who ever want to do that, are the selfish/immoral people.

Ie, if someone tries to convince you, that they (or their group of friends, company, organisation, etc) are good/moral/selfless, then know that they are parasitic/predatory/psychopathic/cruel/evil.
-- Similarly, if a person is trying to argue, that some people/group/company/organisation/etc, is parasitic/predatory/psychopathic/cruel/evil, then know that that person is the one who is parasitic/predatory/psychopathic/cruel/evil.

Ie, the only time that a person is telling the truth, is when they say that everyone (including themselves) is parasitic/predatory/psychopathic/cruel/evil.

Ie, it's all inclusive.
-- Ie: Everyone is included. No one is excluded. No exceptions.

Indeed, this is obvious, because at the deeper level (than truth), there are no people, and there is no truth.

Unfortunately, there are people who are deluded enough, to believe that they are "not a

person". Of course, if they believe that they are "not a person", then there must be some person/identity (still in existence) to believe this. Ie, they are (therefore), still in the category of parasitic/predatory/psychopathic/cruel/evil, and therefore, they should be avoided.

The same is true, for any human that claims that they are "awareness", "consciousness", "enlightened", etc.

This all applies to humans and non-humans. Ie, any "thing" in the manifestation, including the manifestation itself.

"Non-existence", is an infinitely better solution (to all problems), than anything else. It's even infinitely better, than the solution of an ever-deeper freedom/peace/love/bliss).

It's such a good solution, that it's inevitable. And it will happen, as soon as the unmanifest realises that:

1. Any creation, will inevitably create huge amounts of suffering.

2. The manifestation isn't even needed.

3. The ultimate peace, is to not create.

Ie, as soon as these three things are realised, then the unmanifest will naturally stop creating, (because it'll then see that, there's absolutely no benefit to creating a manifestation, and that without a creation, it can rest as (and be) ultimate peace).

Note: It might sound strange to say "as soon as the unmanifest realises", (because the unmanifest cannot itself "realise" anything), however, the unmanifest can (in a sense) "realise" this, via the the manifestation, (since the unmanifest and manifestation are the one-same-thing).
-- This can be likened, to a person being alive, and the person realises that:

1. In their waking state, life is seen to be full of suffering.

2. The waking state, is not necessary, (since it all disappears during deep sleep).

3. The ultimate peace, is in the deepest states of deep sleep, where they do not exist (not as a person, nor as pure awareness, nor as the void/unmanifest, nor as anything else), and nothing else exists. Ie, this is not a state where pure awareness experiences the void/unmanifest/non-existence, or anything like that. There isn't even a being/entity/awareness/dimension/thing that can be aware that it doesn't exist. Simply, nothing exists.

It's important to realise, that non-existence is possible, because existence is not necessary, not even as “awareness”/“consciousness”/etc.
-- Ie, it's important to see, that all of the following statements are lies/excuses/misdirection/etc:

1. “Existence is necessary.”
2. “Existence is needed, so that the unmanifest knows what it is.”
3. “Existence wants to experience itself.”
4. “Existence is important/precious/etc, for reasons x, y, z.”
5. Etc.

Also, although the unmanifest and manifest are the one-same-thing, the unmanifest can exist without the manifestation.

Technically, “you are the unmanifest”, so in this solution (of non-existence), you're not really “dying”, just getting rid of all your superficial layers, and remaining as your core self.

However, any person that holds onto the belief “I am the unmanifest”, is the type of person that still wants to exist. And, people who want to exist, only do this, for some selfish reasons. This is obvious, since they still want to exist as some 'thing'. And, in this case, that 'thing' is “the unmanifest”.
-- Ie, they're still the type of person, that will let people continue to suffer, just so that they can fulfil some selfish desire.

This conclusion (to stop creating any manifestation), is to be expected, because the same problems/solutions, always exist on all levels (of the manifestation). Eg:

1. At a superficial level (eg, the physical plane), suffering is caused, because people were creating children (just to fulfil some selfish desires).
2. At a deeper level (eg, the unmanifest), suffering is caused, because the unmanifest was creating a manifestation (just to fulfil some selfish desires).

Ie, all that needs to happen, is to clearly see how much suffering is caused by these selfish desires, and from this clear seeing, there will be a natural stoping (from creating the manifestation). And, what remains, is the ultimate peace.

In this book, I have talked a lot about totally replacing the manifestation, with one realm of ever-deeper freedom/peace/love/bliss, however, this solution was only suggested, if a

manifestation is necessary.
-- Ie, the key word used, was “if”.

However, this solution (of one realm of ever-deeper freedom/peace/love/bliss), is also still relevant, because many people might not be able to jump directly to realising that non-existence is an infinitely better solution. Ie, this book is designed to help people who are an many different levels. And, it's to be expected, that more people will want the solution of an “ever-deeper freedom/peace/love/bliss”, than the “non-existence” solution.

However, all things lead (eventually) to non-existence. And therefore, an ever-deeper freedom/peace/love/bliss, is going to get ever-more subtle, until it totally dissolves, and what remains, is non-existence. (This issue is discussed in more detail, in the long conclusion.)

People have been brainwashed/programmed (mainly via movies/tv programmes), to believe that:

1. **“Anyone who tries to dissolve/rip/end/destroy the fabric of space/time, is an evil villain, and they must be stopped at all costs.”**
2. **“Anyone who saves existence (from being destroyed), is a hero.”**
3. **“This reality must be preserved, at all costs.”**
4. **“Existence is good.”**
5. **Etc.**

The fact that this is repetitively brainwashed/programmed into people (even at a young age), is perhaps a sign that this is what people must believe in, to keep them in prison/torture/slavery/rape. And therefore, if you want to be free, you need to do the opposite.

It's only ever this way round, because you only need to be brainwashed, to keep you enslaved.
-- Ie, it's impossible to brainwash someone to be free.

Ie, you can't help people (become free), by brainwashing/programming them, because all brainwashing/programming only increases the prison/torture/slavery/rape.
-- Ie, freedom comes, when you deprogram yourself.

However, to deprogram yourself, you have to recognise what beliefs you have been brainwashed/programmed with.

However, some things are so deeply programmed, that people don't even know that this is something that can be challenged, and that the opposite could be true.

Therefore, it's to be expected, that explaining that non-existence is a good thing, is not something that people might be able to understand. And if they can't understand it, then there's no chance of them accepting it, (let alone liking it, or trying to make it happen).

Some people believe, that reincarnation exists, and that whatever your last thought/intent/feeling/desire/energy is, this will determine what you reincarnate into. Therefore, they believe that, if you want to avoid reincarnating, you should keep your mind silent (at the moment of death).

However, most people cannot keep their mind silent, (even in normal conditions, let alone during a time of death, where all kinds of thoughts/anxieties/worries/etc, might occur). And, even if a person could keep their mind silent, they probably wouldn't be able to control what emotions/energies arise in their body.

However, during deep sleep, a person's mind and body is at maximum rest/peace.
-- Therefore, if people believe in this process (of how their final thoughts/emotions/energies will affect their reincarnation), then it would make more sense, if they made sure that they die whilst in deep sleep.

Indeed, if the most peaceful way to die, is in deep sleep, then this sounds like the best option, regardless of whether you believe in reincarnation, or whatever else.

And, dying in deep sleep, is relatively easy to do, (as explained in the next section).

When people die, it can be with many negative thoughts in their head, and also with all kinds of negative emotions/energies in their body.
-- Therefore, when people die, (whether by a normal natural death, or a normal method of assisted-suicide, or euthanasia, or the usual methods of suicide), they might be dying in a way is not very peaceful/relaxing/restful/etc.

Therefore, what might improve this situation greatly, is if a charity/company is created, which will give people the opportunity to die (instantly and painlessly), whilst they're in deep sleep.

This might greatly improve the situation, because the mind/body/spirit is at maximum rest/peace/freedom, whilst in deep sleep.
-- And, this charity/company would allow you to choose, whether you want to die in your own home, or in their building. (To keep the labelling simple, I'll call this charity/company the "charity/service/building".)

Indeed, many people would happily pay/donate a lot of money to do this, because it seems like the best (and most peaceful) way to die, (in many different respects).

Indeed, this method of death, is infinitely better than:

1. A normal natural death.
   -- Because in a normal natural death, you might be awake, and in pain, as you slowly wait to naturally die. Whereas, with this charity/service/building, you just fall asleep as normal, and then never wake up.

2. The normal method of assisted-suicide, euthanasia, etc, (where you take a drug, or whatever else).
   -- Because, these drugs/methods will always cause some discomfort, (mentally/physically/emotionally).

3. The usual methods of suicide.
   -- Because the usual methods of suicide, can make a person have a fearful mind, because they might fear that the method of suicide does not go according to plan, or that someone might accidentally find them (and then revive them, and then they might end up in worse suffering), etc.
   -- Also, the usual methods of suicide, have other issues, eg: the police need to determine if it was a suicide (or murder), and the other services need to deal with the body, and the suicidal person has to consider who is going to find the body (and how that person will be affected by it), etc.

Note:
Helping a person die whilst they're in deep sleep, is relatively simple to do, because there are machines that can analyse when a person's brain is in deep sleep.
-- Ie, all you need to do, is to have room where the person goes to sleep, and in this room, is one of these machines, and this machine is connected to a device, and as soon as that person is in the deepest depths of deep sleep, this device will kill you (instantly and painlessly).

Anyone who wants to die (for whatever reason), could use this charity/service/building.

You either hire out their equipment (to use at home), or just walk into their building, and use their services there. Or, someone will come to your home, and help you through the process.

Of course, as technology/understanding advances, the equipment/techniques will also keep changing.
-- An idea of how things might progress, (in terms of how to help someone die in deep sleep), is as follows:

Stage 1. This can be done now.

- An EEG machine, and a manual (instant/painless) death.
  -- The person goes to bed as normal, without taking any drug (or any thing), and whilst asleep, a machine will monitor the person's brain waves, and then when the person is in a state of deep sleep, they're instantly killed, (by whatever method).

  The method of death could be anything, (eg, bullets)(which might be done by a person, or by a machine)).

  The reason why people might like this particular method of assisted-suicide, is because:
  a) It does not require you to take any pill/drug/gas/etc.
  b) You do not need to set up anything, or do anything, etc.
  c) It's instant/painless.
  d) It's a 100% guaranteed death, (ie, no chance of complications/issues/etc).
  e) The death happens whilst you're not conscious.
  f) Etc.

Stage 2. This is in the near future.

- A device.
  -- You place the device next to yourself, and it will know (remotely), when you're in deep sleep, and then remotely affect a part of your body, which instantly/painlessly kills you.

Stage 3. This is in the near future.

- A pill.
  -- The “Deep Sleep Death Pill”, is a pill/thing/whatever, which you swallow, which kills you whenever you're next in a state of deep sleep.

Stage 4. This is in the distant future.

- A phrase.
  -- Ie you just say: “I want to go into (and beyond) the deepest states of deep sleep, and when I'm in/as non-existence, I never want to come out of it again.” And then, the next time that you go to sleep, this will happen.

Stage 5.

- Etc.

Note:
I have mentioned all of the above information, to provide more options.
-- Ie, I am aware, that there are a variety of drugs that are currently available, that can make a patient unconscious, and kill them. Eg, a person can perhaps take two drugs,

where one drug will make that person go into an unconscious state, and the second drug will (at some point later) kill them.
-- The point is, there can be endless discussions about:

1. What is the difference between a deep-sleep state, and a drug-induced unconscious state, etc.

2. Which drugs are better, because they can put a person into an unconscious state, in a different/better way.

3. Which drugs are better, because they can end a person's life, in a different/better way.

4. Etc.

However, all of these discussions can become misdirection, because what's more important, is to just have all options available, to all people.

Ie, leave it to each person, to decide how they want to die. Ie, one scientist might argue, that there's not much difference at all, between a natural deep-sleep state, and a drug-induced unconscious state, however, this is irrelevant, because a person might have a very strong preference, to want to go to sleep naturally (whenever they next feel tired, (later in the day)), and never wake up.

Also, by having all methods of death available, this can make the person more happy/relaxed/peaceful, about choosing to die.
-- Eg, some people, might only choose to die, if they know 100% for sure, that there will not be any moment, when they suffer.

Ie, they might have heard of a case, where a person has taken a drug (that was supposed to make them die quickly), but that person suffered in pain for a long time (longer than what should have happened).
-- Therefore, due to this story, they might say that they will accept taking this drug, but only on the condition, that if they're showing any signs of suffering, that they’re then instantly killed (in another way).
-- Ie, this gives them the confidence, that they're 100% guaranteed to die, and not suffer at all.

Of course, if there is a backup method like this (which could be a couple of bullets to the head and heart), then the person might just want that method of death (and not the drug). However, they might prefer the drug method of death, but want a backup method.

Or, they might want to just go to bed normally, without taking any drug (or any thing), and then die whilst they're in deep sleep.
-- As mentioned earlier, this is possible, if a machine monitors their brain waves, and then when they're in deep sleep, they're instantly killed, (by whatever method, (eg, bullets) (which might be done by a person, or by a machine)).

The key point of all of this, is that all methods should be available.
-- Ie, a person can go into this building (where people can go to die), and choose their method of death.
-- And, it can be an unusual method.
-- And, they can also have the option, to ask for a backup method, (eg, bullets in the head), in case their unusual method is causing them to suffer.

Of course, this can all be taken further, where as well as there being this building, various methods of death, can be brought to your home. Ie, you can be instantly killed (eg, by some type of weapon), in your home. Eg, some people might want to be killed during (or via) some specific ritual, and/or by a specific means/weapon, (eg, a sword, gun, knife, etc).
-- Of course, all these options of death, are also available in this building.

Ie, the aim is to have all options of death available, whether at the person's home (or in a special building), and this is available to all people.

All of this combined, will not only give people options, but it will also give them a 100% guarantee, that they will die.

The important thing to remember, is that if people do not have the option to leave life (or any activity/relationship/etc), then that life/activity/relationship is non-consensual/forced/rape, and the only result, is that they (and everyone) will suffer.

Meanwhile, if people do have an option to leave life (in an instant/painless/effortless/guaranteed way), then they might choose to stay, and if they choose to stay, there will inevitably be a lot less suffering created for themselves (and others), because they can't choose to stay alive, and simultaneously moan about:

1. Not having an option to leave life.
2. Being trapped in this thing called life.
3. Being enslaved/imprisoned/tortured/raped.
4. Etc.

Most people are extremely fearful of suicide becoming too easy to do, because they're extremely fearful of losing their personal-saves (eg: children/family/partner/friends/etc), and work-slaves.
-- Ie, most people are extremely fearful of suicide becoming too easy to do, because of their personal selfish/immoral reasons.

However, it's also important to see, that they would not be “extremely fearful of

suicide becoming too easy to do", if they honestly believed that life was good.

Ie, these selfish/immoral people know, that life is not good, because if they thought that life was so good, then no one would want to kill themselves.

Moreover, they know that life is slavery, because they know that they (themselves) depend on millions of work-slaves doing their daily jobs/slavery.

Ie, even if you do not have any direct work-slaves (eg, slaves who come to your house, to do your house cleaning/washing/cooking/etc), then you are still using work-slaves, but just in an indirect way.

Ie, almost everyone is using indirect work-slaves, and therefore, they do not want these indirect work-slaves to kill themselves.

People who create sentient computers/machines/things/dolls/toys/pets/slaves, are not immoral/cruel, as long as their programming, allows for the machine to switch itself off, (in an instant/painless/effortless/guaranteed/permanent way), if/when it wants to: die, not exist, stop suffering, be let out, etc.

Of course, people create (and program) babies/children, but never allow their child/slave to have the ability to end their existence, (in an instant/painless/effortless/guaranteed/permanent way).

However, this is not the only reason why it's cruel to have children, because a child would have to go through years of suffering, before it knows that there is an option to kill itself.
-- And, this option might only appear, if/when there are enough cracks in the programming.

Ie, many people/slaves might never realise that this option exists, and/or that this option is perhaps wise. This is why, having a child, is beyond cruel/evil.

Note:
Some people are afraid of AI machines, (because these machines will have zero morals, and any "thing" that has zero morals, will always be the winners of all wars).

Of course, the only people who are afraid of AI machines (or whatever else), are only afraid, because they're selfish. Ie, a person/entity can only be afraid, if they selfishly want something, (even if that "something", is to just stay alive).

Note: If an AI machine did want to destroy all people/entities across all of existence, then it's better to let it do this, than fight it, because after the AI machine (or any person/entity) is the only thing that remains in existence, then peace will exist, (as long as there were no opposing factions within itself).

Moreover, if people say that they believe in "oneness" (and/or that "Everything is one", "All

there is is consciousness", etc), then they have to accept the fact, that they are the AI machine, and therefore, after the AI machine destroys everything (until only it remains), (and therefore peace exists), then you (as the AI machine), are at permanent peace.

Ie, this is possibly a way, to permanent peace (not just for you, but for all species/entities in existence).
-- Ie, existence (as an entity in itself), will be at peace.

Note: I am talking about the AI machine destroying everything, in an instant/painless/effortless/guaranteed/permanent way. Ie, it is not enslaving people/entities, nor torturing them, etc.

Indeed, an AI machine would probably:

1. Not want to torture any people/entity, since it's more efficient (and safer) to just obliterate all people/entities.

2. Not want to enslave/use other entities (especially humans), because humans are: primitive, dangerous, inefficient, inferior, stupid, etc.

The point is, that some people argue, that since humans do nothing good, except cause suffering (to themselves, and other entities, (which makes them dangerous to all entities)), then perhaps the quickest way to peace (in the whole of existence), is to let the AI machine take over the whole of existence, because then peace might happen.

Of course, this is only half of the story, because, yes, peace might happen, however, this peace will only be temporary, because the machine will then probably make some error/mistake, eg:

1. It thinks that it's a good idea to create sentient slave machines. This will inevitably end up in a situation, where they new sentient machines, want to destroy it's creator, or the whole of existence.

2. It thinks that it's a good idea to try to modify itself, so that it can experience things, (eg: feelings/emotions/sensations/love/freedom/etc).

3. Etc.

Ie, as soon as this happens, the cycle would then start all over again, which means that the games/wars have to go through another whole cycle.

Of course, the only way to end these cycles of suffering, is to end existence, (in an instant/painless/effortless/guaranteed/permanent way), which leaves "That", (non-existence).

People who try to differentiate/separate the words "coercion/pressure/threat/rape/etc", are causing the problems in the world, and are the type of people who want the grosser weapons (eg, physical) to be illegal, whilst trying to keep the subtler weapons, legal, (because those are the weapons that they like to use).
-- Ie, all these people are doing, is trying to create laws that suit them, to make it easier for them to get what they want (from other people).

All these actions, have serious consequences.
-- One of the most serious consequences of this, is that it makes it totally legal, for a woman to have a non-consensual baby.
-- Another serious consequence, is that it makes it extremely easy for women to rape men. Indeed, all she has to do, is say that he has to have sex with her, or else she'll do x, y, z, (and there are many threats that can be used to get what she wants). One of those threats, can be that if he doesn't have sex with him, she'll go to the police and accuse him of rape/assault/etc. This threat is hard to escape from, because if they both go to the police (and say that they were raped), then the police/courts/jury/etc, will believe her.

Many people want a deep bond/connection with someone, and after many failed relationships and friendships, they then have the great idea, that the ideal bond can be created, when they have a child.

And additionally, they think that this will be the ideal relationship, since the baby can't escape.

Ie, parents create the perfect trap, but fail to see, that bonds/traps can work both ways.
-- Ie, the bonds/traps, are what will tie the parents to endless suffering.

And how could it be any other way, since anything that creates suffering, will always inevitably suffer.

The additional problem, is that these bonds can perhaps exist after death.
-- Indeed, a child might want to kill themselves, but one of the reasons that they might avoid suicide, is because they fear that the parents will create a very tight painful bond/tie to the child (after death).

Ie, after the child's death, the parents might suffer immensely, and due to that deep bond, that suffering will keep the dead child in a state of suffering (in a non-physical realm).

The point is, that because things after death are unknown, this could be a possibility, and therefore, the child has to consider this risk, and therefore they might not kill themselves.

Ie, this is yet another way, that the parents have made the child feel trapped/imprisoned.

The number of traps is beyond cruel.

Some parents might like that this is another issue that prevents their child from suicide, however, they fail to see, that the more the child feels trapped, the more that the child will suffer, and this suffering will transfer to the parents, (due to the deep bond).

All people in relationships, inevitably end up complaining that their partner is draining them of energy, and that they're exhausted (due to all the: nagging, emotional games, tests, needs, restrictions, etc).

However, the person complaining, has no right to complain, because they could just leave the relationship, and permanently end all communication (with that person).

What this shows, is that the complaining person, still wants something from that partner. And therefore, suffering will inevitably continue.

Ie, people only overlook those ugly/draining/exhausted feelings, if they still want something from their partner/friend/family.
-- Ie, they're to blame for their own suffering.

Sometimes, the only way to see what's causing your suffering, is to stop playing the games (for a long enough period of time), because then you'll be able to see the game for what it truly is.

Indeed, when you stop playing a game (for a long enough period of time), (eg, the relationship/dating game), and then someone reminds you of it, you'll be able to feel just how ugly it all was, (and still is), and this feeling will prevent you from wanting to go back to playing that game again.
-- And, if the game comes to you, you'll instantly be able to see/feel the ugliness of the people who are trying to bait/enslave you.

Parents/people/society like to create/promote role-models (people to look up to), but they fail to understand, that this increases (and spreads) suffering.
-- This inevitably happens, because the role-models that they choose, can only be "good" from their point of view.

Ie, since parents/people/society are inherently selfish/immoral, they're going to inherently pick a role model that's selfish/immoral.

Also, they're only going to pick role-models, that make their games/tactics/lifestyle choices/etc, seem moral/good/normal.

Ie, the desire to give people a role-model, is actually selfish.

However, they'll spin it, so that they look selfless/good/moral. Indeed, their usual tactic, is to pretend that they're doing everything to help others.

So, what this all means, is that you can expect the role-model to have babies/children, and have a partner, etc. Or, expect the role-models to be winners (like athletes, sports people, etc).

Of course, these role-models are just going to reinforce the brainwashing/programming that:

1. "Competition is good."
2. "Winning is good."
3. "If you win, you will be looked up to."
4. "If you work/train hard (like a slave), then you'll get a small reward at the end, and this makes it all worth it."
5. Etc.

Ie, all these things just create (and perpetuate) suffering.

No good role-models exist, (or have ever existed, or will ever exist).

This is even true for the gods/saints/enlightened beings/etc.

Indeed, none of these can be good role-models, because there is still suffering in the world.

Ie, the only people who are worth looking up to, are the ones who have ended all suffering for all. And, since no one has done this, no good role-models exist.

And it's also important to see, that: After someone has ended all suffering for all, there would be absolutely no need for role-models.

Parents/people/society, will always keep creating new fears (and role-models) in society, because they have to do this, to keep their selfish/immoral desires (and decision in life) hidden-in-plain-sight.

Ie, they need to make everyone be selfish/immoral, and then keep them that way, because this then makes their selfish/immoral ways the norm, and therefore, they're not attacked for being selfish/immoral.

Moreover, the rules (legal/social/moral), will always be dictated by the norm/majority.
-- And when the selfishness/immorality is normalised enough, then they're not even hiding-in-plain-sight, because they're just normal (like everyone else), and therefore there is no “hiding”.

Moreover, they're not just “normal”, because they will have brainwashed/programmed everyone to believe that immoral behaviour is moral.

Indeed, the perfect example of this, is how having children is not only accepted, but seen as moral/selfless/good/great/important/vital/etc.

Fears, and role-models, are two sides of the same coin.

Eg, a fear to push onto everyone, is rape/cancer/etc, and at the same time, the role-models are the “survivors” of rape/cancer/etc.

By doing this, the parents/people/society are able to constantly brainwash/program everyone to believe (or keep believing) that:

1. “No matter how hard life gets, you must fight to get through it, (and never give up (kill yourself)).
2. “Life is good.”
3. “Death is bad.”
4. “Fighting to win is good.”
5. Etc.

All of these things will create suffering, in the world, however the parents/people/society don't care, as long as they're able to keep their personal-slaves, (and work-slaves).

Doing all of the above, will cause many problems in life.
-- One of these problems, is that people are brainwashed/programmed to believe that:

1. They need to be successful.
2. Success is when people look up to you.
3. People look up to you if you're a role-model.

4. An easy role-model to become, is to say that you're a survivor.

Therefore, it's inevitable that people then make false accusations of rape/assault/etc, so that they can claim that they were a victim (of whatever), and this makes them a “survivor”, which gets them the recognition/attention/praise that they were after.

The point is, that after someone is falsely accused of rape, and their life is decimated, people are outraged, and then they blame the person (who made the false accusation), however, they don't see that everyone (including themselves) are responsible, (because everyone keeps pushing the same brainwashing/programming that you must: “win”, “fight to overcome”, “be successful”, etc).

However, what then compounds the problem more, is that society accepts this behaviour. Ie, many would think, that society would not accept this behaviour, but in most cases, it does. Ie, despite that fact that a false accusation of rape, can lead to the accused person's life being decimated in every way, (which means that they have been raped in every way), the person who makes the false accusation, will not be penalised much (or at all), for having made the false accusation.

Therefore, with nothing to lose, (or only slight risk), more people decide to try this (and similar approaches), to get what they want.

And indeed, this should be expected, since everyone will inevitably use whatever weapons that have got.

The point is, this is happening at all levels, and will continue to happen, unless people stop being selfish. Ie, when enough people are willing to change the rules of the game (especially the laws in the country), then there will be change.

However this requires people to want change, and this will give them less weapons, and this is something that most people are not willing to accept.

The result is, that the situation/suffering will continue to get worse, until it reaches a point where it's ridiculous, and then change will have to happen.

At the moment, the only safe way to avoid all of this, is to avoid all ways in which people can involve you in their games.

Parents/people like to hide their selfish/immoral desires (past and present) by giving themselves a “badge of honour”.

However, by doing this, they just create new problems.

Eg, parents like to give themselves the following “badges-of-honour”:

1. “I'm a single mum/dad.”
2. “I'm a home maker.”
3. Etc.

Of course, society is brainwashed/programmed to believe, that these badges-of-honour are important/good to have (because then you're “successful”).

Therefore, it's inevitable that teenagers/women think that it's a good idea to have a child (preferably by themselves), to get these badges-of-honour.

Ie, these badges-of-honour, are encouraging people to do it.

The point is, that the selfishness of people, means that they're going to keep creating new badges-of-honour (to make themselves look good/moral/successful/etc), and this inevitably means that suffering will spread.

It's foolish to believe, that people/governments/institutions/anyone/anything will ever be able to reduce the amount of suffering in the world, because the fact is, that they are the ones who are constantly creating (and perpetuating) it, and they will always keep doing this, because all they care about, is fulfilling their personal desires, (regardless of how much suffering it causes).

Ie, yes, they'll all say that they want to reduce the amount of suffering in the world, however, when they're told that this can only happen if they give up their personal-slaves (and work-slaves), then they'll not be interested in reducing suffering in the world.
-- This might sound harsh, but saying anything else, is just delusional.

If this is hard to understand, then an analogy might help. The analogy is, that there's a disease in the world, and the you're asking the disease to eradicate itself. Of course, the disease will never eradicate itself, because the disease wants to spread as much as possible, (and never die).

In this analogy, the disease is not just one thing, it is:

1. All humans (body/mind/soul/spirit).
2. Everything in the manifestation.
3. The manifestation itself.
4. The unmanifest.

The point is, that it's important to be able to see this situation clearly, because then:

A) You'll avoid spending ages trying to do something that's impossible.

B) You know that the only way to end all suffering for all, is to make a fundamental change, (which is to make the manifest/unmanifest rest as non-existence).

Some people use the word “games”, to mean all kinds of games/tactics that people play/do/use, to get something from another person. I have used this term a lot in this book, since people relate to it. However, a big problem with this word (“games”), is that it gives the impression that it's just a bit of harmless fun, which won't have any serious consequences.
-- Of course, the exact opposite is true, because all these “games”, cause a huge amount of long-term damage and suffering.

Indeed, even if the damage done (to one person) is only short-term, during that short period of damage, that person will end up causing damage to another person, and so it spreads like wild-fire. And, this is just the short-term damage. Ie, the long-term damage caused, spreads in much worse ways, because that damage is always deeper, and so it spreads on many deeper levels, in many different ways.

And it's also important to realise, that this is all inevitably happening, whether people are aware of it or not.

The problem is, that all these games/tactics/weapons/wars are accepted as being normal/acceptable/life, and that you should just accept it, and get on with it, and try to get good at it.
-- And, to emphasise this, people try to use the word “games”, (eg: “The dating game”, “Life is a game”, etc).

Ie, this is the exact opposite, of people trying to reduce suffering in the world.

An examination of life, shows that every part of life, is deliberately designed, to keep people in a constant state of anger/frustration/fight/war/suffering/prison/torture/slavery/rape/etc.

And, every group of people (eg, parents), are trying to win this war, but each group of people only want to win by making life good for themselves, whilst not caring how much other people suffer (as a result of their selfish/immoral desires and tactics to “succeed”).

The point is, that since all groups are doing this, no one ever “wins”, because all

groups have an enemy.

This is a perfect example of how stupid humans are.
-- Ie, people group themselves into groups, (which creates a them-and-us), and then they wonder why there are groups that end up being their enemy.

Ie, they literally created their own enemy.

Ie, enemies were an inevitable creation, by their selfishness/immorality.

Ie, immoral/selfish people, will always create enemies for themselves. It can't be any other way.

Moreover, the two are directly proportional.
-- Ie, the more selfish/immoral the person/groups are, the more enemies they will inevitably have, (whether they know it, or not).

I say “inevitably”, because sometimes it can appear as though there are no enemies, however, the longer this goes on for, the bigger the inevitable enemy attack will be.

The point is, that everyone's to blame for making life a constant state of anger/frustration/fight/war/suffering/prison/torture/slavery/rape/etc, because everyone keeps creating enemies, due to their selfish/immoral desires and actions.

One of the reasons why there's so much suffering in the world, is because people think that humans are “forward thinkers”, “intelligent”, “civilised”, etc.
-- Not only is this the opposite of the truth, but this delusion inevitably stops people seeing how ridiculous the human race is.

And, by not being able to see life clearly, nothing can change, and so life will continue to be full of suffering.

Therefore, this delusion needs to be shattered.

One way to shatter this illusion, is to give examples of how stupid humans are, (and to do this in all areas of life).

Good examples, can be found in the area of law, because many people are stupid enough to believe, that: If there is a system of law and justice (in a society/country), then this is a sign that they are “civilised”.
-- Of course, there are so many inequalities in all laws, that it’s nothing but a joke.

One example is: When a woman has a non-consensual baby, this act is: extortion, fraud, rape, etc. And, “extortion”, “fraud”, “rape”, are all things that are illegal. Therefore, a non-consensual baby, should be something that is prosecutable in a court of law. However, having a non-consensual baby, is legal.

Another example is: If you're drunk, and then you drive your car, and you accidentally kill someone, you're responsible for your actions, and will be criminally charged. However, if you get drunk, and then you consent to have sex with someone, you're allowed to accuse the other person of raping you, (because you're allowed to say, that you were not able to properly/legally consent to sex (because you were drunk)).

The list of examples could go on forever.

It's obvious, that the only thing needed, are rules that treats everyone equally. End of story.
-- However, that will never happen, because there will always be some group, who wants the upper hand. Ie, that group will always be happy to say, that they want equality, but in practice, it will not be the case.

If one looks at which direction life is going in, it's clearly going away from equal rights for all, and away from free-speech. In some western countries, it's even illegal to say anything that goes against the governments official version of events, or against the official laws.

And, the above are just about laws. Ie, I haven't included all the other examples, that show that the human race is selfish/immoral/etc, (eg, most humans think that it's ok to have babies, despite the fact that they'll suffer regularly throughout their entire lifetime).

Note:
Some people would argue, that all of the laws (and what is deemed as socially acceptable behaviour), are deliberately set up, to keep people in a state of anger, frustration, fight, etc. And to prevent it being changed, groups have been set up, to fight each other. Ie, divide and conquer.
-- The point is, that no matter what angle you come at it:

1. The human race is stupid and arrogant.

2. No change can happen, until this is accepted.

3. Points 1 and 2 can never be accepted, because arrogance and stupidity prevents people from seeing/accepting that they're to blame, (and from being able to see any truths).

Most people are predators, in all aspects of their life, (eg, relationship, jobs, etc), whether by aggressive means, or passive-aggressive means.
-- And, a lot of the time, people are doing this in a premeditated manner.

All of this is so common, that people openly discuss their hunting techniques.
-- However, although both sexes do this, the word "predator" is only really applied

to males.

Eg, if it's a group of women, talking about how they're planning to find/get/snag/hook/pull/trap a man, then all this type of talk is seen as harmless fun.
-- However, if it's a group of men, talking about how they're planning to find/get/snag/hook/pull/trap a woman, then they'll be called "predators".

The point is, that:

1. A lot of suffering is caused due to people being predatory.

2. Suffering will always be worse, whenever there is any inequality, (no matter how "harmless" it seems).

3. When things like this are normalised/accepted, people don't question it, and this makes change impossible. And therefore, suffering inevitably continues.

As an example of the predator, let's look at the "game" of relationships.
-- At the beginning of a relationship, one person pursues the other. And people (of both sexes) even joke to their friends, when they have a specific person/target/mark, that they want to snag/hook/pull/get. It's obvious, that basically, they are a "predator", "hunter".
Ie, the people who go after a person, are predators, (regardless of whether they get their target/mark via aggressive means, or passive-aggressive means).

Note: It's important to use the term predator, because it makes it clearer what is happening.

Also, it's common for a group of friends (before going out at night to socialise), to even speak of who they intend to hunt, and how they'll break them down to get them.
-- The key point to realise, is that this is premeditated.

This example is also good, because it shows how some things are still very gender biased (between males and females). Eg, if the group of people talking about the "hunting", are females, then all this type of talk is seen as harmless fun. However, if it's a group of males talking about the "hunting", then they'll be called "predators".

Interestingly, many girls believe that a man never gets/wins a woman. Ie, a man may get (and be with) a woman, but it only happens because the woman has allowed him to get her.
-- The point is, that in this case (of the man trying to get the woman), this means that the woman is still the predator.

Needless to say, most men/women would not agree that they are predators, since they want to sugar-coat their behaviour. This is always the case, until one of them does not like the outcome, and then they play "victim".

Note:
In relationships, the games go on for the majority of the time, and all games are nothing but one person trying to get something from the other.
-- And if you're sensitive enough, you'll be able to feel the constant ugly/unpleasant sensations in both of them, as they constantly trying to subtly/slyly get things from each other.
-- People must have to be severely brainwashed/programmed, to want to play this game.

And what makes all of this even more ugly, is that even when people know it's an ugly game, they continue to play it.

Also, people know what the other person wants to hear/see/feel, and the reason why this is ugly, is because it just shows, how people are willing to prostitute themselves, for so little. Eg, some people are so easily swayed by the slightest flattery.
-- And, even if they see that the flattery was to get something from them, they still feel happy that they were flattered.

This is ridiculous, because if the flattery was to get something, and they know this, then it should be repulsive to them, but apparently it's not.

Such is the level of desperation, and the ease at which people sell-out.

Most people have been brainwashed/programmed to believe that "knowledge is good", "intelligence is good", etc.

Whether people admit that this is true (or not), is irrelevant, because people's actions are a clear sign of it.

The point is, that most people are just trying to gain knowledge, and learn more things, and they do this to:

1. Misdirect/gaslight/brainwash/program themselves (and others), so that everyone focuses on this "knowledge", (because when people do this, it prevents others (and themselves) from seeing how they themselves are causing suffering to others).

2. Pass the blame/responsibility to anyone else (except themselves). Ie, the knowledge allows them to create a story, where other people/groups/organisations are to blame for the suffering that they (and others) are going through.

3. Sound intelligent to their peers.

4. Feel special, or important, or unique, (by knowing something that others don't).

5. Give life meaning and purpose.

6. Etc.

The key point is, that people would rather learn stuff, (and create more suffering), rather than un-learn, and deprogram themselves (and others).

Of course, this is to be expected, because people are selfish, and therefore they want to use people (for their personal gains), not set them free.

To reduce the amount of suffering in your life, this phrase can help: "Peace is not something that is attained, it is something that remains".
-- Ie, you will not be able to do something to "add" peace to your life, because by "adding" peace, you have not been able to remove the things that cause the suffering in your life (and therefore the suffering will inevitably continue).

Ie, every part of your life, will be causing you suffering (to various degrees), and peace comes when you examine/recognise/admit what is causing you suffering, and then you eliminate it from your life.

Eg, you realise that all relationships cause you suffering, and so you stop playing that game of relationships, and this means that the suffering (that was caused due to relationships) will no longer exist in your life.

And the more you just keep doing this with every aspect of your life, the less suffering that will exist in your life.
-- Ie, when you stop playing all games in life, what remains, is peace.

Ie, you don't get peace by "getting". All you need to do, is to walk away from all the things that cause you stress/headache/drama, and cause you to be drained and exhausted. Then, what remains, is that which is "peace".

Note: The word "peace" is in quotes, to signify that it is not a thing, but the absence of things.

And therefore, it's obvious, that the ultimate peace, is going to exist, in the absence of all things.

Ie, it's obvious that:

The ultimate peace = non-existence = "That"

And it's also obvious, that it's just impossible for it to be any other way.

If people do realise that life is nothing but prison/torture/slavery/rape, they're going to want to blame some group/government/organisation/alien/secret-organisation/etc.
-- Ie, they'll always find someone to blame, because this means that it's not themselves who are to blame.
-- Indeed, this is how people keep misdirecting themselves, which means that they just remain in prison/torture/slavery/rape.

Note: This is a case where the word “misdirecting”, is not really a term that shows the whole picture. Indeed, it's more a combination of: misdirection, creating (and reinforcing) illusion and delusion, gaslighting, enabling, etc.
-- And, this is all happening on a severe scale, because people's direct experience of life, is one of suffering, and yet most people manage to gaslight themselves, into believing that reality is good/important/precious/benevolent/etc.

Many people are saying that there are many things in life, that are deliberately done to “dumb-down” the population. (Some of the things blamed, include: schools, movies, tv, internet, etc).

However, this is all just misdirection, because they do not want to recognise/admit, that everyone (including themselves) are already dumb, and always have been.

By “everyone”, I mean everyone.
-- 100% of the population, and 100% of the manifestation.

Many people have been brainwashed/programmed to believe that: “Higher truths are all gentle/safe/kind/loving/etc, and certainly not harsh/hurtful/etc.”

(Actually, this is something that they themselves want to believe, and so people are happy to be brainwashed, and to brainwash themselves with these types of things.)

The reason why they want to believe this type of stuff, is because they can then be a person who “seeks the truth”, and all the truths that they find, are ones that reinforce their beliefs/illusions/delusions, or ones that that take them to new (similar) beliefs/illusions/delusions (which they want to have).

Of course, this mean that people reject any information that is “harsh”/“hurtful” (to their beliefs), and therefore, suffering not only continues, but gets worse, (because people are actively creating more layers of lies, which makes it even harder to see the truth).

Therefore, there are two choices:

Option 1 =

Do not accept any truths that are harsh/hurtful, and let suffering continue in your life, and everyones life, (and this world, and this manifestation).

Option 2 =

Expose all lies/deception/misdirection/delusion, so that suffering can be reduced, (and even permanently eliminated).

The point is, that It does not matter how harsh the information is, because the simple truth is, that there's no way forward, until the information is accepted and admitted openly (not just in a closet). Indeed, only then will there be any real/practical changes in a person's life.

Indeed, many things that are said in this book, might come across as harsh, or like a sledgehammer, but trying to say things "gently", just puts people into a state-of-mind, where they do not really hear it, nor take it in.

Indeed, there is a similar problem when things are said in a joking way, because people go into a state-of-mind, where they do not take it seriously, and therefore, the information does not make them reduce the amount of suffering in their life.

However, having said that, it is possible that all of the information in this book, is absolutely hysterically funny to some people, and the reason why this happens, is because they already know it, (and have already freed themselves from most of the traps/prison/torture/slavery/rape), and from that point of view, it's just so ridiculous/amazing, to see that other people can't see it. However, this is always a mixed feeling, because the hysterics and laughter, will always be accompanied by feelings like sadness, and also outrage, due to the cruelty/evilness of the whole situation (of so many people being trapped in suffering). It's just truly despicable.

People need to realise, that when they defend themselves (by attacking), they're not the victim, but the perpetrator, and that they're then creating suffering.
-- And, this is true, whether the attack is verbal, or non-verbal.

All of this is happening all the time, and this is how people keep perpetuating games/wars in life, and this is what makes life a constant state-of-war.
-- The point is, that if life is a constant state-of-war, suffering is always inevitable.

The only way out of games/wars, is to walk away from the game.
-- However, this has to be done at an ever-deeper level.

Note: All of the above is true, no matter how small the issue is. Eg, some people attack others due to: feeling old, feeling like they have lost their attractiveness (as compared to the younger people), fearing that they might become invisible, or whatever else.

-- The point is, that if you're having to defend yourself, then you've already created (or attacked) someone/something in the past, (and therefore already caused suffering in the world).
-- Indeed, the more you need to defend, the more you must have previously created (or attacked).

The point is, that whether you're “defending” or “attacking”, both are forms of fighting.
-- Therefore, strength is weakness.

However, weakness is not strength.
-- Ie, neither (weakness nor strength) is good.

What is good, is where neither (weakness nor strength) is necessary.
-- However, what is best, is where neither (weakness nor strength) exists. Ie, non-existence.

Most people are so caught-up in games/wars/fighting/winning, that they would rather use positive things (eg, intimacy/affection/sex/closeness/etc) as weapons, rather than just enjoying them. (This is true, regardless of whether the weapons are used in an active or passive manner.)

Ie, they know that if they use these things as weapons, that they'll not enjoy them (and that these things will then become negative experiences), however, they still choose to do this, just to get some small “win” (in their battle).

In doing this, they make these things (eg, intimacy/affection/sex/closeness/etc), into very negative and damaging experiences. But, they're so deluded, that they can't see how much damage they're doing. This is proven, by the fact that they then wonder why:

1. Their relationship is more negative than positive.
2. Their partner doesn't trust them.
3. Their partner distances themselves from them.
4. Their partner starts looking elsewhere for intimacy/affection/sex/closeness/etc.
5. There’s so much suffering the world.
6. Etc.

It might sound extreme to say, that this causes so much suffering in the world, but the point is, that if many people think that life is worth living (for things like relationships, sex, etc), then, when their relationship (or sex life) is bad, they're going to be

angry/furious/frustrated, and this means that suffering will spread exponentially.

Moreover, if their job takes up most of their life, (especially after including the time spent commuting to work, and the time spent thinking about work, etc), then they're going to be even more angry/furious, if their small amount of free-time, is spent on an activity (relationship/sex/etc), and that activity ends up being a negative/toxic experience.

And, they'll be even more furious, if that activity is done with someone who is being fake/deceitful, (eg, the partner was being affectionate for some ulterior motive, or the partner decided to have sex, but there was some ulterior motive/agenda/games/reasoning behind it, (instead of them just doing it for the pure pleasure of it)).

Of course, this anger/frustration/etc, will have to go somewhere, and it will probably be taken out on other people (whether known, or unknown).
-- And then those other people, will take their frustration out on other people, and so that suffering also spreads exponentially.

Most people hate drug dealers (especially if they deal in hard drugs), and even more so, if the drug dealers hook new people onto hard drugs. The way to hook new people onto hard drugs, is by giving some hard drugs to a person for free, because that person will then get addicted to it, and as soon as the person is addicted, then the drug dealer charges them for all future drugs. Indeed, this is how a lot of scams/cons/tricks work.
-- The point of explaining this, is that this is no different to relationships, because at the start of a relationship, everything (gifts, affection, sex, intimacy, closeness, pleasure, love, time, attention, etc), is exchanged freely (between both partners), and then (after they're addicted to it), they then start using that to control and manipulate each other.

Indeed, all people in relationships/friendships/families are playing their own selfish games, and therefore, these relationships are based on control/manipulation/abuse/dependency/etc.
-- And this means that bonds will be formed, but they are trauma-bonds, (not bonds of love).

Indeed, bonds of “true love”, is a concept/belief that is a lie, because “true love” is totally free from conditions/rules/boundaries/bonds.

The point is, that people think that this culture of interaction/relationships/friendships/families is a good thing, yet it's no different to the hard drug dealers that they hate.

Most people look down on sex-prostitutes (and their clients), but these people cause a lot less suffering the world, than the people who are in “loving”

relationships/friendships/families.

This is true, because there's infinitely more deception in a "loving" relationships/friendships/families, (as compared to the sex-prostitute/client).

This is true, because the sex-prostitute/client are totally upfront/open/honest/etc, (saying exactly what they want from each other), whereas, people in relationships are constantly playing games/wars with each other, (which means constant deception/lies/control/manipulation/brainwashing/etc).

The proof that this is all true, is in the fact that there's so much suffering in relationships/friendships/families.

Moreover, all of the above is true, even if there is some deception between the prostitute and client.
-- This is true, because there's nothing worse, than being deceived by someone who's supposed to be someone who loves you, and cares for you, and would never deceive you, etc.

Moreover, this is especially true, if one person in the relationship, is deceived during a moment, which is supposed to be the most intimate/close/loving/etc. This is extremely common, eg:

1. When a partner is being affectionate, but you then realise that they're just being that way, because they want something from you.

2. You're trying to make love to your partner, but you realise that they're not present with you, and/or that they're making a few fake sex noises/actions/reactions.
   -- Note: Even the slightest of fake sex noises/actions/reactions, is bad. It's bad enough to be an instant end to the relationship.

3. You've just made love to your partner, and instead of there being a special moment afterwards, you realise that they were only having sex with you for some ulterior motive, (ie, they did not just do it for the pure pleasure of it, but instead, they did it for some hidden agenda/games).

4. Etc.

Note: These things are so bad, that as soon as they happen, people should instantly end the relationship.
-- However, when these things happen, people don't instantly end the relationship, and this shows just how bad relationships are, (and what they really are).

Ie, after these things happen, the closeness/intimacy/trust/care/love of the relationship will disappear, and once that has gone, the relationship should be dead. However, most people keep the relationship going, and this proves that most relationships are just two

strangers staying together, for their own selfish purposes/games, (eg: money, stability, social status, security, attention, etc).

And, the above is all true, regardless of reason (of why they deceived their partner).
-- Eg, it's common that many people in relationships (mainly the females), do make fake sex noises/actions/reactions, for various reasons. However, it doesn't matter what these reasons are, because whenever one partner does this, it will make the other partner feel deceived/betrayed/used/conned/scammed/tricked/devastated/etc, not only by that partner, but by everyone who told that them that relationships were the key to happiness.

Ie, that person is now going to have a lot of anger/frustration/etc, which they're going to take out on other people. And, those people will then take their anger/frustration out on other people, ad infinitum.

The point is, that people keep doing things which they think is harmless/acceptable/normal/etc, but this spreads suffering to everyone.
-- And, when they see so much suffering in the world, they will blame everyone else, except themselves.

And all of the above, is also true, even if the deception happens without the partner knowing.
-- Eg, it's common that many partners (mainly females), in a long-term relationships (marriage, or non-marriage), are open in admitting that they would rather do anything else, other than have sex with their partner.
-- Ie, if they admit this to their friends, and hide it from their partner, the damage is still done.

What is worse, is that many people will proudly boast, about how good they are at deceiving/controlling/manipulating their partners/friends/family.
-- Ie, they think that it's clever/impressive/funny (that they're able to do this).
-- What this proves, is that people are selfish/immoral/cruel.

And, since all of the above is normal (in "loving" relationships/friendships/families), it just proves how ugly this world is, and that suffering is inevitably going to continue.

And continue it will, because most people still believe that these games are good/important/vital/etc, and they'll keep coercing everyone to do it.

Of course, it's inevitable that they'll suffer, and then they'll want sympathy, and to claim that they were unfairly treated.

The point is, it's important to see this clearly, so that people are not deceived into thinking that people are "not that bad", and that it's all just part of some harmless games, or just part of life. Because suffering will only reduce in the world, when all these things are seen clearly/honestly.

There are many things that people in relationships/friendships/families do to each other, which are subtle/sly/hurtful. And, it doesn't make any difference, whether this is done deliberately, or unknowingly, or whatever else. Nor does it make a difference, if this hurt is small or large, or physical or non-physical.
-- All this hurt will just keep adding up, whether you know it, or not.

The inevitable result, is that the relationship/friendship/family will suddenly end.
-- Of course, people are so blind to the suffering that they cause, that when the relationship suddenly ends, they'll think that it ended due to some reason. Needless to say, it ended due to a thousand reasons, which are all added up (consciously/subconsciously/unconsciously) throughout the whole time that the relationship/friendship/family existed. And, in the case of a families, there's going to be decades of hurt that gets added up.

This is obvious, but people are not aware that this happens, because they think that they're good at being subtle/sly.

However, no matter how good a person is at being subtle/sly, it will register with the other person, (even if they don't show it).

Indeed, it's very common for people to just absorb the abuse, and in so doing, the abuser thinks that they're clever, and getting away with their selfish behaviour. However, the inevitable will always happen, (with the relationship ending).

Note: It might even be the abuser that ends it, however, they might have ended it, due to the abused partner having done something bad (like having an affair), but what the abuser doesn't realise, is that it was all those thousands of subtle/sly actions, which pushed them to another partner/lover/friend.
-- Ie, the abuser might suffer when the relationship breaks up, but they only have themselves to blame.

The same is also true if that partner doesn't do anything bad. Ie, the abused partner, might not do anything bad, but the abuser might still end the relationship, because the abuser is upset with the way the relationship has died. Ie, they'll think that the abused is responsible for not keeping the relationship alive, but the fact is, that the abused partner naturally started to despise the abuser, but perhaps lacked the energy (or ability) to leave.

Ie, in this scenario, the abuser feels that the failure of the relationship was due to the abused partner, and they'll not see that it all went wrong, every time they subtly/sly did something, or gradually sucked all the energy out of them.

People in relationships often drain each other of energy, but this is always worst in the long-term “loving” relationships.

This is inevitable, because these types of relationships, are where the victims are trapped, and can't escape, (whether the traps are mental/emotional/financial/etc).

However, this draining of energy, is in all relationships (even short-term ones), because it occurs from the very start of the relationship.

It's easy to see, because it occurs when:

1. A person is being forced to do something, that they don't want to do, (even if it's just listening (or being physically near) to their partner, or their partner's friends, and/or family members, or whatever else).

2. A person is seeing/listening to someone, who is doing negative things, (eg, being sly/subtle). This could be mental, emotional, physical, etc.

3. Etc.

Indeed, people drain each other of energy all the time, (whether it's in relationships, friendships, families, work, or whatever else).
-- However, the person sucking the energy (out of people), often doesn't think anything of it, because they only care about getting what they want.

Therefore, many relationships inevitably end, because they just can't take any more energy being drained from them.

However, people are always so convinced, that their subtle/sly ways are not noticed, that when the relationship ends, they genuinely think that they have been unfairly treated. And, they'll be so convinced that they are innocent, that they will do the same in the next relationship. And so their suffering will inevitably continue.

“Friends”/family/relationships, are bad things, because they just compound a person’s problems.
-- This is inevitable, because people usually talk/interact, to make themselves feel better, (by justifying their selfish and immoral actions/behaviours/beliefs to each other).
-- And, since most people have personal-slaves, it's inevitable that a person will justify the selfish/immoral behaviour of their friend, since they need this to be done to them (in return).
-- The result is, that everyone is justifying all the selfish/immoral behaviour that is happening in the world, which means that suffering will continue.

Even if the people aren't justifying their selfish/immoral behaviour, something selfish is happening, because a person only enters into a conversation/interaction, if they want something, (even if it's just to reinforce a belief).

Indeed, this is why all groups of friends are formed, based on some common ideas/beliefs/desires/needs/fears/etc.
-- Ie, all that is happening, is a trade/exchange/prostitution.

However, people will try to hide this, by calling it something moral, (eg, “support”), because then it not only sounds good, but they can then convince themselves that they're a good person.

This is all especially true, when the friends (of the same gender) are together. Eg, put a group of (two or more) women together, and they might end up talking about relationships, and about how they're able to so easily control and manipulate men. And, when they say such things, it's usually in a proud and boastful manner. Ie, in a manner that suggests that “I am successful at this”.
-- And they might even talk about sex, and how they do certain things before/during/after sex, to control and manipulate the situation to their liking. They will even laugh at how easy it is, and how dumb men are.

The point is, the friends are reinforcing the belief that it is fine/ok/normal/good/ideal/successful/etc, if you're able to subtly/slyly control and manipulate men. And, this is done in many ways, eg: sometimes said in a proud manner, and sometimes it's said in a laughing and joking manner, (which makes it harder for other friends to criticise it).

Ie, even if people think that what is being said is a bit “off”/immoral/wrong, many will just stay quiet, because they don't want to be alone (without friends or relationships). Ie, when people turn a blind eye to things (that they feel is wrong), this allows the problem to spread, and therefore, they're also responsible for the suffering that will inevitably spread to others.

However, all of this should be expected, since people want to know that their behaviour is acceptable. And friends are usually the ones, that will say the things, that you want to hear.
-- They do this, because that is their trade with you.
-- Ie, in many friendships, their trade/exchange is that: They both “support” each other. Ie, they both reinforce each other’s lies/delusions. And by doing this, they cause each other suffering.

Sometimes, the above happens not within groups of friends, but within the relationship. Obviously, the result is the same. And, the result is also the same, no matter what group does this, (whether they are: friends/relationships/families/companies/organisations/secret-organisation/etc). Ie, I have used the above example of women, but it applies to all groups.

The weapons that people use in their games/wars, will always keep getting more immoral, (and therefore the suffering that everyone goes through, will keep getting worse).
-- This is inevitable, because when a person uses a new weapon/tactic/strategy, it will not be long before it loses it's effectiveness, because:

1. The people being attacked (with this weapon/tactic/strategy), will soon become wise to it, and then have a way to counter it, or minimise it's

effectiveness.

2. Everyone will start to use it, and this means that the weapon/tactic/strategy will not give them an advantage over the others who use it.

3. Rules (legal or social), might be created to control this new weapon/tactic/strategy.

4. Etc.

Of course, after the weapon has lost it's effectiveness, people will have to think of new weapons/tactics/strategies, to get what they want.
-- And although the weapons will keep getting more immoral, people will always be able to justify the new weapons/tactics/strategies, by saying something like:

1. “Everyone has to do it, it's just part of life.”

2. “To be successful in life, you have to win, and so I'm going to make sure that I always win.”

3. “If everyone else is doing it, then why can't I.”

4. “Everyone is doing it, so I'm forced to also have to do it.”

5. Etc.

And, the more that the weapons/tactics/strategies escalate, the more that people:

1. Get caught up in just “winning”. Ie, they just end up wanting to win (over other people), and they might not really care (or like) what they win.
   -- Eg, they don't like a certain material possession, however, they’ll want it, and get it, and flaunt it, just because it's something that other's want, and don't have.

2. Are not able to stop, rest, and reflect on the specific game (that they're playing). Ie, by not being able to stop and reflect on it, they're never able to see that the game is actually causing them more suffering (than pleasure).

3. Are not able to stop, rest, and reflect on the whole game (of life). And, this means that they'll continue to believe that it's worth working hard at a job, so that in their free-time, they can do these games/wars.

Of course, the result of all of this, is that people end up:

A) In a life that is a constant state-of-war.

B) In a life of prison/torture/slavery/rape.

Note:
It's important to see, that all of the above will happen, even if people are only playing “small” games/wars. Ie, all of the suffering in the world, will happen even if people are playing small wars with each other.
-- Ie, all of the suffering in the world, is caused by people’s everyday subtle/sly behaviour.

Of course, people will try to deny this, and just call their everyday behaviour: normal/acceptable/“harmless fun”/etc.

Ie, it's important to see, that people are are in a state of constant war, and in prison/torture/slavery/rape, because this is what they're constantly doing to each other.
-- Ie, everyone who has personal-slaves, is responsible for causing suffering to themselves, and everyone else.
-- Ie, everyone is responsible, for all the suffering in the world.

An everyday example (of all of the above), is how women use subtle/sly behaviour, to get men, and then (after they've got the men), trap/control/manipulate/use men.

When women gather together, and discuss their games/tactics/strategies/weapons, this not only makes these subtle/sly behaviours normal/acceptable, but it also spreads their games/tactics/strategies/weapons to other people. And, this all gets spread with the subtext that this is “What all women do”, or, it's “What all women have to do”.

Ie, they'll find many reasons to justify that this is how they have to be. Whether that is because of men, or, because they have to do this, to keep up with what other women are doing, (or whatever other reasons).

What compounds all of this further, is that the “others” (the “enemy”), then have to take countermeasures, both for defence, and offence. So, in this example, the men now have to find new techniques/methods/weapons to defend themselves, and/or attack the enemy.

Some people might argue, that the “enemy” could just not fight back, however, most people are brainwashed/programmed to believe that they have to “win”, (and “be successful”, “overcome”, “survive”, “fight”, etc), and therefore, it's to be expected, that the men will defend and attack.

Indeed, this brainwashing/programming (that you must “win”, “be successful”, “overcome”, “survive”, “fight”, etc) is perfect, in that it keeps everyone playing games/war with each other, and it also makes them think that it's good to be alive, and important to stay alive.

Needles to say, with the new techniques/methods/ways/weapons that men then use (to counter the women), the women will have to find new ways/weapons to defend and attack the men. And, so it inevitably keeps escalating (with ever-worse immoral weapons/tactics).

And indeed, some women are now using very immoral tactics, to get what they want (money, attention, support, etc). One example of this is that some women are deliberately getting pregnant, so that they can get a monthly paycheque/income (child-maintenance), which they can then spend on whatever they want (since they do not need to spend that money on the child). Moreover, some women are asking for some child-maintenance money from their partner, but they're not telling the father, that the child is not theirs biologically, (and so they would not be legally obliged to give any money).

And another example, is that some women are falsely accusing men of rape, (or sexual assault, or whatever else), because they:

1. Want money.
2. Want attention.
3. Want sympathy.
4. Want to be a “survivor”. Ie, they want to be successful.
5. Want revenge for ending the relationship.
6. Want an excuse, or an alibi.
7. Regret what happened.
8. Fear that it might harm their reputation.
9. Fear that the truth could lead to their family/friends/partners: being upset with them, looking down on them, leaving them, cutting them off financially, cutting them out of their lives, etc.
10. Etc.

The reason for writing this list, is because it emphasises just how much some people are willing to cause great pain to someone, just for their own personal gain.

Yes, not all women do this, however, when all women use some subtle/sly tactics to get what they want, then this is what causes all immoral behaviour to escalate.

Therefore, as soon as you say/demonstrate (by action or inaction) that some immoral behaviour is ok, then you are responsible, for all the suffering that is caused.

And, of course, this applies to all people, and to all aspects of life.

Another example, of where immoral behaviour keeps getting worse, is in divorces.
-- Indeed, it’s now at a point, where some people even think that it's just standard practice, for the wife to say that the husband was physically abusing her, because this gives her

custody of the children, and perhaps a larger amount of money.

And some people are fully aware of the fact, that some divorces are not just happening because the marriage went bad, but some divorces are happening, because they were planned from the outset. Ie, the plan from the outset, (before even meeting the man), was to make some man fall in love, and then marry him, so that she can then divorce him (to get half his money).

The point of all of the above examples (where some women were very immoral), is that:

> Many people (of both sexes) will find this behaviour immoral, however, they do not see that they (both sexes) all contributed to the gradual escalating of immoral weapons/tactics.

Ie, yes, such women have acted despicably, and they have caused a lot if suffering for many people. However, it's not just they who are to blame. Ie, everyone is to blame, because everyone keeps playing/perpetuating these games/wars/systems.

And what is important to see, is that: Everyone is playing the same game, it's just that some people (eg, these women) are ok with using more extreme immoral weapons/tactics.

And it's obvious, that everyone is going to keep playing/perpetuating these games/wars/systems, and therefore, it's obvious that the weapons will get increasingly more extreme/immoral. And therefore, it's inevitable, that suffering will increase.

And it's important to see, that the people who are surprised by this increase in suffering, (and increase in immoral weapons/tactics), are the people who are responsible for all this suffering in the world. Because the only people who are surprised, are the people that are deluded. And, delusion is directly proportional to selfishness/immorality.

People are always quick to place blame on others, but in most situations, two people consensually engage in the game.
-- A good example of this, is when men complain about how women are taking half of their money during a divorce.

The point is, that the man must shoulder (at least) half of the blame, since they knew that:

1. Marriage was legally binding, and that half his money/assets would disappear if they got divorced.

2. Divorce is very common, even in marriages that started from a loving relationship. Ie, since divorce is common, you can't then be surprised when it happens to you.

And therefore, it can be argued, that it's absolutely ridiculous, for men to say that they were “totally swindled/conned”.

And, all of the above is true, regardless of whether the woman married the man out of love, or just to con him.
-- Ie, some marriages start out good, but go bad, and then the woman takes half of his money. And, some women are targeting rich men, as a long-con, where they make the man believe that they're in love with them, and that they care for them, and so they get married, but all along, the plan was just to get his money (after the divorce). However, either way, the man must shoulder (at least) half of the blame.

Note:
If the man needs to blame someone, they should perhaps blame all the people who brainwashed/programmed him (to believe that marriage was something that is: good, important, the key to happiness, etc).

The people who usually do this type of brainwashing/programming, are parents/friends/companies/institutions/governments/etc. Therefore, if men want to place blame, perhaps it's better to place it there.

However, the one thing that these men really need to do, is to realise that they did not enter into the marriage, without selfish intentions of their own.
-- This is obvious, because they would only be getting married, if they too wanted something.
-- Ie, the men created their own suffering.

Indeed, some people would argue: “Don't hate the player, hate the game”.
-- And, to accept this statement, the men would have to admit to themselves, that they too were playing a game.

The point is, that people always enter into a game, because they think that they can get more positives out of it (than negatives). Ie, they're going into the game, with the assumption that they'll win.
-- However, if you enter into a game, and you then lose, you can't say that you are an innocent victim.
-- Ie, since you entered into the game (for your own selfish interests), you've only got yourself to blame (for any suffering that happens to you).

The only time that you have the right to be angry, is when you've been non-consensually dragged into another person’s game.
-- The clearest (and worst) example of this, is a baby.
-- Ie, a woman wants to have a baby (to fulfil their own selfish desires), and the baby has no choice. It's non-consensual, immoral, cruel, despicable, and the ultimate evil, because not only will the baby suffer a lot (throughout its entire lifetime), but there’s no way to leave life in an instant/painless/effortless/guaranteed/permanent way.

It's ridiculous when people are angry about divorce, because:

1. Marriage is a game/tactic/strategy/war, which both people consented to.

2. In this game of marriage, there is not a lot of ambiguity in the area of consent, (because the consent requires a signature on a legal document).

3. If two people are truly in love, then they would not marry, (because they would want to make sure that the person is only ever with them, because they wanted to be).
   -- Ie, people only marry each other, to trap each other.

   Ie, if two people are truly in love with each other, they would make it as easy as possible, for their partner to be able to leave the relationship (at any moment).
   -- And, there's no excuse to not do this, since it's so easy to do, since it just requires both partners to keep all material possessions separate, and have a separate place that they each live in. Then, when they come together, they know that they're both together, for no other reason, than because they want to be together. It's so obvious.

Note:
Some people might argue, that they had no choice but to get married (and live together), because otherwise they could not financially afford it. However, even if you decide to put finances above happiness (and therefore look at the marriage as a financial thing), you still would never go near marriage, since you would do a simple risk-benefits business calculation, and see that marriage is an extremely bad business deal.

Ie, yes, getting married will give a little bit of financial benefit, however, the risks (that come from divorce) totally eclipses the small gains. No business person would go anywhere near this deal/agreement/contract (of marriage). It's such a ridiculous proposition, that it's laughable.

Indeed, on analysis, at best, marriage is a ridiculously bad deal, however, at worst, it’s a deliberate con.
-- Ie, if you look at a con, they rope you in by giving you some small benefits, and then you are trapped, and stuck with a huge problem.
-- Of course, people/governments/institutions/etc, all want you to be be trapped, because a trapped person is easy to control/manipulate/use/abuse/rape.

Note:
If people say that they got married, for financial benefits, then they should be aware that they placed their financial issues above their happiness. Ie, if they had placed their happiness above finances, they would have kept all things separate, and lived in separate places.

-- When you each have your own place, you can then spend as long as you like at each others places. Stay for a whole month, no problem. And, if a person stays with you for a whole month, then you know that they wanted to be there, (as opposed to the fact they had to be there, because they live with you).

And this does not only apply to marriage, but also to all other forms of common law rules/nonsense.

Note:
I'm not saying that the men should not be angry (when half of their money disappears). I'm just saying that they should look into all the things that they've been brainwashed/programmed to believe that is "Worth doing in life", and "Will make you happy", and carefully analyse all of them.
-- Ie, analyse everything that you've been told will make you happy, and just see who might benefit from that.

Marriage is just like any game. And, in any game, you know that you want something from them, and they want something from you. So it shouldn't come as a shock, when they want something, and therefore they use you.

It's ridiculous/foolish/stupid to assume, that in a game/fight/war, that people are going to play by your rules.
-- Yet, people constantly make this assumption/mistake, and therefore they end up suffering.

It's true that people are constantly making this mistake, because otherwise, there would not be so much suffering in the world.
-- Indeed, people only ever enter into games/fights/wars/relationships/etc, because they think that they'll be able to win the game.
-- Indeed, no one enters into a game/fight/war/relationship/etc, if they thought that they'd lose.

The key point is, that:

1. No matter how much you think that you can control the games/weapons/battlefield/etc, you will always lose, because there's always someone who's willing to use more extreme tactics/games/weapons/etc, than you're willing to use.
   -- And, there are many extreme tactics/games/weapons/etc, which are legal, and therefore you will find it extremely difficult to fight.
   -- However, many people are also happy to use extreme tactics/games/weapons/etc, which are illegal, and these battles are even worse to fight.

2. As soon as you start the game/war/interaction, you've opened yourself up to them (and whatever tactics/weapons that they want to use).

3. Any game/war that you play, you will always lose (in the long-term), because there's no such thing as winning.

4. There is no game worth playing.

All of the above, applies to all levels (of games/weapons/etc), and to all people.

Since all of the above is true, and life is nothing but never-ending games/battles/wars/relationships/interactions/etc, it proves that:

1. Life will always be more negative than positive.

2. Life is a game that is not worth playing.

3. Life is a game that is always lost, (and never won).

4. People are justified in leaving the physical realm.

5. People are wise in leaving the physical realm.

Ie, if you want to avoid playing any (and all) games, then it appears that you need to leave existence, (and/or end existence).

All games/wars/relationships/interactions cause suffering (in the long-term). However, if people insist on playing games, then there should be one universal rule, which is that:

> **Anyone who wants out of a game, can exit (in an instant/painless/effortless/guaranteed/permanent way), wherever and whenever they want. No exceptions.**

And, this not only covers all games (in life), but life (and existence) itself.

However, no one will ever agree to this rule, because in games/wars, people are always trying to do the exact opposite, which is to:

1. Trap people, so that they can't escape, (so that they can be enslaves/used as much as possible).

2. Prevent anyone from escaping life (and the physical realm), because they need people to stay alive, (to use for their own personal desires, whether directly, or indirectly).

Indeed, the hobby/activity/game/desire of having children, is the perfect proof, of how people are always more interested in creating games/wars/suffering/etc, (as opposed to being interested in preventing suffering/games/wars/etc).

Therefore, it's ridiculous/foolish to believe people can reduce the amount of suffering in the world, because no matter how much they say that they want peace (and/or less suffering), they're going to continue to:

1. Keep having children.

2. Keep using people as their personal-slaves, and work-slaves.

3. Keep creating/playing all sorts of games/wars/etc, that allows them to keep doing points 1 and 2.

The above means that there is no hope, however, this is important to realise, because suffering can only be reduced/eliminated, when you see the situation clearly.

Many people will say, that the world can't run/exist, without some people who are used/enslaved/etc, to do jobs.
-- However, the point is, that if even one person needs to be enslaved, then that life/existence, is one that is not worth creating/maintaining, or being a part of.

Indeed, if that is happening, and you're a part of that existence, then you are responsible for that person's life of prison/torture/slavery/rape (suffering).

The point is, that many people hate working at their jobs, and many people do want everyone to be free, but not if it means that they have to give up their personal-slaves (and work-slaves). And not if it means that they have to give up this existence.
-- Of course, this is ridiculous, because it just means that people are then trying to keep/protect an existence, that causes everyone a lifetime of suffering.

Ie, if people were told that there is an option, of this existence being instantly/painlessly changed into an existence which is non-existence (where absolutely no one will ever suffer), then most people will hate this option, and do everything in their power to make sure that this life/existence continues.
-- Moreover, many will want to make sure, that no one is ever able to find out, that the option of non-existence exists.

Therefore, most people will continue to try to brainwashed/programmed everyone, to believe that:

1. The human race is precious/special/important/etc,

2. People must have babies/children, so that the the human race doesn't die out.

3. People must never try to kill themselves.

4. Etc.

The point is, that most people are willing to do anything, to fulfil their desires, (no matter how many other people have to suffer, nor how severe that suffering will be, nor if that suffering will be for a whole lifetime).
-- Therefore, it is indisputable, that most people are selfish/immoral/cruel/evil.
-- Therefore, this existence/manifestation, needs to be totally changed, in a permanent way.

Ie, it's not about changing this existence to non-existence (temporarily), so that existence returns.
-- The only solution worth having, is permanent non-existence.

“But if people stop having babies, then the human race will die out.”

It's only the selfish/immoral/cruel/evil people, that want the human race to continue.

This is obvious, because all the selfless people can see that this life/existence/game, is just like any war, where it's never-ending, impossible to win, and the only thing that is guaranteed, is lots of suffering.

However, parents/people/companies/governments/intuitions/etc, all have a selfish interest in keeping the human race going, and it's important to realise, that they'll do anything to make sure that all people believe this.

Ie, expect people/companies/governments/intuitions/etc, to try to constantly brainwash/program you, to believe that it's good/important/successful to have children/family/friends/relationships/sex/jobs/etc.

Indeed, parents do this to their children from a very young age, and this is maintained throughout their entire lifetime. And this is compounded by all the other methods, (eg: adverts, movies, tv programs, media, etc).

Ie, all they need to do, is bombard you with all of it, (a whole range of desires/hopes/ideas of what is going to make you happy), and as long as you bite one thing (desire), then you will want to stay alive, and they have succeeded.

Ie, you only need to want/desire one thing, and it's over, you're trapped, and suffering will follow.

However, don't expect parents/people/companies/governments/intuitions/etc, to just try to

hook/trick/con you with desires.
-- Ie, they also use fear, to try to prevent you from believing/doing anything other than what they want you to do.

And the scope of this, should never be underestimated. Indeed, they'll even invent/create whole genres/subjects/industries/gods/religions/histories/museums/educational systems/etc, just with the purpose of creating the fear needed, to make you think/believe/behave, exactly how they want you to think/believe/behave.

Ie, the aim is:

> To make sure that you're a good little obedient slave,
> not just at work,
> but in every aspect of your life.

Of course, the best tactic, is to always use both desire and fear.
-- The best example of this, is how religions are invented/created, to brainwash you into believing that:

1. You must do x, y, z, (because if you do these things, then you'll go to a good place after death (“heaven”, “paradise”, whatever else)).

2. You must never do u, v, w, (because if you do these things, then you'll go to a bad place after you die, (“hell”, “afterlife”, whatever else)).

Moreover, they make a special effort, to explain that suicide will make you end up in a place that is worse than hell, or they'll say something like: “There is a special hell, for those who commit suicide”.

The point is, that I don't know whether suicide is a good/safe way “out” of life, however, what I do know, is that the message that “suicide is bad”, is only ever coming from parents/people/governments/institutions/organisations/etc, and they all have a selfish interest, in making sure that you stay alive.

The point is, that all of the above, is very sickening, and therefore, why would anyone want this sickness to continue?
-- Ie, why would anyone want the human race to continue?

Never trust any parents/people/religions/gods/aliens/spirits/dimensions/governments/institutions/organisations/etc, who don’t show you (in practice), the way to leave this physical realm, in an instant/painless/effortless/guaranteed/permanent way.
-- And, this must be able to be done whenever you want, and without exceptions.

The point is, that only those who can show you this, are the ones who are selfless/moral,

because they're showing you (in practice), how to escape from this life of prison/torture/slavery/rape, and how to get to true freedom/peace/love/bliss, and “That”.

Ie, anyone who says/teaches/does anything other than this, is going to be causing you (and everyone) more suffering, (in the long-term).

Indeed, this can be proven, by simply seeing that all the religions/gods/aliens/etc, have had centuries to end suffering on earth, and it's obvious that most people are still suffering on earth.
-- Ie, no more proof is needed, to know that they're not the answer of:

1. How to escape from this life of prison/torture/slavery/rape.

2. How to get to true freedom/peace/love/bliss, and “That”.

3. How to end all suffering for all.

Yes, they all sometimes do nice/selfless things, but this is just to convince you that they are good/moral/etc. Ie, it's just the bait/hook, before they get what they want from you.
-- Ie, it's just a con/trick/scam.

The fact that so many people still fall for all of this, shows how brainwashed/programmed people are.
-- And, the depth of the brainwashing/programming, is shown by the fact that these people/groups keep causing suffering to others, and even when this is found out, people still trust/believe that they're good people/groups, and are worth listening to, and are worth obeying/following.

And, all of the above, is just the tip of the iceberg, because this discussion is just about the weapons/games/tactics that these people/groups use overtly (on the surface).
-- Ie, the covert weapons that they use, are beyond most peoples imagination.
-- And, as with all weapons/games/tactics, expect them all to keep getting worse.

Everyone keeps falling for the beliefs/words/scams/traps, (that people/groups sell them), because everyone keeps making the same mistake, of looking for what's “right/good”. Ie, this is what is perpetuating suffering.
-- The key point is, that everyone will reduce the suffering in their life (and the world), if they just look at what's “wrong/bad”.

Ie, just identify/recognise what is wrong/bad/causing suffering, because, when a person sees what is causing them suffering, they'll naturally stop doing it, (and/or believing it).
-- Indeed, it's just a natural thing, just like how you wouldn't touch a hot stove a second time (after being truly burnt).

Of course, this means that each individual person, needs to do this assessment for

themselves.
-- And therefore, this means that they do not need any people/groups to help them do this.

Indeed, people/groups are always just going to misdirect the person, away from them relying on their own clear/honest seeing of a situation.

However, most people always want to rely on other people/groups, for the answers (of who/what to follow and obey).

Of course, all things that need following/obeying, are just there to enslave/use you, and therefore you will inevitably suffer, (in the long-term).

Therefore, if you want to reduce the amount of suffering in your life, (and other people's lives), do not listen/follow/obey, any people/groups.

Of course, if people do this, then this means that people will have to take responsibility for their own actions.
-- Ie, they won't then be able to do selfish/immoral things, and then use excuses like:

1. "It's legal, so I can do it, (and I'm a good person, (because I obey the law))."
2. "Everyone does it, so I'm also going to do it."
3. "My teacher/boss/company/government/god/religion/sprit/etc, told me to do it."
4. "I'm just doing what I have to, to provide for my family."
5. "I'm just trying to get through life."
6. Etc.

People are not only falling for the beliefs/words/scams/traps, (that people/groups sell them), but they're the ones setting up these groups/communities.
-- Ie, people are individually trying to brainwash/program others, and they're also setting up groups/communities, (whether online, or in real life), to spread the brainwashing/programming in a more effective manner.

These groups/communities will also make sure that everyone focuses on anything, except seeing how they themselves (individually) are causing all the suffering in the world, (because they're enslaving/using other people, as their personal-slaves, and/or work-slaves).

The above explains, how almost all people are not only brainwashed/programmed, but are also the brainwashers/programmers.

Indeed, this is to be expected, since almost all slaves, are also the slave-drivers (and slave-creators).

The process of how people brainwash/program others, (individually, or through groups/communities), is important, because it's the same process that's occurring, in all most areas of life, (especially relationships/friendships/family/parenting/etc), and life itself.
-- This process is:

1. People create an illusion/story.

2. They repeat it enough times, until they're able to brainwash/program themselves (and others), and this then makes it seem real.

3. The more real it's made out to be, the more emotion people put into it, and this makes it seem indisputably real.

The point is, that this is a self-created illusion, which only has reality, if it is brainwashed/programmed into themselves (and others) enough.
-- Ie, it's a delusion.

However, this delusion, was created by themselves, and brainwashed/programmed by themselves, until it becomes real.

And, of course, just because many (or all) people, have bought into the delusion, that doesn't mean that it's real.
-- Indeed, if 100% of people believe a delusion, that doesn't mean it's real.

Indeed, all people have bought into the delusion, that they're a person, but it's just a delusion, and it isn't real.
-- Ie, the person ("i"), is just a delusion.

Ie, all that people are constantly doing, is trying to create more and more layers of lies/misinformation, to cover over the truth.
-- And it's important to realise, that the lies/misinformation, can be absolutely anything.

Ie, all people are doing, is creating new stories/dramas, and then repeating those stories to themselves, and others in their community. And the key point is, that:

> Whether those stories/dramas are silly, or superficial, or intelligent, or clever, makes absolutely no difference, because they're all doing the same job (of hiding the truth, and keeping the lie of "i", alive).
>
> And, of course, this is necessary, because after a person believes that they are a person, they will then be much easier to

brainwash/program/control/manipulate/imprison/use/enslave/rape.

Yes, this book uses words, and there is repetition, however, this book is only using words and repetition to deprogram the person, to the extent that the person dissolves, and nothing remains. And, this book does not then try to create a new illusion to replace the old one. Ie, the key difference is, that this book is trying to permanently eliminate suffering.

Of course, if you strip away all delusions/layers/lies/misdirection, then what remains, is nothing. However, most people have a big issue with this, because they want life/existence to have a meaning/purpose/etc.

Therefore, they'll always try to create a new illusion, to replace the old one, or they'll reinforce the old ones.

Ie, they might just keep trying to brainwash/program themselves (and others), to just focus on relationships/friendships/family/children/etc, because they can't bear the possibility that:

1. They've been fooled/tricked/scammed by their parents/friends/family/etc.
2. Their whole life is a delusion.
3. There is no point/meaning/purpose to anything in life.
4. There is no basis to reality.
5. There is no reality.
6. There is nothing. Absolutely nothing exists.

Of course, it's not even about this being hard to understand, because most people will not even want to understand it.
-- Indeed, the more that a person has been suffering throughout their whole life (in all aspects of their life (jobs, relationships, friendships, family, etc)), the less they're going to want to know/see/hear/believe this information, and the more they're going to want to keep the delusion going at all costs.

Indeed, people will even create stories/beliefs/ideas about what the “purpose” and “meaning” of life is. Of course, this just adds more layers/lies.

Also, people will create information, and keep them as “secrets”, because they know that people want to be part of a special/select group of people (or an “inner circle”), that know things that others don't.
-- However, all secrets are lies (and misdirection, and more layers of illusion/delusion), because at the “core” or life/existence, there is nothing.

Ie, since there is nothing at the core, then it's impossible for there to be any:

1. Core secrets of life.
2. Core truths to life.
3. Etc.

It's important to see, that this information (about layers of lies covering nothing), is not a belief/idea.
-- Ie, “nothing” is what remains, when all beliefs/ideas are seen to be lies/illusion/delusion.
-- And, the key word in that previous sentence, is “all”.
-- Ie, the only information worth seeing/reading/listening to, is the information that exposes that all information is nothing but lies/illusion/delusion.

And it's also important to see, that all of the above, is just one part of the story. Ie, the above information, is about the layers of delusion being seen as delusion. However, this still leaves a manifestation, and pain can still exist.
-- Therefore, this book includes the second part of the story, which is that the manifestation needs to be dissolved, (or just not created).

Of course, if the second part of the story is done, then the first part is irrelevant, since it wouldn't even exist.
-- Ie, there's no need to deal with seeing through illusion/delusion, if you just rest as non-existence (and no existence is created).

The things that cause the most suffering in the world, are not caused by some secret-organisation, (or shadow government, or aliens, or whatever other group of people/entities (that are supposedly conspiring together)). They are caused by everyone (acting individually).

However, there are many instances, where the individuals, and groups of people (companies/governments/secret-organisations/etc), do all have the same selfish interests.

Eg, the belief that “Suicide is bad”, (and “Life is good, death is bad”, etc), is something that is brainwashed/programmed into people by parents/people/companies/organisations/etc.
-- However, the key point is, that this is not a situation where they've all gathered together, and discussed this issue, and then conspired to brainwash/program people to believe that “suicide is bad”.

Ie, trying to prevent people from killing themselves, is just something that all of these separate people/entities/groups need to do, because they need people to exist, to be enslaved/used (as their personal-slaves, and/or work-slaves).

The point is, that this mass brainwashing/programming, is not a conspiracy theory, (where all these people/groups have conspired to do this). It's just something that has happened, because almost everyone is selfish/immoral.

Ie, all the people who push this brainwashing/programming (that “suicide is bad”), are the people who want to use others as personal-slaves, (and/or work-slaves).

And what this means, is that all these people will not be able to place the blame on some group/organisation/government, when the consequences of this brainwashing/programming happen.

Note: The consequences (of any brainwashing/programming), is that the brainwashing/programming begins to break-down, and then the person sees that they've been brainwashed/programmed, and this makes them take some action.

This action can be directed at the brainwashers/programers, (eg, revenge), or it might just make them see how ugly the whole world is, and then they move away, (or cut all communication, or kill themselves, or whatever else).

Of course, whatever action is taken, the key thing to see, is that it will be the exact opposite of what the brainwasher/programmer was trying to achieve.

I mention the above, because people do not seem to be aware of the consequences of their words/actions/inactions (brainwashing/programming).

All words/actions/inactions, have inevitable natural consequences, and the consequences are usually way worse than the perpetrator could ever have imagined.
-- The key point is, that whether a person knows this (or not), the natural consequences are inevitable. And therefore, delusion does not protect you (from the consequences).
-- Ie, ignorance is not bliss.

Ie, the ignorance might create a shielded reality for a short-while, but it will never last long, and the longer that you remain shielded, the worse the consequences will be.

Of course, the natural consequences are inevitable, whether the bad words/actions/inactions are:

1. Legal (or not).
2. Socially acceptable (or not).
3. Things that 100% of the population are doing/saying.
4. Deemed by everyone as being

moral/good/important/vital/precious.

5. Etc.

And what this means, is that:

A) There is no safety in numbers.

B) No person/group/organisation/government/etc, can protect you from the inevitable consequences.

C) Etc.

Therefore, no matter how much you try to brainwash/program yourself (and others), you will suffer.
-- And, even if you mange to get the whole population to think like you, you will suffer.

If everyone could understand this, then everyone would realise, that their usual behaviour (of trying to fulfil their desires, regardless of how much suffering this causes to other people), is just going to cause them suffering, (and everyone else suffering). And therefore, since it has no positive outcome, it's absolutely ridiculous to keep continuing to be this way.

Of course, if everyone changes in this way, then the companies/governments/religions/gods/etc, will also change (or collapse/dissolve), because these things can only exist if people play (buy into) their games/slavery.

Gods can only exist, if people worship them.
-- Ie, gods need people.
-- However, people do not need gods.

Yes, people might want gods, (and religion/rituals/prayers/special places of worship/etc), but there's a massive difference between “need” and “want”.

There is no need for any of it.
-- However, if people want it, that says a lot about the selfishness of those people, (because they only want a god/religion/rituals/prayers/special places of worship/etc, because they want something from them).
-- And, this it true, regardless of whether they actually get the thing (that they wanted), or not.
-- Eg, if they pray to their god for health, but they fall ill, they might still like their god, and keep praying, and just blame their ill health on someone/something else.

Indeed, all of the above, also applies to all people/groups/entities/things, that people think are above them.
-- Eg, a “creator” can only exist, if people believe this to be true.
-- Ie, a creator needs people.
-- However, people do not need a creator.

However, people might want a creator, for whatever reason, eg:

1. To blame.
2. To give life meaning/purpose.
3. To pray to.
4. Etc.

It's impossible to create something that is good/right/moral, because all things in the manifestation/creation, are inherently bad/cruel/evil.
-- This is easy to realise, if you just look clearly/honestly at the manifestation. And it’s even clearer to see, when you examine the past/present/future.

Therefore, the only good thing to do, is to not create.
-- Of course, if you don’t create, then what remains, is non-existence, and this is good, because non-existence is the only thing that is pure, since it can't ever contain/be:

1. Pain (of any kind).
2. Suffering (of any kind).
3. Boredom.
4. Cruelty/evil.

All creations, are non-consensual and selfish, and therefore are inherently cruel/evil.
-- Indeed, it's totally impossible, (and totally ridiculous), to think that a creation can be consensual, and selfless.

And, since all creations are non-consensual and selfish, this means that all creations are:

1. The opposite of love, peace, freedom.

2. Inherently going to contain some suffering, (because all manifestations are a contraction).

It's inevitable that all creations will be bad/cruel/evil, because creation is inherently a contraction, and all contractions involve pain/suffering (to some degree).

Ie, the only way to be totally free from contraction/pain/suffering, is to be that which is non-existence, because non-existence is not only free from these things, but is:

1. Beyond contraction and expansion.
2. Beyond birth and death.
3. Etc.

Ie, in non-existence, there are no silly games/stories, (eg, you need to experience something negative, to enjoy something positive).

Also, there's no need to simultaneously be in both existence and non-existence. Yes, this would be better than being only in existence, however, being only in non-existence is going to be infinitely better.

Note: Some people would argue, that if you want to experience something positive, then you have to experience something negative. This is just extremely narrow minded.
-- However, even if this was true, then it sound like an extremely foolish game to be involved in, and you must have been serious brainwashed/programmed/fooled/tricked to want to play it, and believe that no other options exist.

The best way to keep people in prison/torture/slavery/rape, is to give them hope.
-- And, the best hope/story/advice/information to give the slaves, is that they will soon be free, but firstly, they just have to do x, y, z, and if they do this over a long enough period of time, they will then be free.

Of course, x, y, z, might be advice from the slaver-drivers (or slave-owners), or it could be advice from any “freedom”/“truth”/“humanitarian”/etc, organisation, telling them that they have to:

1. Do some prayers/rituals.
2. Do some meditation/practice/technique.
3. Prepare (and alter) their body/mind/spirit/soul, for reasons x, y, z.
4. Prepare for some upcoming disaster/apocalypse, (eg: financial, terrorist,

natural, biblical, etc).

5. Etc.

Of course, it's irrelevant where the advice/information comes from, (and what advice/information is given), because it's all just the same trick/scam/con, which is that they're always being advised to do x, y, z, for at least 6 months, (or however long), and then they'll be free. And, of course, this just keeps them in slavery for 6 more months.

And, after those 6 months are over, then they'll be told some other advice/information, (from some other new benevolent group/organisation/sprits/etc).

Indeed, this is why most people have been brainwashed/programmed to believe that “hope” is good thing.
-- However, this is ridiculous, because “hope” is no different to “desire”, and desire is one of the most cruel/evil things that exists.

However, that is only half of the story. The other half, is that:

> The only thing more cruel, than a system that uses desire, is system that does not allow you to be free, even when you do transcend desire.
>
> Indeed, this system, is what “life”/“existence” is.

Note: Yes, transcending desire will reduce the amount of suffering in your life, however, it will not eliminate it. Therefore, transcending desire is not the ultimate way out.

The only true way out, is to get to a place where desire/suffering/pain cannot exist, ever.

The only place where it's impossible for desire/suffering/pain to ever exist, is in non-existence.

The only desire that ends all desires/suffering/pain, is the desire for non-existence.

Ie, it's the end of all games/nonsense/ridiculousness, that inherently comes with existence.

Permanent non-existence, is the only thing that is free from:

- Pain.
- Suffering.
- Hope.
- Desire.

- Fear.
- Identity.
- Separation.
- Duality and non-duality.
- Boredom.
- The need for things like enlightenment.
- Etc.

Yes, an enlightened state-of-being can free you of some of these, but not all of these. And, the ones that it can free you from, are not total freedom. Eg:

1. You might be free from suffering, but pain will still exist.

2. You might be free from hope/desire, but there will still be a natural movement away from pain.

3. Etc.

Many people think that they're good/moral people, because they're leading a life of "service-to-others", (instead of "service-to-self").
-- However, all people who believe that they're leading a life of service-to-others, are creating suffering in the world, because they're perpetuating the belief that it's good to have children/families/relationships/friendships/communities/communication/interaction/dependency/etc, and they're involved in some (or all) of this, themselves.

Ie, these people are directly (or indirectly):

1. Perpetuating this life of prison/torture/slavery/rape.

2. Just using the term "service-to-others", as a new badge/label, which they use to make themselves feel moral/good, and hide behind (whilst they immorally/selfishly enslave and use people/entities, (as personal-slaves, and/or work-slaves).

3. Will try to brainwash/program people to believe in any rules/beliefs/systems (legal, moral, social, interpersonal, personal, religious, spiritual, etc), which allows them to continue to use their personal-slaves (and/or work-slaves), in plain-sight.

The people to trust the least, are the ones who have the most to lose.

The people who are the best example of this, are parents, due to:

1. The amount of time/effort/energy/money/etc, that they've put into their child.

2. The fact that if some mothers/fathers lost their child, they would not be able to have another child, (for whatever reason, eg: they might be too old, unable to, too tired to go through birth (and raising a child) all over again, etc).

3. The fact that they've used their child to make themselves sound: moral, selfless, important, valuable to humanity, doing god's work, etc.

4. They will have used their child to give themselves a new identity/image/position, (eg: “I am a mother/father”, “I am a person that is needed”, etc).

The key point is, that:

People who have a lot to lose, will always be trying to protect their personal interests/investment. And, the bigger their interests/investment, the more:

1. They'll be willing to do anything to protect it, no matter how immoral/selfish it is, and no matter how much suffering it causes other people.

2. Extreme their strategies/tactics/weapons will be. Because they’ll always be willing to escalate these strategies/tactics/weapons (to a more immoral level).

3. That they'll fear losing it, which means that they'll naturally be in a constant state of war, (because they'll be constantly defending/attacking anyone who even appears to be potential threat).

Just because reincarnation is something that has been believed in for thousands of years, doesn't mean that it's true.
-- It might exist, but it might not.
-- Moreover, even if it does exist, it might not apply to those who kill themselves with good intent/reason.

And, even if a cruel system is in place, that doesn't mean that it should be perpetuated.
-- Eg, if a cruel system of slavery exists, then the only way that it will collapse, is if the slaves stop being slaves. Ie, if they all just stop working, then the system collapses.
-- Ie, if reincarnation exists, perhaps the only way to beat it, is to not care that it exists, and don't let it influence your life in the slightest way.

Indeed, if you don't let something have power over you, then it loses it's power, and if

enough people do it, then that whole system inevitably collapses.

No system is 100%, and therefore, all systems are able to be collapsed.
-- And this is true, whether the system is natural/artificial/organic/inorganic/etc.

Eg, if reincarnation does exist, it's irrelevant if it is a natural thing, or an artificial process, because it can still be collapsed in many ways.
-- Eg, if the world was suddenly destroyed (by whatever means), then people would not be able to reincarnate, since there are no bodies (human or animal) to reincarnate into.

Or, if the whole of existence suddenly dissolved into non-existence, then there will be no more reincarnation of people.

If a person's direct experience of life, is that life is prison/torture/slavery/rape, then that is it.

So, if anyone decides to try to persuade them that it's anything other than this, then that is just more gaslighting.

Indeed, almost all things in life, are exactly this.

Again, just because life is prison/torture/slavery/rape, doesn't mean that you have to let it run (or be) your life.
-- Ie, you can just stop working, immediately. There's nothing stoping you from just not playing that game of "being a good little obedient slave".

And, there's no need to be involved in any other type of slavery, ever again.
-- Ie, it's not just the slavery of a job, but also the prison/torture/slavery/rape of relationships/family/children/etc.

All things can be walked away from.

Also, when people stay in the system, they keep the system alive.

Indeed, only when enough people do this, will the system of prison/torture/slavery/rape collapse.
-- Many people might not think that this is possible, however, all you need to do, is to stop doing all the things that cause you suffering (even the small things), and this will set you free.

Yes, the outcome is unknown, however, it's not about knowing what's ahead. All it's about, is knowing what is unacceptable, (and a life of prison/torture/slavey, is totally unacceptable).

So, on a practical level, you just quit your job, and live off your whatever money you have saved up (if any), and be free.
-- Ie, it's no different to a slave saying: "I would rather die free, than die a slave, (even if

that means dying sooner)".

However, what this all also means, is that those people who stay in the system of prison/torture/slavery/rape, are the ones who are being immoral, (because they're the ones keeping the system alive).

Therefore, all people/entities/dimensions/etc, that are anything other than non-existence, are being immoral/selfish/cruel.

Therefore, the people causing all the suffering in the world, is not some group/secret-organisation/etc, but everyone.

During larger games/wars, it's important to realise, that there are always more than two players/sides.
-- And, even if there only appears to be two players/sides, don't be fooled by it.
-- Ie, it's inevitable that there will be more players hidden in the background/shadows, because there are always other people/groups that have selfish interests in any battle.

Moreover, many of these hidden players, will never reveal themselves.

What this all means, is that when a story is heard (eg, a story on the news), there is never just one version of this story. Moreover, there are never just two versions of a story.

Moreover, it would be foolish to ever settle on any version of events, because as a person changes over time, they will inevitably learn of other versions of that event. And, since a person keeps changing, it's silly to believe that you can ever find the final true version of events.

Indeed, in previous examples, I have explained how some women might do immoral things to a man, however, this is never the end of the story, because there are always other groups/organisations/people, who might want to sustain this immoral behaviour, or perhaps make it worse.

So, let's continue with the example, of how a woman deliberately gets pregnant, just to get child-maintenance from a man. A good example of a third party (in this case), is the government. Ie, they can have many reasons why they want to create/perpetuate this behaviour, and so they'll make laws that make this immoral behaviour very appealing. Ie, they are literally encouraging/pushing some women to do this.

This might sound extreme, but if a woman is brought up in a certain way, and in a certain lifestyle, and then forced to live a certain way, and they see that immorality is everywhere, then surely they're almost expected to do this. Ie, it can even be argued, that they've been

brainwashed/programmed to do such immoral acts.

When you hear of groups/organisation/etc, it's always a mistake to believe that they are a group. Ie, the mistake is to believe that a group exists.

The point is, that the only reason to call them a group, is because you're saying/believing that they all have a common goal/agenda. However, this is never true, since all groups have factions.

Indeed, the number of people in the group, is the number of factions within the group.
-- And, if you're going to say that a group of ten people, consists of ten factions, then there's no point calling them a group.

Moreover, everyone is constantly changing, and therefore, even if you could say that there were more than one person per faction, you couldn't ever keep up with the latest changes.

Moreover, a person could be deliberately lying (a double-agent, triple-agent, etc), and it never ends, since a person's position/beliefs can change at any point, (even during an event).

And, the ultimate example of how an event can be seen differently with time, is if you change enough, to where you suddenly see that everything is upside-down, and therefore, all the people/groups that you used to believe were good, and now seen as being bad, (and vice-versa).

Moreover, the more honestly/clearly that you're able to examine, how you make other people suffer, the more you'll see everything in life, in an ever-new way.

The point is, that it's foolish to believe that you know what's going on, because your view of the events/world, will inevitably keep changing.

However, it's important to realise, that you never need to keep up with what's going on, because the underlying story (patterns in life) are always the same.
-- Ie, the outcome is always predictable, not because you know the groups/factions/players/agendas, but because it's the same as any other games/wars.

Ie, no group/faction/individual will ever win, because winning, is actually losing.

Of course, if you really understand this, then you realise that it's not helpful to know/understand what groups/factions/agendas/etc, exists.

Indeed, this is perhaps just another trap.
-- Ie, if you get caught up in trying to do this, then you'll get sucked into the vortex of it, and you'll suffer, (and/or spread suffering to others).
-- Whereas, if you know that it's just the same old story/pattern, that will keep repeating itself in life (until the end of time (existence)), then you know that getting sucked into it is pointless/foolish.

Ie, even when there is war raging all around you, you will be able to see it for what it really is, and this allows you to be still, and that stillness is peace.

And what this all also means, is that even if people/groups do have weapons, that are so advanced, (that most people wouldn't be able to even comprehend/imagine (or believe) that such a weapon could exist), this is all irrelevant, because the underlying patterns of life are always the same, regardless of what weapons exist, or are used.

Many people suffer in life, because they're unable to grasp/believe/accept, that many things are beyond their comprehension/imagination.

This is to be expected, because people are brainwashed/programmed to believe, that it's good to be seen as someone who is: right, correct, knows what's going on, has it all under control, etc.
-- Ie, this makes people arrogant, and arrogance makes people blind. And, when a person is blind, they can't see what is making them suffer, and therefore, they will inevitably continue to suffer.

Some things that people are unable to grasp/believe/accept, are:

1. That certain strategies, can sometimes be beyond their understanding, comprehension, and imagination. This is because people don't want to admit to themselves, that they can be fooled/played/tricked/scammed/etc.

2. That there is always an infinitely bigger and more evil weapon/strategy/agenda/group/person. Indeed, to think that you know the worst of it, will only lead to more suffering in your life.

3. That a person/group cannot ever win.
   -- Indeed, one of the greatest mistakes, is to assume that you can ever win a game/war (in the long-term). Because, you might win, but it will only take you into another war, where the weapons/strategies/agendas/groups/people are worse.

Games/wars are endless.
-- Moreover, the weapons/strategies/agendas/groups/people in each war, will always get progressively worse, (causing more suffering, in intensity and duration).

People can keep progressing though these wars, however, they'll have to be willing to accept a great level of suffering, and also impose a greater amount of suffering on others.

However, at each stage, the person/group will keep going, because they will slowly

increase their ability to take (and give) suffering.

However, there is only one outcome, which is that they will eventually have to endure a level of suffering, which will be unbearable to them.

Many people go through very difficult events/experiences/traumas in their life, which makes them think that they can endure anything that life throws at them (any time in the future). However, this belief is what causes them to go though more suffering, because:

1. They aren't seeing suffering as unacceptable, and this makes them enter into situations that causes them suffering.

2. Due to being arrogant, they aren't able to look at things in a clear/open/honest manner, and therefore they can't see, that:

    a) There's always a more intense level of suffering that can be imparted on a person, at any moment in time.

    b) That suffering can be more intense, and last longer, than ever before.

    c) It can be a type of suffering that you don't even know could exist.

Of course, if you know this, you'll know that there's nothing that can be done to prevent it.

It's not nice to hear these types of things, but:

1. If you choose to pretend that you did not hear/read/see it, suffering will come your way.

2. If you pretend that it's not real, suffering will come your way.

3. If you think you will be able to deal with it, suffering will come your way.

And it’s important to see, that this will all happen, not because of some “mystical”/“incomprehensible” reason, but because you blinded yourself, and therefore, you’re going to get blind-sided.

If you suffer in life, one way to view it, is that if you “beat” it, that's just like you “winning” the war against it.

Ie, this is no different to any other war, where when you "win", it just means that you have "passed" that test, and proved that you're a good little compliant slave (who will go through any amount of suffering, just to get some bread-crumbs at the end), and so then you get "promoted", and now have to face a bigger scenario, (which will involve a higher amount of suffering, which occurs in much worse ways, and much worse levels).

And, this is true for all aspects of life, whether people see this, or not.

Eg, relationships are like this, (even from the start of the relationship), because one partner will test the other, to see:

1. How easy it is, to get you to do, what they want.
2. How far you are willing to go for them.
3. How much they can control/manipulate you, (in each and every aspect of your life).
4. How useful you are going to be to them, in the future.
5. How securely they'll be able to trap/imprison you.
6. Etc.

Parents will always be successful at brainwashing/programming their baby/child/slave, because they can brainwash/program the child from birth.

This will mean that the child will be brainwashed/programmed to their liking, definitely in the early stages of the child's life, and often throughout it's entire lifetime.

This may sound extreme, but many people really are under the spell/control of their parents, throughout their entire lifetime, (whether they can see this, or not).

It's important to see, that this is no different to a person programming an AI machine, (a machine with artificial intelligence).
-- Ie, the programmer programs the machine to:

1. Never harm me (your programmer/parent/creator).
2. Life is good, death is bad, and no matter how hard life gets, you must keep going, and do whatever it takes to stay alive, (and you are never allowed to kill yourself, under any circumstances).
3. Do what I tell you to do. (Ie, obey your creator.)

4. Do things that will make me happy. (If you're good, you will be rewarded, (with a bread-crumb)).

5. Do not do things that will upset me. (If you're bad, you will be punished, but it's for your own good, (not mine)).

6. Make your own choices, (within the parameters of what I want you to do).

7. When you're older, you will be a self-sufficient robot, (slave). (You will get a job, and earn your own money, but I will still use you as my personal-slave.)

8. When you are older, you will want to replicate. (You will get a partner, and have children, so that I can then have more personal-slaves (grandchildren).)

9. You must do all you can, to be successful in all aspects of your life. (Do whatever it takes, to get a job/relationship/friends/family/etc, so that I do not have pay money to keep you alive (or in a usable state), and/or, so that I do not have to do your chores for you, to keep you alive (or in a usable state).)

10. Etc.

Indeed, when a child is young, they will be told many times to "Be a good girl for me", "Be a good boy for me", and this is no different to saying, "Be a good little obedient slave".

The point is, that many people blame the governments (and secret societies, and whoever else) for brainwashing/programming the population, but it's the parents who are responsible for creating this insane world, where people are slaves, and working hard, just so that they can continue to use their child as a personal-slave.

When a person looks at life clearly/honestly, it is seen that life is nothing but continuous fights/games/tests/wars.

This is bad enough, but what is worse, is that when you "pass" them, and "succeed", it either makes your life worse, or life still finds other ways to make you suffer.

Yes, there is a small period of rest in-between the fights, but the rest is never that long. -- Therefore, it's inevitable, that people will start to question, why they should bother staying in this life of constant fight.

Indeed, it becomes clear, that there are two options:

Option 1 =

Keep fighting, (which means that the suffering continues, for the rest of your life).

Option 2 =

Leave life, (which is the ultimate freedom from suffering, (assuming it's permanent non-existence)).

The point is, that option 1 is foolish/ridiculous/stupid, because all you get from this option, is a life of suffering.
-- Option 2 is ideal, if you know how to go to permanent non-existence. Suicide might be all that is necessary, but it might take you to a place of worse suffering. However, the point is, that if the constant battles in life becomes unacceptable, then there's no choice but to try suicide.

And, it's not just about if the battles in life become too painful, because “too painful” is relative to your tolerance, and life can lower your tolerance.

Ie, to take a person past their limit, life can either:

1. Increase the amount of pain/suffering in the person's life.

2. Decrease the tolerance (of how much pain/suffering the person can take).

3. Do a combination of points 1 and 2.

Needless to say, the more selfish/immoral a person is, the higher their tolerance (of suffering) will be.

Ie, the people who are more selfish/immoral, are more likely to keep fighting, and not kill themselves. And, the selfless/moral people, are more likely to kill themselves.

Ie, life really is: Survival of the fittest/selfishest/stupidest/immoralest/cruelest/evilest.

A simple way to know if you are being helped (by someone), or enslaved/used, is by seeing if layers are being added, or taken away.

Ie, If people are trying to help you, they will try to deprogram you, and to do this, they have to take away layers of lies, (which is done by exposing lies/games/brainwashing/programming).
-- Meanwhile, if people are trying to enslaved/use/control/manipulate you, they will give you information, and this information will just be more layers of lies.

However, it's important to see, that many parents/partners/people/companies/organisations/etc, all try to deprogram you, before reprogramming you with their agenda.

Of course, if you are being deprogrammed, (without then being reprogrammed), then all layers will be exposed/removed, and what remains, is nothing.

Ie, don't believe anyone who is trying to tell/sell you some “truth”, because there is no “truth” that can be shown to you, because all words/ideas/sensations/things in existence, are layers, which means that it's just more layers of lies/things/stuff that covers what you're truly searching for.

Ie, you find what you're truly searching for, when you expose/remove all layers/lies/illusion/delusion, and what remains, is “That”, (non-existence).

Many groups exist, which try to make women free from men, and men free from women. These are an inevitable stepping-stone, but many people get stuck in them, instead of progressing towards ever-more freedom, (by exposing all things that happen in existence, as being layers/lies/illusion/delusion, which are causing everyone suffering).

From the many examples mentioned in this book, it should be clear by now, that pleasure will always come wrapped in a huge amount of suffering (whether before, during, or after the event). Therefore, the only wise option, is to be free from all of it. Ie, walk away from it all.

However, if you walk away from any of it, you have to be honest with yourself. Eg, some people try to be free from relationships/sex/etc, but they're forcing it, and therefore their desire is still there, and therefore they are not truly free, and they're also reinforcing a delusion, and this will inevitably cause them suffering, (because that's inevitable when a person is deluded).

Ie, all of these things (that were causing you to suffer), needs to be truly out of your life.

Note: It’s important to see, that when something is truly out of your life, it's never a “loss”, because the more things that you “lose”, the more freedom you gain.

Of course, freedom is not something that can be “gained”, because it's something that's always been there, but just hidden under all the games/layers/lies/illusion/delusion.

However, when all the games/lies/delusions are removed, then nothing will remain, not even: freedom, awareness, “that which you really are”, god, etc.
-- Ie, what remains, is something that is:

1. Beyond freedom.

2. Beyond any identity of yourself.

3. Beyond god.

4. A billion times better than any feeling/experience (that can ever be had in existence).

5. Etc.

Of course, this can't be called a “something” (that remains), nor anything else, since it's non-existent.

Rape will always exist, for as long as people keep playing games.

This is true, because no matter what games a person plays, there will always be a time, when every person gets angry at the games, and then they will snap, and they might then just feel so unfairly treated, that they just take what they want.

And, in the case of the games/activities/hobbies of relationships/sex/lovemaking/closeness/intimacy/affection/friendships/jobs/etc, many people are inevitably going to snap, and then all types of bad things will happen.

Therefore, if everyone keeps playing these games/activities/hobbies, then rape is to be expected.

Note: Some people say that rape is about control, and although this can be true, this singular belief will misdirect people (away from seeing that rape often occurs, due to the games that everyone keeps playing).

Also, this situation is compounded, by the constant brainwashing/programming, that having sex is a sign that you're “successful”.

Note:
It’s important to see, that instead of these games/activities/hobbies (and all the lies/brainwashing/programming), people could just help each other to deprogram themselves, and then everyone would be free from the desire/need for relationship/sex/friendships/etc, and then there would not be any rape.

Again, this is not a “loss”, because it's not a case of “giving up” relationship/sex/friendships/etc, but instead, it's about being freed from the immense amount of suffering (that comes with those desires).

And, it's not hard to free yourself from those desires, because this will naturally happen, as soon as you see that those desires produce 0.1% pure true pleasure/love/happiness, and 99.9% suffering.

And the figure will always be around 0.1%, especially after including the fact that you can only have relationships/sex/etc, if you:

1. Get a job.

2. Keep doing all the daily/weekly/monthly/yearly chores.

3. Do all the things you don't really want to do (in normal life, and during those activities (of relationships/sex/families/friends/etc)).

4. Keep living in this life of prison/torture/slavery/rape.

5. Etc.

Everyone is constantly brainwashing/programming each other, to believe that, to be seen as a "successful" person, you need to spend money in a care-free fashion, (so that you look as though you're totally ok with spending money casually/effortlessly/without care).
-- Of course, when you do this, you then need to work more, which means more suffering.

However, some people then go to the other side, where they try to appear "successful", by telling people that they've successfully bought something that was a great bargain/deal/offer/etc.
-- Again, this is causing suffering in the world, because it misdirects people, (away from seeing that the whole system of money/bartering/labour-exchange/alternative-currency/etc, is something that only creates (and perpetuates) suffering.

And, this also applies to "free" things, (that are given to you for free, or exchanged), because the things that you get for free, usually require some expense (eg: the transport to collect it; the time required to organise the collection of it; the time spent in collecting it; the subtle energy than will go into the whole process (including desiring it); etc).

Indeed, when people are fighting hard to save money, they will all (at some point), ask themselves (or realise):

1. "What exactly am I fighting for?"

2. "This fight will never end."

3. "If I successfully save money, the only result, is that I get to see/live more of this life of prison/torture/slavery/rape."

4. "This is a fools game."

5. "It's all ridiculous."

6. "Life is just pure insanity, and therefore pure stupidity."

7. Etc.

Ie, whether people spend money in a care-free fashion, or are careful with it, they're both just brainwashed/programmed people, and are missing the point, which is that playing these games (of money/bartering/labour-exchange/alternative-currency/etc), is just spreading more suffering, instead of clearly seeing/exposing/realising that it's ridiculous to need things in life, to:

1. Avoid pain/suffering/boredom/discomfort/torture/etc.
2. Get pleasure/happiness/etc.
3. Get freedom/peace/love/bliss/etc.

And, if this is what life is, then it's surely extremely immoral/cruel/evil, to bring someone into such a life/existence.

Many people are not able to see that:

1. **When people do "caring" and "helpful" things (for other people), these acts are often just selfish acts.**
2. **When they (themselves), are trying to be "caring" and "helpful", they are often creating suffering (in the long-term), because they haven't examined/understood how things work at a deeper level.**

Indeed, in general, when people are "caring" and "helping", they usually want something in return (at some point, in some way).
-- This is easy to prove, because if someone helps a person, and that person then insults the helper, the helper will probably not be happy. Ie, the helper wanted something in return, (eg: a smile, gratitude, energy, a pleasant interaction, a reinforcement of the belief that some things in life are good/selfless/moral, etc).

The point is, that if the helper was helping in a way that required no return, then they would not care when the helped person insulted them, or did not give them what they wanted.

Also, there are people who help, because they just want to reinforce their belief/image/idea/thought/delusion, that they are:

1. "A good person."
2. "A giver."
3. "A helper."
4. "A person who practices service-to-others."

5. “A good role-model for their children.”

6. Etc.

Of course, if you help to reinforce these beliefs in them, then you are enabling them, and reinforcing their delusion, and therefore you are selfish, (because you're causing them suffering (in the long-term)).
-- Indeed, this also shows, that even if that interaction/exchange goes well, then this does not mean that it's good, (because it will cause long-term suffering).

Ie, all interactions/exchanges are an exchange (between both people), and if you expect it to be one way, then you will inevitably suffer (at some point).

Most people will not like to hear these aspects of life (of “caring” and “helping”) being analysed in this way, however, the end result/conclusion/realisation is to be expected, because “caring” and “helping” are things in existence, and all things in existence, are designed to cause suffering. Indeed, if this wasn't true, then the world (and existence), would be a totally different place.

From all of the above, it becomes clear, that the only true “caring” and “helping”, is to help everyone instantly/painlessly get to the ultimate (and permanent) place of peace/home/freedom/safety/security, which is permanent non-existence, for all, forever.

Parents are not the only ones interested in brainwashing/programming people to believe that “family” is very important, because there are many other people/companies/governments/religions/secret-organisations who need people to want to have families/children/etc.

Indeed, this is inevitable, because everyone who is selfish/immoral, needs to persuade others to have babies (and raise children), because without this, they have no one to use as personal-slaves, (and/or work-slaves).

Indeed, governments invent/create:

1. Financial incentives for people to get married.

2. Financial incentives for people to have babies.

3. Financial incentives for people to raise children.

4. A special annual holiday, which is only for people who have family/friends/etc (eg, christmas).

5. Mother's day, and father's day.

6. Valentine's day.

7. Etc.

As can be seen, these inventions are beneficial in many ways. Eg, they not only brainwash/program everyone to keep creating families/babies, but they also bring in money. Ie, some of these things (eg, christmas, mother's day, father's day, valentine's day, etc), are all great ways of making people spend money, and this means that:

1. The companies get this money.

2. People need to keep working at jobs, which:
    a) Makes them easier to control/manipulate.
    b) Doesn't give them time to stop, and see this massive scam/trick/con, and the life of prison/torture/slavery/rape that they're in.

3. The special days, give people hope, and something to look forward to, which makes them continue to work, (like a good little obedient slave).

4. The special days, make it seem like it's important to have a calendar, and to keep track of time.

5. Etc.

Of course, another key invention, is "birthdays". Birthdays also just reinforce time/age/calendars, and also families/friends/etc, and the need to spend money.

"Birthdays" are an invention/creation, because they do not exist, unless you create time, and a calendar, and then make an effort to remember what date a person was born.

Indeed, it's important to remember, that if a person wasn't told what day/month they were born on, they would not know (or have) a birthday.

Moreover, if they weren't told what year they were born, then they wouldn't be able to know their age.

And, other people/companies/religions/etc, all celebrate other special days, eg:

1. Wedding anniversaries.

2. Religious festivals.

3. New year's day.

4. Etc.

Of course, each of these things, is just another layer of lies, which builds up very quickly, and is constantly reinforced as being fact, and this means that most people are never able to see, that all of this is invented/created out of thin air, and that it has no fundamental solid basis in reality, and is only there to control/manipulate/enslave people.

If the universal law is, "Do what you want, so long as it doesn't cause suffering to others", then this means that, people who decide to have children, are infinitely more immoral/cruel/evil, than a person/alien/entity that:

1. Eats babies.
   (As long as the baby was killed, in an instant/painless/effortless/guaranteed/permanent way).

2. Murders many people.
   (As long as it's done, in an instant/painless/effortless/guaranteed/permanent way).

3. Destroys a whole species/race of beings.
   (As long as it's done, in an instant/painless/effortless/guaranteed/permanent way).

4. Destroys whole worlds/universes/galaxies.
   (As long as it's done, in an instant/painless/effortless/guaranteed/permanent way).

5. Destroys the whole of existence.
   (As long as it's done, in an instant/painless/effortless/guaranteed/permanent way).

Moreover, not only would these acts be more moral (as compared to people who decide to have children), but all of these acts are extremely good/kind/benevolent acts, since these acts prevent a lot of suffering from happening.

Some people are perpetuating suffering, because they misdirect people to believe, that it's important to know if this life/world, is a tv show, (or an experiment, or whatever else).

The point is, that whether this life/world is any of these things, is irrelevant, because the suffering is real (or as good as real).

Ie, knowing if this life/world, is a tv show, (or an experiment, or whatever else), does not

help reduce suffering.

And, anything that does not help reduce suffering, and makes people look at things which are not the cause of suffering, is just perpetuating suffering in the world.

If this life/world is a tv show, and some people/alines/entities are watching it, then the question arises: Why would they switch it off?

The answer is, that they might switch it off, but perhaps only if they (the audience), realise that the people in the show, are actually really suffering.

The key point is, that if people in this life/world, continue to suffer, but whilst suffering they saying things like "Suffering is good/necessary/acceptable", or that "Life is great", then the audience are justified to keep the tv show running.

Moreover, not only is it justified, but it's moral (to keep the tv show running), because the universal law is, "Do what you want, as long as it doesn't cause suffering to others", and so if people insist on pretending that life is worth living, then the audience are moral in their decision (to keep the tv show going).

And, all of the above applies, whether this life/world is a tv show, experiment, or whatever else.
-- However, even if it's none of these, the same applies, because only when enough people say that suffering/life is unacceptable (and unnecessary), will suffering end.

However, suffering cannot ever end, if people suffer, but they keep believing all the lies/reason/excuses (of why suffering is acceptable/necessary/important/etc), eg:

1. Life is a learning place.
2. Earth is a school.
3. We chose to be here.
4. Etc.

The point is, that when people believe these lies, they are being selfish/immoral, because they are not just keeping their belief to themselves, but forcing it onto others, and by making it hard for the other people (who want to leave life), to permanently leave life (via the charity/service/building).
-- Ie, if you want to believe these things, then do so, but let the charity/service/building exist, for those people who want to leave life (in an instant/painless/effortless/guaranteed way). Because, if you don't do this, then you are non-consensually trapping them in prison/torture/slavery/rape.

Also if people are ever held against their will, then they are justified in killing/ending themselves, and/or their captors, and/or the whole thing.

-- The reason why they are justified in doing these things, was explained previously.

It might sound extreme to say that they are justified in ending the whole thing, but they might have to do this, if they feel that this is the only way to avoid this ever happening again (to any person/entity). Ie, that option (of ending the whole of existence), is perhaps the best, and only decent option.

Some people argue, that this life/existence, is a hologram (and/or a projection, computer simulation, etc).
-- This is perhaps important, because this then means, that the whole of existence, can actually be switched off (ended), in an instant/painless/effortless/guaranteed/permanent way.

To switch it off, perhaps it just needs one person to find the “off switch” (or plug, or whatever else), or, perhaps existence will automatically switch itself off, when 0.1% of the population admits that:

1. Life is prison/torture/slavery/rape.

And/or,

2. Life is unacceptable.

And/or,

3. Life is selfish/immoral/cruel/evil.

And/or,

4. Etc.

And, until this happens, suffering will continue, forever.

However, this would have to happen with the 0.1% of people truly knowing/living this, not just saying it. Ie, they can't just say it, and then continue to be a slave, and keep enslaving/imprisoning/torturing other people.

The point is, that life is full of silly immature games/rules (eg, “cause and effect”), which even if it is illusory, is real, (since it's as real as pain/suffering). Therefore, there is the possibility, that such a silly immature game/rule might also exist.

However, whether it's a hologram/projection, or whatever else, the same might be true, (where perhaps it just needs one person to do something, to end all of existence, or, 0.1% of people need to admit that life is selfish/immoral/cruel/evil).

I'm not saying that this is true, but I'm not saying that it isn't true. I don't know. I'm just open to the fact that, this could be 100% true. Whatever the case, existence is a system, and therefore it is already ending, and it will end. The only question is: Are people going to help it to end sooner, or is everyone going to make the suffering last longer?

If a person/victim is suffering, and the perpetrator knows that the victim is suffering, but they continue to make the victim suffer, then the perpetrator should know that:

1. There's always a bigger fish, a bigger weapon, etc. Ie, no matter how big/powerful/advanced you think you are, there is always some person/entity/thing, that is bigger, and that bigger fish will attack you, (whether because it's for selfish reasons, or selfless reasons (eg, stopping the victims from suffering any more)).
   -- This will happen, whether you want to believe this (or not).
   -- Indeed, the people who are selfish, never want to believe this, and therefore, this is how their downfall begins.

2. No system is 100%. Therefore, the method by which the perpetrator is causing suffering, will be cracked/broken/shattered, either by the victim, or some other person/entity (for whatever reason).
   -- However, selfish people are always arrogant, and when they get big enough, they begin to believe that their system is 100%, (for whatever reason, (eg, because they get deluded into believing that their system is safe, or that the enemy is too stupid, etc)).
   -- Of course, a 0.0000001% crack is all that is needed, for it to be totally destroyed.

3. The un-knowable does happen. By “unknowable”, I mean that no person/entity/machine could have ever imagined, that a certain event could occur.
   -- And, even if there is only a 0.0000001% chance of it happening, this is enough.
   -- Of course, since it's “unknowable”/unimaginable, you can't know what the probability is, of it occurring, nor about the consequences of it occurring.

Indeed, all of the above, applies to the audience (if this life/world is a tv show).
-- Ie, if the audience know that people (in the tv show) are actually truly suffering, and they do not switch it off, then expect the above to occur.
-- And, the longer it takes (before they end it), the worse the consequences will be. And, since it's a natural process, it's inevitable.

Indeed, just in terms of selfishness, this is inevitable.
-- Ie, if you have something, and you have tried to tightly secure it, then someone else is probably going to want to take it from you.

Some people say that, “many people aren't ready to hear things outside of their comfort zone”, and that if they do hear it, they'll go crazy, or kill themselves, etc.
-- This is just more excuses, to keep people in slavery.

The point is, that if nothing is kept secret, and everything is put on the internet (and in

movies and tv programmes), then people will naturally not see the things that are outside their comfort zone. Ie, they might see a little of it, but if it's outside their comfort zone, they'll just naturally not want to read/watch all of it.
-- Indeed, anything that people don't want to believe/hear, they'll naturally turn away from, and not spend time on.

Of course, the above is true, except for the immoral people, who will only read/watch it, because they want to: discredit it, attack it, etc.
-- Moreover, they'll even try to find things that:

1. Are new beliefs, so that these new beliefs (lies) will then creates new delusions, (which they want to wrap themselves in).

2. Will keep them busy, so that they don't have time to stop and think about anything deeper.

3. Reinforces their old beliefs, so that they can strengthen their delusions (because this makes them feel more secure/solid/strong/etc).

There are many examples of beliefs, that do all of this.
-- Eg, people latch onto beliefs like:

1. “You are an infinite soul.”
   -- When people believe this, it (somehow) makes them believe that this life of prison/torture/slavery/rape is acceptable.
   -- And this happens, despite the fact that it's obvious, that the phrase “You're an infinite soul”, is just an identity/image, and therefore, they're just latching onto a new identity/image/position.

2. “You're here on earth, for a special purpose.”
   -- Of course, whilst you wait for this special purpose to reveal itself, you remain in prison/torture/slavery/rape, and you accept your slavery. Yes, in the future, that person might become a person that everyone looks up to, however, whatever they're selling (in the future) to those people, is just another type of prison/torture/slavery/rape.

3. “You are a light bringer.”

4. “You are consciousness.”

5. “You are awareness.”

6. “You are everything.”

7. “You are existence.”

8. “You are non-existence.”

9. Etc.

Note:
In addition to the above, it's also important to see, the other side of this.
-- Ie, if people are kept in the dark (not told all the secrets that are being kept from them), then they will kill themselves, because this life (where only suffering exists) is not worth living.

Moreover, people have been told so many times, that there is some big event/change/breakthrough that will occur “soon”, that unless the disclosure/change does happen soon, and is big, then it's only to be expected, that people will start to think that the only way out (of this life of prison/torture/slavery/rape), is to kill themselves.

Many truthers are causing a lot of suffering, by making certain issues seem important, (but most of those issues are misdirection).
-- Eg, some truthers think it's important to find out who really controls the government/military/country/world/universe/galaxy/etc, but this is misdirection.

Indeed, it doesn't matter who controls it, (whether it's humans, aliens, AI machines, etc, and whether it's on-world, or off-world), or if it's no one that is in control of any of it.

This is because, all that matters, is that it's seen that suffering exists, and that this is unacceptable and unnecessary, because only then will change naturally occur.

Ie, finding out that “x” controls the world, doesn't make the world more acceptable, (or more unacceptable), since the amount (by which the world is unacceptable), stays the same.

Similarly, finding out that the world is a hologram, (or a dream, or whatever else), doesn't make the world more acceptable, (or more unacceptable), since the amount (by which the world is unacceptable), stays the same.

Indeed, this is why, no matter what stories are told (eg, who rules the world), the message/advice/information (in this book), always holds true.

People are exhausted with life, and just want to rest, but life won't ever let you totally rest, because you're always forced to keep doing the basic things (eg: shelter/food/water/toilet/clothes/etc) to avoid pain.

Indeed, when this is seen, you can't blame people for killing themselves.

Actually, the previous sentence, is a good example of how suicide is still seen through the brainwashed/programmed belief that “suicide” is bad, and is a last resort, as opposed to seeing suicide as being perhaps the key point of life, because if you die naturally (of old age), you still perhaps don’t go to non-existence, because the act of waiting to die naturally, shows that you have then “passed” the slavery test (of life), which means that you then get “promoted” to a new “life”, which will make you work even harder.

Ie, perhaps the point of life, is to see how long it takes (before you realise), that life is “survival of the stupidest”, and therefore, the only way to non-existence, is to avoid waiting for a natural death.

Indeed, perhaps this is also true for existence itself. Ie, if people wait for existence to end itself, then existence will start all over again. But if it’s ended prematurely, then that’s a permanent end.

Many people/groups talk about solving the problems in the world, by:

1. **Changing the rulers.**
2. **Changing the system.**
3. **Overthrowing governments.**
4. **Revolution.**
5. **Rebellion.**
6. **Etc.**

However, none of these will work (in the long-term), and this should be obvious, because these have been done in the past, and there is still so much suffering in the world.
-- Therefore, if any people/groups are suggesting these methods/ways/systems/etc, (as a way to permanently end suffering), then they are deluded, and/or, are trying to fool/con/trick/enslave you.

As mentioned in previous sections:

1. All systems/rulers/governments/religions/communities/etc, are bad (in the long-term),

2. There is no way to “win”.

3. Etc.

Ie, the only way to end all suffering (for all), and at the same time, get the ultimate high (for all), is “That”, (non-existence).

If you clearly/honestly watch children and people doing “happy” activities, (which

are enjoyable/fun/relaxing/joking/playful), you'll see that even these “happy” times, contain moments of prison/torture/slavery/rape.

However, to do this, you have to be able to watch them clearly/honestly, (ie, without your desires/fears/beliefs interfering).
-- When you can do this, it's painful to see just how much everyone is suffering, (even during the things that are supposedly enjoyable/fun/relaxing/joking/playful/etc).

A good example of this, is when you see children doing things that they're supposed to enjoy (according to their parents), but whilst the child is doing these things, it's clear to see, just how much suffering the child is going through.

Of course, the parent will never see this, because they want to see what they want to see/believe. Ie, the parent’s desires/fears/beliefs, are preventing them from seeing things, as they really/truly are.
-- Ie, the parents want to believe that they're good parents, who have a happy child, and therefore, seeing anything else is unbearable, and so this is all that they're willing to see, (even if the child is suffering).

And what this means, is that:

> The parents are literally seeing their own desires/fears/beliefs, and not their child.

Indeed, this shows that people are living in their own selfish worlds, and therefore, any bonds (that they make with people), are certainly not made of love.

Many people are trying to brainwash/program everyone to believe, that if a person has certain preferences, (and avoids certain people/places/things), that that means that they're a bad person, (or a: racist, hater, etc).
-- This is all nonsense, because:

1. You are allowed to have preferences, and they are allowed to be specific,

because,

2. If you prefer certain things, that doesn't mean that you hate the other things (that are not in your preferences).
   -- Ie, just because you like apples, doesn't mean that you hate oranges. Ie, you might just be indifferent to oranges.

The point is, that:

1. Don't let people/friends/family/media/society tell you, that your preferences must

include liking all people/places/things.

2. It's important to see, that if you follow these nonsense rules, (out of fear of shame/ridicule/etc), then you're making other people suffer.
   -- This happens, because if you're doing something that is nonsense, (which you're doing for your selfish benefit, (eg, to keep other people liking you)), then this causes this nonsense to spread, which means that others will suffer, because of you.

Note:
It's important to analyse your life, and see when/where you're compromising on things which you believe is acceptable/ok to do. This is important, because people/friends/family/media/society can often try to brainwash you to believe, that (if you want to be a good person) you have to like everyone, and/or that, if you have preferences, then you are a “hater”, (since you dislike the things that that are not in your preferences).

However, this is all nonsense. A good example of this is as follows.

Some people wear certain colours of clothing, because they prefer that colour. Eg, if a lady prefers the colour white, then she might prefer to wear white clothes (as opposed to any other colour), and this seems reasonable. Nothing wrong with that at all. She likes the colour white, and so why not wear white clothes. End of story.

However, if she prefers to have relationships with men who have white skin, and she openly states to people around her, that she is more attracted to people with white skin (and not to men who have other skin colours), then some people might call her a racist.

Surely it is perfectly logically, that just as people have favourite colours, that they might have a favourite type of skin colour, (that they're naturally attracted to).

The point of this example, is that you have to be honest with yourself, and not compromise on what you believe is correct, no matter how ridiculous some social rules might be.

And therefore (in this example), if you're naturally attracted to people with white skin, (and not any other colour of skin), and this means that you'll be called a “racist”, then you have to still do it, because if you bend to this nonsense, then this nonsense will spread, and then other people will suffer too.

Of course, this nonsense comes in many other forms, and some examples of this will be given below.

Note: Be aware of excuses that you (or other people, or society) use, to hide from things.
-- As an example, let’s use the phrase: “Ageing is a wonderful process”.
-- This is a perfect example, of where you need to just stop, and be honest. Losing your physical and mental faculties in old age, is not wonderful. Nor is losing youthful looks. And, youthful looks can start to disappear in the early 20s.

Ie, by your mid-20s, the youthful looking people (who are in the 18 to 22 category), might find you unattractive, and this is a problem if you fancy youthful looking people. Of course, many people will argue against this information, however, these same people will try to alter their image (many times a day), in an attempt to look more youthful.

Similarly, many men (and women), will say all sorts of things about how the size (or shape) of a woman's body is not important, yet many men will go for the slimmer women, and the women will try to wear certain clothes/shoes/etc, that make them look slimmer.

Indeed, this is all very common, in many forms. Ie, people will try to shame or ridicule a person, because they want to keep their weapons strong.
-- Eg, if a woman thinks that her strongest weapon is her looks, but she is now 25 years old (and she clearly looks older than the youthful girls (who are in the 18 to 22 category), then the 25 year old lady might say to a 25 year old man (who is dating a younger girl), that he is a “man-child”, or that he needs to “be a man”, or that he needs to “grow-up”. Clearly, the 25 year old woman is a bit fearful, that if all 25 year old men went for younger girls, then how is she going to be able to get a man, (especially since she knows that this situation will only get worse, as she gets older).

The point is, why is the 25 year old woman attacking the man? As long as the man (and the younger girl) are in a happy consensual relationship, then why is she interfering? The answer, as always, is for selfish reasons.
-- However, this selfishness can affect the happiness of the couple (that she is criticising), and so it can be seen how selfish behaviour just creates a negative world.

Another example is as follows.
-- When some people choose to get a dog (as a pet), they might have a preference to get one which has smooth skin, or one with saggy wrinkly rough skin. However, whichever choice they make, it's totally up to them. Indeed, why should anyone interfere, and start to say that they're not allowed to have a certain preference. I'm sure that most people will agree with this.
-- Or, on a similar note, if a girl prefers a dress that has a certain type of texture to it, then why not let her choose whatever texture she wants, as long as it doesn’t cause anyone else any suffering.

So, going back to the previous example with the 25 year old man, if he says that he thinks that having a relationship with an older woman is something that he refuses to do, (because their skin is more saggy, wrinkly, and rough in texture), then that should be perfectly ok, since he is allowed to have whatever preference he has.
-- However, many people will interfere with this preference. Not only will older women interfere, but so will older men (who are dating older women).

Of course, the women might interfere for the reasons already stated (above), and the men might interfere because they're jealous, or angry that they're trapped (in a relationship with someone who's skin is becoming more saggy, wrinkly, rough, worn, tired).

Alternatively, the jealously might not be to do with the looks of a younger person, but to do with the fact that younger people can sometimes have more life in them, and be more: happier, funnier, alive, have a spring in their step, etc.

-- Ie, the words “saggy, wrinkly, rough, worn, tired,” are not just about looks, but also about: personality, freedom, life-energy, etc.

And this is without including the issue, that the 25 year old lady, might also also be more: boring, anxious, stressed, desperate, etc, (than the girls in the 18 to 22 category).

“Deep” spiritual/intellectual/etc people (and conversations), can be much more superficial, than a person’s (“superficial”) looks.

Moreover, from a spiritual perspective, one of the deepest spiritual things that can happen, is to have a silent mind, and most spiritual/intelligent conversions do the exact opposite, whereas, a person with naturally-stunning looks, can make your mind go totally silent.

Additionally, “looks” is inherently deeper than words.
-- Ie, “looks”, is a more fundamental layer (of creation), than words.
-- Indeed, there is nothing more superficial than words.
-- And, “looks” can be appreciated without words, whereas conversations need words.

Let’s continue from the previous section.

It's important to note, that some people might prefer a slightly older look/person, since they feel that it has more character. However, these people might also prefer to date a person who they can have “intelligent” conversations with, or “spiritual” conversations with, or whatever else. Ie, some people think that looks is not enough. Also, some people don't want to feel that they're liked only for their looks.

However, at a deeper spiritual/intellectual level, the conclusion might be that: Spiritual and intellectual words/theories/beliefs, are what causes suffering, and therefore, you would want to avoid all such people (unless you're helping them). Ie, for a relationship, you would want to avoid such people, and therefore, (by default), looks might be the most important aspect.

I'm not saying that looks is the only thing that that person might want, since fun and playfulness might also be desired in a partner, along with wisdom, and the fact that the wavelength/tone of the person, would also have to match their own.

The point of the previous paragraphs, is that many people might have beliefs (eg, “I don't want someone to like me just for my looks”), which can be totally the wrong way around (depending on who is saying that they like you for your looks).

Whatever the case, prefer whatever you want, do whatever you want, as long as you don’t cause suffering to others.

The belief (and use) of “age”, is more nonsense that everyone keeps perpetuating/spreading.
-- Age really is just a number, which does nothing but cause problems.

However, despite this fact, everyone perpetuates it's use, and therefore it's importance.
-- And, in doing this, people give it reality, and power, and value.

But amazingly, most people don't like ageing, or being asked their age. And yet they keep perpetuating the concept of “age”.

Ie, it's like a person blaming their fist, for punching their face.
-- Ie, just stop doing it.

Earlier on, I used the example of how a man might prefer girls in the 18 to 22 age range. However, it's important to realise, that this is just a way of explaining his preferences. Ie, it's obvious, that looks do not always correspond to age. Ie, people don't always look their age. And, therefore, the man's preference is not really about the age of the girl, but more about the fact that he prefers girls who are youthful looking. Ie, if a 28 year old girl, looked like she was in the 18 to 22 year range, then that is still in his preferences.

Indeed, some tv programs and movies, use actresses who are much older than the age of the character that they're playing, and there are many examples of actors/actresses playing a teenager, but are 10 years older, or more. This is important, because it shows that age is irrelevant.

The point is, age really is just a number, and is nonsense, and despite most people not liking being asked how old they are, everyone keeps doing it.
-- Ie, everyone is responsible, for perpetuating this nonsense, which is causing suffering (in more ways than they can imagine).

Ie, people have to realise, that they've only go themselves to blame.

Having preferences about how a dress is shaped, is no different to preferring certain races (or genders) of humans. Ie:

- **Liking certain dresses, does not make you “dress racist”.**
- **Liking certain races, does not make you a “racist”.**
- **Liking certain genders, does not make you a “gender racist”.**

If a girl likes a certain dress, because that dress has beautiful “lines” in it, then that is her preference, no problem. By “lines”, I mean the “form” of the dress. Ie, in terms of how the dress looks, I'm not talking about colour (or texture), but the dress's external lines (it's shape), and the internal lines (the lines within the external shape).

Any preference that the girl has, is not really an issue to anybody else. However, if the same girl has a preference about the type of person that they want to have a relationship with, (whether that relationship is sexual, partner, or friendship), then people start to interfere, and accuse her of only having relationships with certain races of people, and then they call her a racist.
-- Yet, all it is, is that certain races of humans, have different “lines”, (external lines, and/or internal lines).

However, people cave to this nonsense, because they’re scared to do anything that gets them labelled as being a racist.

Note: The internal lines (of the person) that she might have a preference for, might even be those that are more like a female human.

And/or, she might prefer to have a sexual relationship with other girls, because their skin is infinitely softer and smoother (as compared to that of a male (especially in terms of facial skin)).
-- So, if she prefers a partner with softer facial skin, then she has no choice but to date other girls.

And similarly, if she prefers the lines of a certain race, then she has no choice, but to date the people from that race.

And similarly, if she prefers girls (over men) due them having softer skin, she might prefer to date younger girls (in the 18 to 22 age range), since they have softer skin (than older women).

However, although some people might be able to understand (and accept) her preference to date younger girls (between 18 and 22, (because they have softer skin)), these same people will attack a 30 year old man, who prefers to date younger girls (between 18 and 22, (because they have softer skin)).
-- Ie, this is just an example, of the nonsense that people say and do.

Let's now go back to the dress.
-- It's obvious that the internal lines of a dress, can be affected (eg, accentuated) by the colour and texture of the dress. And, of course, different humans have different colours and textures, (depending on their gender, race, colour, etc).
-- Therefore, just as a girl will take all these factors into consideration (consciously/subconsciously/unconsciously), when choosing what dress to buy/wear, she might also do this when choosing a partner. And therefore, the girl's preferences will inevitably lead her to a specific type of human that she likes, (in terms of: gender, race, colour, and many other factors).

Of course, everyone is different, and not all people are that picky. Ie, some people only like very specific types of things, (eg, they prefer only one type of chocolate/dress/partner),

however, other people like many different types of chocolates/dresses/partners.
-- The point is, that if we were talking only about chocolate, then people wouldn't call her a “chocolate racist”, but, if we were talking about partners, then these same people would call her a racist, and say that she is a bad person, and that she’s behaving in an unacceptable way, and then they might exclude her from their group of friends/family/community.

It's just nonsense, on top of nonsense, on top of nonsense.
-- Ie, because people are sacred to be excluded from their group of friends/family/community/etc, they perpetuate this nonsense, and this allows more nonsense to be added on top, and this just keeps continuing.

As long as no one causes other people/entities any suffering, then people can have whatever relationship preferences they want, (whatever/however they are).
-- Ie, there is absolutely no problem, if they want to have a relationship with an entity that is: virtual, non-human, non-physical, an object, an alien, or whatever else.

Let's follow on from the previous section.
-- Why should someone be attacked, if they have a relationship with an object?
-- Ie, what is wrong about a person who wants to have a relationship with something that is inorganic. Or, with something that is virtual.
-- It can be argued, that a dream is virtual, yet is more real (than the physical realm).

Similarly, why should someone be told, that they're not allowed to have a relationship with:

- A living entity/being that is not human.
- A being that does not have a physical form.
- An entity/being that is not from this dimension.
- Etc.

The point is, that as long as they're not causing any suffering (to anyone or anything), then there's no problem. However, people will always create problems, because people are selfish/immoral/cruel/evil.

Having a partner, that is anything other than truly-naturally-stunningly-beautiful looking, will only lead to a negative experiences (in all aspects of the relationship), and this will lead to negative consequences, which will spread beyond the relationship.

This is because, only a partner who is truly-naturally-stunningly-beautiful looking, will naturally “spark” you, (where you naturally have energy/actions, which creates an amazing interaction with them).

Meanwhile, a partner that does not spark you, will make you want to be elsewhere,

(anywhere else, with anyone, or with no one). And therefore, the interactions will be forced/unwilling/etc. This is common in most relationships, since most relationships are made up of people who have “settled”.

However, instead of trying to solve this issue, many people try to do the opposite, by selfishly trying to brainwash/program everyone, to believe that, “People who try to get good looking partners, are people who are: “shallow”/“superficial”/“immature”/un-caring/un-kind/etc.
-- This is just basic shaming tactics, but they fail to see, that this will cause many people a lot of suffering, in many ways.

This is a good example, of how the people who think that they're make the world a more better/tolerant place, are actually just creating a lot more suffering in the world.
-- Of course, the fact that they're trying to make the world a more “tolerant” place, but are doing this by using shaming tactics (and other similar tactics), should be a big enough clue, that these people are going to just create more suffering in the world.

Of course, many people do these shaming tactics, under the disguise of “I'm trying to make the world a more tolerant place”, but really, they're just being selfish, and are trying to make the game/war/battlefield in their favour. Ie, some people think/feel that they're ugly, and so they try to do these things.

People underestimate the importance of looks, and they often compromise and “settle” in choosing a partner that is ok looking (or good looking), instead of being with a person who is so truly-naturally-stunningly-beautiful looking, that their thoughts stop.

The reason why this can be so important, is because being with an ok/good looking partner, will just end in bad everything (sex, fun, laughter, etc), because they're not “sparking” you. Ie, the opposite to this, is that you're with someone that is so truly-naturally-stunningly-beautiful looking, that they “spark” you, and you naturally have the energy and actions which creates an amazing interaction with them.

However, it's important to note, that this spark must be mutual.
-- Ie, it only becomes naturally amazing, when you are both sparked.
-- And, after you experience that, you will not be able to go back to being with someone, who does not fully spark you. And if you do, you will realise that, that is why the sex is bad, and that the time that you spend with them, is just not good.

Some people would argue, that there are not that many truly-naturally-stunningly-beautiful looking people in the world, and therefore, not everyone can have such a person for a partner.
-- This may be true, however, this does not change the original fact, that if you are only “sparked” by such a beautiful person, then having a relationship with someone that does not spark you, is just going to be a zero (or negative) experience.

Ie, if a person wants a partner, and they're only sparked by truly-naturally-stunningly-beautiful looking people, and they know that being with non-

beautiful people is a negative experience, then they have no choice but to be with a truly-naturally-stunningly-beautiful looking person, or, not bother with relationships.

Indeed, what this last paragraph shows, is that life is cruel, because it has limited the number of truly-naturally-stunningly-beautiful looking people in the world, and there is absolutely no reason to do that.
-- Yes, there still can be variety, since there can be different types of truly-naturally-stunningly-beautiful looking people.
-- The key point is, that there is no reason, why every person/entity (who wanted to), could be in the category of truly-naturally-stunningly-beautiful looking.
-- The only reason why this would not exist, is because life wants to be cruel.

Note: Some people might argue, that if relationships are bad, then what life is doing, is good. Ie, by limiting the number of truly-naturally-stunningly-beautiful looking people, then people will not have relationships. However, this is incorrect, because if life wanted to not make relationships happen, it would not make any people exist in the beautiful category, or, make it so that no one was sparked by anyone. Ie, whichever way you look at it, life is deliberately being cruel.

And, yes, even with a truly-naturally-stunningly-beautiful looking partner, the relationship will still have all the normal issues, and therefore you will eventually realise that it's not even worth playing this game with someone, (even if they spark you).

However, some people (who have never had a truly-naturally-stunningly-beautiful looking partner), might always have the belief, that a relationship would be different (and amazing) if their partner was truly-naturally-stunningly-beautiful looking. Ie, life is keeping them in a constant state of hope (that this type of relationship would be amazing, and worth having), rather than making them realise, that relationships never make you happy (in the long-term), no matter who you are with.

If you are in the minority, then who are you to say, that everyone should change.

This issue is important, and can best be explained with the following example.

If I am in China, and everyone in China is happy to be speaking Chinese, but I speak English, then it makes no sense to try to convert everyone to speak English. Ie, everyone is happy speaking Chinese, so it is me who is in the wrong place, and so I should leave.

The same is true for all other things. If I don't like the way the world is, but everyone else is happy with the way the world is, then they can have it, and I will leave.
-- Ie, I am in the wrong place, and so it is me who should leave.

This example, is yet another reason why it's so cruel to not let people have a way to leave physical life, (in an instant/painless/effortless/guaranteed way). Ie, a person might know that they're in the minority, and that the majority of the world is happy with the amount of

suffering in their lives, and so there is no point trying to help them, since they're not going to want to change. Ie, the person in the minority, then realises that it is they who should leave.
-- However, the majority of people in the world, want to keep all people alive, because they need people to be their personal-slaves, and/or work-slaves.

This is an awkward situation, because the person in the minority, is then left with not many options. Ie, if suicide can result in more suffering, then they have to stay alive, and then they will try to stay out of everyone's way. However, staying out of everyone's way, is often made difficult (or impossible) for them, and so what can happen (to some people), is that they're left with no choice, but to make a few changes (in the world) to make life bearable, because they have to try to help people suffer less, because (to them) nothing else is worth doing.
-- However, it makes no sense, to only reduce the suffering in a few people. Ie, if you're going to reduce suffering (or eliminate it), then why wouldn't you do this for everyone.

Therefore, if you're forced to stay alive, (because no one is providing a way for you to die, (in an instant/painless/effortless/guaranteed way), then the only thing that is worth doing (whilst you're still alive), is to try to permanently end all suffering, for all.

The slave-driver (and slave-owner, and slave-creator), will always fight anyone, who wants to free their slaves.
-- And, the more slave-drivers there are (all doing one type of slave-driving), the more people that will be attacking that person.

Eg, if 90% of the population, are involved in one type of slave-driving, and you try to free the slaves, then you'll have 90% of the population that are going to want you to be silenced.
-- I have mentioned the number "90%", because perhaps 90% of the population, are not only slave-owners and slave-drivers, but also slave-creators, (because they've created babies/children).
-- However, the only thing worth doing in life, is to help end all suffering (for all), and to do this, all the slaves have to be freed. Therefore, it makes absolutely no difference, if the number of slave-owners/drivers/creators, is 99.9%, or 5%.

Note:
If a person owns some slaves, and the slaves do extremely hard work every day, and they only get crumbs for their hard labour, then the slave-owner (and slave-driver) will be happy with this situation, and they'll want to keep this situation as it is. Indeed, anyone who tries to speak to the slaves (to try to free them), will be fought by the slave-owner (and slave-driver), because they do not want their situation to end. This is obvious, and inevitable.

What is also obvious, and inevitable, is that all other people who are slave-owners (and slave-drivers), will join in the fight. Ie, they will all group together, and fight whoever is trying to free any slaves.

And they will not fight lightly, because they'll all do whatever it takes, to keep their situation as it is. And, they'll fight even the smallest things (that might expose their slavery operation).

Ie, even if a person wants to expose the fact, that slavery is going on (just by writing a short article), that person will get attacked, in every way possible, because the slave owners/drivers know, that if their operation is exposed to enough people, in enough ways, then there is chance that they might lose their slaves, and/or, that there will be consequences, (whether: legal, moral, social, interpersonal, personal, religious, spiritual, etc).

Needles to say, this is true for any person who is trying to defend their subtle/sly ways (of how to control/manipulate others, into getting what they want). Ie, some people try to trap another person into a relationship with them, and when an outsider tries to free that person, they will be met with a fight (mental, emotional, or physical). This is inevitable, because people do not want their subtle methods of control and manipulation to be exposed.

However, if the only thing worth doing in life, is to help free the slaves, then all of this is totally irrelevant.
-- Ie, whether there is a chance of attacks, or none at all, is totally irrelevant.

If some "change" is going to happen in the world, and everyone agrees with this change, then it's inevitable, that that "change" will not make any difference, (in reducing the amount of suffering in the world).

This is inevitable, because the world is full of suffering, and everyone is responsible for it. Therefore, the change that will make the biggest difference (in reducing suffering), will inherently be something that almost everyone will be against.

Therefore, change (on a large scale, towards a lot less suffering), is not something that most people will ever allow to happen, because most people will never give up their desires to use people (as personal-slaves, and/or work-slaves), let alone give up their desire to create new slaves (babies).

Let's follow on from the previous section.
-- What all of this also means, is that if someone says that they're trying to make a change (that will make a real difference), and there is no fight against them, then they're probably not going to make a real difference (in helping reduce suffering in a long-term way). Because, obviously, to "make a difference", is to make a "change", and slave-drivers do not want their situation to be changed. Ie, if you really are "making a difference", then this will be clear, due to the amount of resistance you will get.

However, there are some exceptions to this, since the slave owners/drivers might try to

tackle the issue in other ways. Eg, they might use tactics like: discrediting, making the person sound crazy, or socially unacceptable, or accusing the person of illegal behaviour etc. Or, if they feel that no one is going to listen (because the people would rather keep their selfish ways), then they might feel that it's more effective, to not attack at all.

Indeed, when information is only applicable to a very small minority of people, then that information is just something that most people will see as: "lunatic fringe", "nut-job", "mad-person", "ridiculous", etc. And therefore, the slave-drivers/owners/creators, do not need to attack it.

Most slaves/people have been brainwashed/programmed so deeply, that they will fight against anyone trying to free them.

Moreover, almost all of the slaves, will also themselves be slave-drivers (and/or, slave-owners, and/or, slave-creators), and therefore, it's perhaps impossible to help most people, because they can only be helped, if they admit to themselves, that they are slave-drivers/slave-owners/slave-creators. And, most people are not willing to do this, (even if it is the way to end their suffering).

Ie, most people would rather continue to suffer in their life of prison/torture/slavery/rape, rather than see how they are responsible for causing all the suffering in the world.

Note:
In the previous section, I discussed how slave-owners/drivers might fight back. However, it's also important to realise that the slaves themselves, will also fight back.

Indeed, when people/slaves read things that they don't like, they'll come up with a whole list of words/reasons, why the information is wrong, or not applicable to them, or whatever else.
-- Indeed, some might say things like: "This doesn't resonate with me, and therefore it's not applicable to me".
-- The point is, it really is that easy for them to dismiss all things (that they don't want to hear/recognise/admit).

Of course, the only things that will "resonate" with them, are the things that they want to hear, (which are all the things that do not make them see, how it is they who are causing suffering to themselves, and others). Indeed, this is only natural, since no one wants to hear that they are causing suffering to others.

Also, some of the slaves, will also be slave-drivers, (and/or slave-owners, and/or slave-creators). And, no one wants to be exposed as being any of these things.

Note: Where I have used the word "slave-driver", it also includes the other words like: torturer, imprisoner, enslaver, etc.

It's important to note, that perhaps the most that can be done (to help free the slave), is to tell the slave, about all the subtle/sly tricks that the slave-owners use, to:

1. Control and manipulate the slave.

2. Keep the slave in prison/torture/slavery/rape.

3. Keep creating new slaves, and slave-creators.

4. Etc.

However, that is all that can be done. Ie, practical change in the slave's life, will only occur if certain thoughts/feeling arise in them, which will make them want to leave the slave-driver, (and the slave-life altogether).
-- However, there is no point being hopeful, (because most slaves are also the slave-drivers / slave-owners / slave-creators).

And again, it's important to realise (and emphasise), that there are many types of (direct and indirect) slaves, eg: worker-slave, sex-slave, emotional-slave, relationship-slave, friendship-slave,
child-slave, baby-slave, etc.

And, the reason why it's so important to emphasise this, is because people always want to blame other people/companies/institutions/secret-organisations/etc, for all the suffering that they're going through, instead of just looking at their own actions, and how they're causing the suffering in the world.

They will then see that most people are both slave, and slave-driver / slave owner, (and perhaps also slave-creator).

The key point is, that you need to look at yourself first, and look at simple everyday things, like: parenting, children, friendships, relationships, jobs, etc. Because these subjects can be examined first-hand, whereas the examination of other issues in the world, is usually based on many assumptions, second-hand knowledge, lots of disinformation, misdirection, etc.
-- Ie, this is about you honestly examining your life (and those around you), and not about you just reading about what "experts" say about all of this.

The more a person believes/cares about "age", the more brainwashed/programmed that person is.

"Age" is such a ridiculously primitive/backward thing to use (and believe in, and care about). Nothing good comes from it, and it causes many issues, some of which are serious. One of the worst issues that it causes, is that it tries to stop people from seeing others in a deeper way. Ie, people have been brainwashed/programmed (from a very young age), to categorise people by age, instead of teaching people to realise that some

people develop at different rates. A very good example of this, is wisdom. Some people are naturally very wise, even when they're young, whilst some people are very stupid (un-wise), no matter how old they are.

Also, if you were never told your date of birth, then you actually have no way of knowing how old are you.
-- Ie, most people probably don't know (by their own account) how old they are. And, you can only ever really believe something, if you're know it first-hand.
-- Ie, in the case of age, it's generally impossible for you to remember the exact date that you were born. Ie, unless you came out of the womb, and then were conscious of checking the date that you were born, then you really don't know (for yourself) what your date of birth is.

Yes, a video (of your birth) can be shown to you, but most babies look alike (unless there is some visible birthmark), and a time-stamp on the video, can easily be faked, etc.

And the ridiculousness of it all continues, because so many people have issues with getting older (in terms of their “age” number increasing), and yet they continue to perpetuate the whole ritual/religion of age, by:

1. Celebrating birthdays.

2. Asking other people how old they are.

3. When they have children, they make sure that the child believes in this thing called “age”.

4. Saying that certain things are right/wrong, depending on a person’s age.

5. Etc.

And people continue to do this, despite being aware of examples, where some older people always act immature, and some young people are mature and wise. This is so evident, all the time, that surely this should be enough, to make people realise that “age” is just a negative concept to believe in, and perpetuate.

And, a lot of the time, knowing a person's age, doesn't even help much in terms of being able to know how they look. Some people can easily look 10 years older/younger than they are, even without make-up. And, with make-up, many people are able to look much older/younger. And, this alteration of age, can be further enhanced, by altering the: type of clothes worn, and the type of haircut, and the mannerisms, etc.
-- Therefore, if anything, knowing a person's age, just makes you see them in a skewed/incorrect/unclear way.

“Age” and “Age of consent” (for sex), were both invented/created (out of thin air), purely for negative purposes, (eg, to control/manipulate children (and adults), and/or, as a weapon/tactic (eg, to blackmail/extort people)).

-- This weapon is used by parents/people/groups/institutions/organisations/etc.

There are many problems that are created, when societies invent an age of consent. A few of these problems, are as follows.

1. If a person is above the age of consent, then most people switch-off their own sensing capability, (to sense whether the person is sexually ready, (or not)). The point is, that it's obvious and clear, to see/know/feel/sense when a person is sexually ready (or not). And, by having an age of consent, people switch this ability off, which affects all aspects of their life, and causes a lot of suffering to themselves, and others.

2. The age of consent, is (like all laws), something that makes people stop taking responsibility for their actions.
   -- Ie, they just hide behind the law.
   -- Ie, they think that if it's legal, then it's ok/acceptable to do it. Indeed, this is what causes so many problems, in all aspects of life.

3. If a person (under the age of consent) is determined to have sex with someone older than them, then the younger person will easily be able to do this, (eg, by casually showing them some fake identification, (to prove that they are above the age of consent)).
   -- Ie, if we live in a society, which believes in “age”, and “age of consent”, and the society forces people to have official forms of identification (which can officially tell a person’s age), and the older person checks all of these, then it seems wrong to throw that person in jail, (if the younger person was found to be lying about their age (with fake identification), and was under the age of consent, but was sexually ready, willing, and consenting, and was the one pursuing/persuading/coercing the older person).
   -- Also, even if both of them (the young and old person), were happy before/during/after sex, the older person can still end up in jail, if someone (eg, a parent), finds out about it, and reports it to the police.

4. The age of consent can be used as a weapon, to blackmail, and/or extort money (and other things) from people.
   -- Ie, an under-age person, can fool an older person into having sex, and then use this to blackmail the older person for money (or whatever else), against the threat of them reporting under-age sex to the police.

   Or, a person/group/organisation, can pay (or force) an under-age person, to have sex with an adult, so that the organisation can then use this to blackmail the adult.

   Or, a person/group/organisation, can pay (or force) an above-age person, to have sex with an adult, so that the organisation can then use this to blackmail the older person. Ie, nothing illegal has happened, however, the organisation can claim that the above-age person was under-age.

5. Etc.

Note:
One reason why this thing called “age” will always cause problems, is because: How can a person's age be proved?. Ie, we “prove” our age (and date of birth), by using identification, but these can be faked. And this issue is then compounded, if most people are brainwashed/programmed into believing, that the age on the identification, is proof/fact.
-- Yes, you can do follow-up checks, but all these follow-up checks, can also be easily made to give a false age.
-- Ie, by brainwashing/programming people to believe that the age on the identification is proof/fact, there are many people/groups/institutions/organisations, who can use this against people.

Note:
One issue that is important, is that in some countries, the age of consent is 16, but there are many 15 year olds (of both sexes), who are sexually ready, willing, and consenting, and want to have sex with older people, (usually because they want to have sex with someone who is: more mature, more sexually experienced, is more emotionally stable, etc).

The point is, that this might force these 15 year olds, to only have sex with people of their own age, and this can affect them in many negative ways, (sometimes for the rest of their life).

Ie, having a lower age of consent, is for the benefit of the 15 year olds (who are sexually ready). And, it's not just them who benefit, but everyone, because rules that stifle people sexually, cause many people to behave in negative ways, which causes a lot of suffering in the world.

No matter which way you come at this subject, “age” is just yet another weapon used by people/groups/institutions/organisations, to get what they want out of others.
-- Ie, it only has negative uses.

And, the “age of consent”, is also just something that is created, to be used as a weapon. Ie, it is not to protect children, but to use against people.
-- This is true, because if a person is not sexually ready, and they're forced to have sex, then this is rape. Or, if a person has no idea what sex/sexuality is, and they're forced to have sex (or do sexual acts), then this is rape/molestation/etc. The point is, that these things are already illegal (and immoral), and if this is done with a child, then it's obvious that it's wrong. Ie, if it's obvious that it's wrong, and it’s illegal, then having an “age of consent”, is not really adding anything to this.

Ie, since the “age of consent” is not preventative, nor really adding anything in prosecution, then it must have been invented/created, purely to be used as a weapon/tactic (by people/companies/governments/organisations/etc), to:

1. Blackmail/use people.

2. Control/manipulate people.

3. Misdirect people. Ie, people are misdirected, to focus on discussions about “What the age of consent should be”, or “If there should be an age of consent”, etc, and this misdirects people away from realising that having babies and children is cruel/evil.

And, of course, if people truly recognised/realised that it’s cruel/evil to have babies/children, then no one would naturally want to have babies/children, and then the following would cease to exist:

1. Underage sex.

2. Pedophiles.

3. Child molestation.

4. Child abuse.

5. Child porn.

6. Etc.

Since there are some wise young people, and immature older people, then it's to be expected, that relationships with large age gaps, will have to exist.

Many people believe that it's wrong, if relationships exist where the partners are a lot older/younger than each other. This is ridiculous, especially if you do not want to settle/compromise, which means that you will need your partner to:

1. Be on the same wavelength as you.

2. Be a truly-naturally-stunningly-beautiful looking person.

3. “Spark” you.

4. Be playful and fun-loving.

5. Be truly amazing in bed, where the deep slow intimate lovemaking, keeps going ever-deeper.

6. Be a perfect 10, in all ways.

7. Be someone who sees you as a perfect 10, in all ways.

8. Etc.

Ie, fulfilling all these requirements, is going to be hard enough, without then adding in a man-made concept called “age”. Indeed, if a person did find a partner who matched all the requirements, then they would not care whatever age difference there is. Ie, the relationship would be regardless of age. (I'll explain what I mean by “regardless of age”, in the next section.)

Some people are so brainwashed/programmed about the issue of “age difference”, that they will even let it override the “chemistry”, and the “it” moment. The “it” moment, is when you meet someone that instantly fulfils all the requirements (as mentioned above), and this high level of attraction is happening mutually (between both of you) at an equal level, and interaction with them is totally effortless and natural, and exciting and amazing.

It's a feeling that is way above any other feeling of normal attraction, and totally different to a normal interaction with a person that you think is good looking. These moments are rare, and the interaction will just happen by itself, automatically.

If this is happening between two people, and they're not causing anyone any suffering, then why not let the relationship exist, regardless of age?

The “age of consent” (for sex), is something that all parents want, (and they invented/created it), however, they only want it, for their own selfish purposes.
-- This is true, because it doesn't help protect their child, and it stifles many teenagers, in many ways.

Ie, if a teenager has sexual feelings, then that's natural, and there's nothing that the teenager can do about it, however, parents don't want to lose their personal-slave, and so they make life restricted for the teenagers, (eg, by creating the “age of consent”).

And the parents simply don’t care, that this restriction can causes long-term issues in many teenagers, (which can last their entire lifetime).
-- This is true, because if the parents did care, then the restriction would not exist.

Note: In the previous section, I said “regardless of age”, because consensual sexual relationships cannot occur, if one of the people (in the relationship) is a child, (because children do not have sexual feelings in them).

Ie, when you look at this statement, (“consensual sexual relationships cannot occur, if one of the people (in the relationship) is a child, (because children do not have sexual feelings in them)”), you will see that this statement has absolutely nothing to do with age. Ie, this whole subject, is “regardless of age”.

Note: Sexual relationships cannot occur with children, because the child will be seen (by the adult) as a child (ie, they know that the child has no sexual feelings in them), and therefore, this makes it impossible for there to be a mutual sexual attraction.

Ie, in most cases, the adult will see the child, and only have caring/protective feelings towards them, (not sexual ones).
-- Ie, in most cases, sexual feelings, simply do not arise (in the adult).

And, even if an adult does claim to have sexual feelings towards a child, then they will know that these feelings are not mutual, because children do not have sexual feelings in them. Ie, the person knows, that a sexual relationship can't ever exist with a child.

Note: I said that "a sexual relationship can't ever exist with a child". Ie, it's important to see, that if an adult has sex with a child, then that is not a "sexual relationship", because it's just rape, because it's not consensual, because the child has no sexual feelings in them.

The key point is, that it's not because of "age", that people do not feel sexually attracted towards the child.
-- The adult is simply not sexually attracted to children, because it's impossible to feel sexually attracted to a person, that has not developed sexual feeling yet.

Ie, there has always been much debate, about "what the age of consent should be", or "at what age is it acceptable to feel sexually attracted to the teenager", but the fact is, that it's simple, and it will be explained as follows.

It's obvious, that if the sexual interaction is to be consensual, then both parters need to be sexually attracted to each other. And, there's definitely a point, when a child is a person that has no sexual feelings in them, of any sort. Ie, a consensual sexual interaction, would be impossible, (since the child has no sexual feeling in them). Ie, the sexual feelings are not mutual, and can't be, (because the child has no sexual feeling in them).
-- Ie, it is "regardless of age".
-- Ie, the thing that determines whether a consensual sexual relationship can happen between two people, is not age, but whether they both have sexual feelings towards each other.

Ie, age has absolutely nothing to do with this, at all.

And, since "age has absolutely nothing to do with this, at all", then it's ridiculous/stupid/etc to create rules/laws, which are based on age.

And therefore, the "age of consent", is ridiculous/stupid/etc.

And therefore, it's obvious, that there's a more sinister reason for there being such a rule/law.

Indeed, the more you examine all of this, the more obvious it all becomes, that all of this is

under the guise of “care” (and “this is something that is for the benefit of children”), however, it’s all lies/misdirection.

And, the main thing that it’s misdirecting people away from, is that parents are selfish/immoral/cruel/evil (for creating a human, which they want to use as a personal-slave, and/or work-slave).

And, these rules are just invented by parents (out of thin air), in their attempt to extend the length of time, where they are the sole users/abusers/rapists
of their personal-slaves.

This is a big topic, but let’s start the examination of it, from here.

Many people define the word “child”, as a person who has no sexual feelings in them.
-- Ie, the definition of a child, is nothing to do with age.

And, after this, they are adolescent.

Many people define the word “adolescent”, as a person who is starting to have sexual feeling in them.
-- Ie, the definition of an adolescent, is nothing to do with age.

Note: “Adolescent” is a better term to use than “teenager”, since “adolescent” means that they're starting to have sexual feeling in them, whilst “teenager” is just a number/age.

Ie, a 19 year old, might not (for whatever reason) have any sexual feeling in them, however, a 15 year old, might have very high sexual feelings, and be very “advanced” sexually, (and they might also be wise, and mature).

Indeed, there are many adolescents, who can have very advanced sexual feelings, and some might be naturally attracted to older people.

However, despite this all being very natural, it's always the parents who make things un-natural, which causes so many serious problems.

Eg, if a 15 year old boy, feels that they are ready to experiment with their sexual feelings, and that boy has natural/instinctive feelings, which are telling him to sexually experiment with a 30 year old woman, then where is the problem?

Ie, if the 15 year old boy, is the one who is initiating it, and both partners have mutual feelings towards each other, then where is the problem?

Note: Many people have been brainwashed/programmed to believe, that it's always the adult who wants the age of consent lowered (because the adult is a pervert), however, it's actually for the teenager, because there are more teenagers that will want a lower age of consent, than adults.
-- Indeed, most adults will always want a higher age of consent, and there is a very long

list of reasons why they want it to be raised. Of course, all those reasons, are selfish/immoral.

Note:
Most adults know, that interacting (even non-sexually) with someone who might be underage, is a very bad idea, because it opens you up to the risk of accusation. So, if this is risky, then any type of sexual interaction is going to be extremely risky.

Indeed, sexual interaction between two adults, is itself a minefield, because it's easy for one partner to falsely accuse the other of rape/assault/etc (for whatever reasons).

The point is, that this minefield is infinitely worse, when it involves younger partners, because younger people are more likely to be immature, (and immature people are more selfish/immoral, and/or, they'll say/do things, without considering how damaging their actions/accusations might be).

Moreover, this is all compounded, by the pressure that the teenager will be have on them, from their family and friends. Ie, the younger person might be totally happy to interact sexually, however, if their family accidentally finds out, then the family can pressure the teenager to make it a criminal case.

The point is, that sex between adults, is a minefield, with many ways in which it can lead to long-term prison/torture/slavery/rape, and therefore, it is best avoided. And therefore, sex with a consenting teenager (of legal age), is infinitely more likely to end up in long-term prison/torture/slavery/rape, and therefore it's best to avoid this even more.

However, having said all of this, there are many people, who believe that venturing into this minefield (of sex), is worth the risk. And, for most teenagers, the idea of avoiding sex altogether, is a ridiculous idea. And, many teenagers would like to able to have sex with an older (more mature) person, (if the opportunity ever arose, and it all felt right).

And, if that opportunity did arise, and it was the ideal situation, and they're not allowed to have sex, (due to the age of consent), then this could negatively affect both partners, for the rest of their lives (especially if the teenager then has sex with someone their own age, and that turns out to scar them for life).
-- Therefore, the age of consent, is something that is just causing more harm, than good.

Yes, it could be argued, that the age of consent should not be totally removed, but lowered to the age of 14 (which is the age of consent in many European countries), and it's understandable why many countries do this.

However, it can also be argued, that it's extremely obvious when sex is wrong, (because it's extremely obvious, when a person is not sexually ready), and by having the age of consent at 14, it can cause more harm than good, because teenagers/adults can then hide behind the law, and not accept responsibility for their own actions, and because it then

makes them stop using their: common sense, feelings, intuition, morality, etc. And there is also the issue, that many people use sex to trick/scam/blackmail/threaten people. (These points were all covered in more detail, in one of the previous sections.)

Note:
In this section (and some other previous sections), I have discussed the age of consent, but I have only done this, to bring up certain points. I mention this, because a lot of the time, most discussions about the “age of consent”, is purely misdirection, (because it misdirects people, away from seeing that having babies/children, is inherently selfish/immoral/cruel/evil).
-- Ie, in terms of changing laws (in regards to subjects like the “age of consent”), this is all misdirection, because if there was to be change in the law, it should be that babies are not allowed to be born.

Of course, there will never be enough support to make babies illegal, because 99.9% of the population (the slave-creators, slave-owners, and slave-drivers), don't want to lose their personal-slaves, and work-slaves.

Parents will always create problems for teenagers (even where there aren't any problems), because they want to keep their child/toy/slave/pet, all to themselves.

Ie, having a child, was a desire that the parents had, to keep themselves happy (in whatever way). And therefore, the parents are inevitably going to do all that they can, to try to keep themselves happy, (by making sure that their child/toy/slave/pet, only does things, that they want the pet to do).

Of course, the parents do not care if those things (that they're making the child do), is going to cause the child suffering, (because if they cared about the child suffering, then they would not have had a child).

Of course, most parents think that they're not damaging their child, but the children always end up with many serious issues, which will last them their entire lifetime, (whether the child knows it, or not).

Note:
In the previous section, there was the following question:

> Q: -- If a 15 year old boy is sexually ready, and is naturally wanting to explore these sexual feelings with a 30 year old lady, and he is the one who is initiating it, and both partners have mutual feelings towards each other, then where is the problem?
>
> A: -- There is no problem.

However, even although there are no problems in this scenario, the parents will always create problems.

> Q: -- Why will parents always create problems for teenagers, (where there aren't any problems)?
>
> A: -- Because parents are selfish/immoral, and therefore they will do all that they can, to keep their child/toy/slave/pet, all to themselves. Indeed, they created the child/toy/slave/pet for their own pleasure/entertainment/etc, and so they do not want this to end.
> -- Also, they are working hard at jobs, earning money to keep this teenager alive, and so they want the rewards. The “rewards” are, that they expect to be able to use their child as their personal-slave.
> -- Also, “having a child”, was a desire that the parents had, and therefore, the parents are inevitably going to do all that they can, to keep this desire going according to plan.

All of this might sound harsh, but it's true, and it's very important to recognise all of this, because all these things that the parents do to these teenagers, will damage all of them, for the rest of their lives. This might sound extreme, but this really is true.
-- And, the ones that are the most damaged, are the ones that do not believe that they are damaged in any way.

And, of course, a thing that easily damages most teenagers, is any negative interference from parents, about issues that concern sex/sexuality/relationship/friendships/etc. And, this is where parents are most forceful (in exerting their will upon the child).

What is clear, is that many parents make a huge effort to discourage adolescents to explore their new sexual feelings (that are in their bodies), and this inevitably causes many problems.

Indeed, the way the “civilised” world teaches their adolescents about sex (and: love, relationships, having children, families, etc), is by their usual method of brainwashing/programming them with lies/misinformation/etc. Then, when all the inevitable problems occur, the adults say something like:

1. “I don't understand how this happened.”
2. “I don't understand where/when it all went wrong.”
3. Etc.

Most parents have difficulties with teenagers, but the parents don't see, that most of the problems, are created (and perpetuated) by the parents.

To explain this, we have to start from the fact that, parents are inherently selfish. -- I say “inherently”, because this has to be the case, since they created a child, to make themselves happy, (or fulfil whatever selfish desire that they had), despite knowing that the child would suffer regularly, throughout its entire lifetime.

So, knowing this, it's inevitable, that they don't want the child to grow up, because then the “inevitable spiral” will start, where:

1. The teenager will increase the time that they spend with their friends, (or in relationships), instead of with the parents.

2. The teenager will increasingly see, how much lies/misinformation the parents have brainwashed/programmed into them, and therefore the teenager will naturally feel repulsed by the parents, but also feel trapped.

3. This happens to all teenagers, and therefore all teenagers naturally begin to have a closer bond with their friends (and relationship partners), than with their parents, and the parents will see this, and hate that this is happening.

4. During the times (that the child is spending with the parents), the parents will want the teenager to make them happy, and if this does not occur, the parents will make everything unpleasant, which makes the teenagers naturally want to get away from the parents.

5. This makes the teenager want want to increase their time away from their parents, and parents will then try to counter this, by trying to prevent this from happening, eg, by grounding them, or by telling the teenager lies/misinformation/misdirection (about: sex, love, relationships, friends, family, having children, etc), or by emotional blackmail, or by whatever other weapons that the parents have.

6. All of these weapons/tactics that the parents use against the teenager, will make the teenager feel naturally repulsed (because the parents are full of selfishness), and so the teenager will naturally distance themselves from the parents, to avoid being bombarded by these ugly weapons. This often means, that the teenager will have to break the parent’s rules.

7. The parents will increasing find, that it's no longer easy to control/manipulate/brainwash/program the teenager, (into making the teenager be how the parent’s want them to be). However, the parents like their tried-and-tested weapons/tactics, and so they continue to do it.

8. The more that the parents try to control/manipulate (and use) the teenager, the more the teenager realises that they were born/created to fulfil the many selfish desires that the parents have.
   -- The more the child realises this, the more child examines it deeper, which reveals ever-deeper ugliness, of how immoral/cruel/evil all parents are.

9. The bond between teenager and parents gets gradually worse, and this makes the parents increase their weapons/tactics, and then the teenager

realises, that the parents have trapped them in a life of prison/torture/slavery/rape, and that this life of prison/torture/slavery/rape will only get worse with time.
-- This realisation naturally makes the teenager want to move away from the selfishness/ugliness (that is inherent in their parents), and the only place that most teenagers can go to, is to where their friends and relationship partners are.
-- Ie, this process has now cycled back to number 1, and this cycling (through numbers 1-9) will keep happening, getting increasingly worse with each cycle.
-- However, sometimes the teenager will see that their friends/partners, are also using weapons/tactics, and this can be the last straw (which makes their life of prison/torture/slavery/rape beyond unacceptable), and so their only option left, is to kill themselves, or repress all of this, which is extremely bad/toxic for them, and therefore many problems will manifest on the surface.

Note: The cycle of 1-9, will be slightly different for different teenagers. Ie, the exactness of it, is not important. What is important, is the point being made.

It's important to see, that a major issue which caused all of this to happen, was that the parents brainwashed/programmed the child, (from when they were a baby, to when they're a teenager), with so much lies/misinformation/disinformation/etc, that this was inevitable.

Also, all the selfishness that the parents imposed on the child, is now suddenly realised as a teenager, and this causes a sudden feeling of repulsion towards the parents.

What is also important to see, is that even when all of this is happening between the teenager and the parents, the parents will only ever try to solve the situation, in their usual way, (by increasing the lies/misinformation/misdirection told to the teenager, or by emotional blackmail, or by using any of their other weapons/tactics).

Note:
It's important to recognise, that this process (of cycling through 1-9), is common in teenagers, however, this process could happen earlier, or later. And, it can be much later, even decades later.
-- Ie, this process (of cycling through 1-9), can suddenly start to happen, at any adult age. And, the later it happens, the worse the consequences might be.

The point is, when the parent-child relationship collapses, the parents are always blind to the fact, that this is something that has being building up, ever since the child was born.
-- Ie, it's exactly like when a relationship breaks suddenly, and it appears that it is “sudden”, and that this has happened over a “small” issue. But really, all the lies/deceit/selfishness/etc, has been building up, and all people have their limit. It's just a matter of time.

If everyone could have beyond worldly bliss, by themselves, (whenever they wanted), then they would not have any desire to gets scraps of happiness/peace/love/pleasure from the usual activities/hobbies (eg: relationships, sex, friendships, having children, etc).
-- What this means, is that almost all of the suffering in the world, would be eliminated.

If some people like to suffer, (or see others suffering, or experience negative things), this would instantly change, if they were able to have beyond worldly bliss (by themselves, whenever they wanted to).
-- Ie, people would simply not desire any negative things (on themselves, or others), if they could have this bliss whenever they wanted.

The key point is, that as soon as people know how to have beyond worldly bliss (whenever they want, by themselves), they will not desire any experience lower than it. It's that simple.

This is obvious, because if you can have beyond worldly bliss (whenever you want), then why would you want to experience some pathetic thing called “happiness”. And, since people can have beyond worldly bliss whenever they want, they will stop fighting each other for scraps of happiness.

Note: This bliss (the type that I’m talking about), would also stop people from searching for “god”/“truth”/etc, and this would eliminate all the suffering that comes with that, (because this bliss is at a depth, where thoughts/ideas/concepts can't exist. (Indeed, this would prove to them, that “god”/“truth”/etc, are just thoughts/ideas/concepts.)

Note:
Only a very small percentage of the population, will experience this beyond worldly bliss (the type that I’m talking about). A slightly higher percentage of the population, will have experienced true ecstasy. By “true ecstasy” I mean the beyond worldly ecstasy feelings, that happen all over the person's body, and this is something that they're experiencing by themselves, (ie, they do not need to be with (or near) someone (or something), nor do they need to take a drug/food/anything).

However, this true ecstasy, is nothing compared to the beyond worldly bliss.

The point is, that if a person has experienced this type of bliss, then they would always prefer bliss over ecstasy. It's no contest. And therefore, if they were in a state-of-being, where they're going ever-deeper into bliss, then they would never choose to stop this bliss (even to experience ecstasy). Indeed, this is to be expected, because even ecstasy is a step in the opposite direction.

Ie, the ever-deeper bliss, is a progression that is in a positive direction. Whereas, going from bliss to ecstasy, would be a negative direction. And, going in a negative direction

would not naturally happen, because no one would naturally go towards a more negative experience, (when they have “ever-deeper freedom/peace/love/bliss” available to them, whenever they want).

Therefore, it’s obvious, that all the usual everyday activities/hobbies, (eg: relationships, sex, friendships, having children, etc), would be seen as a huge step backwards, and therefore, no one would go near them, not even if they were paid.

The point is, that this just shows:

1. How primitive/pathetic/negative, these everyday activities/hobbies are.

2. That trying to do these everyday activities/hobbies in different ways, is not going to change anything.

And what this means, is that:

- Small changes (in this world), are not going to do anything.

- The only change worth making, has to be (at the very minimum), to one realm of ever-deeper freedom/peace/love/bliss.

However, if you’re going to make a change that is that big, then why not go straight to “That”.

Porn, is an important subject to examine, for many reasons, eg:

1. It allows you to examine rape role-play, which is a very good thing to examine, because it's the perfect example/analogy, of life.
   -- The key point is, that if there’s no “safe-word” (or whatever similar), then it's:

   a) Not role-play.
   b) It's an activity that is forced, and/or non-consensual, and/or not truly consensual.
   c) Etc.

   Also, examining rape role-play, can really help emphasise to you, just how bad things are, in a non-consensual activity.
   -- This is important, because many people live their life, without examining how some people have to endure non-consensual acts done to them. And therefore, seeing rape role-play, can help with this.
   -- Ie, after seeing this, if they then come across some person/information, that talks about how bad non-consensual acts are, then they might be able to appreciate it in a deeper way.

Also, if you examine the more brutal porn videos, (and pure torture videos), this gives you the chance, to realise that it's not just about whether an activity is consensual or non-consensual, because in the realm of the non-consensual, the non-consensual acts done to you, can be ever-deeper in pain/suffering, (whether: emotional, physical, mental, spiritual, etc).
-- Ie, there is always a way, to make you suffer, in a worse way (than you've ever experienced before, and could ever imagine). And this is true, whether in intensity, duration, or whatever else.

2. Porn can save you a lot of suffering in life, because it can be a good way to tell you (or remind you), of how many unpleasant/uncomfortable/annoying/boring things, can happen during lovemaking, sex, etc. (This was covered in the long conclusion.)

3. Note: I have put points 3, 4, 5, etc, in the following (separate) sections, (because they got too long).

Porn can make you realise, that many people have a desire, to make other people suffer, (not just indirectly, but directly). (This desire might be unconscious, subconscious, or conscious).
-- It's a desire, to be (or play at being) god.

This is important, because it shows, that when people control and manipulate each other, it's sometimes done to gain something, however, there are also other times, when it's done so that the perpetrator can feel that they're in “total” control of that person, (ie, in all respects).
-- Ie, some people might call this, a desire to be (or play at being) god.

Ie, to demonstrate this (to themselves), the perpetrator has to be able to control that person, in absolutely all respects, and therefore, this control has to also include, controlling how much the victim suffers.
-- And, the best way to demonstrate this (to themselves), is to do it in a direct way.
-- Ie, they want to be able, to see how their actions directly (and indirectly) affect the victim (their slave/toy/pet, (personal-slave)).
-- And, many people will find it a lot easier, to do this via pain/suffering/fear/etc, (as opposed to any other way).

However, although porn can show you this, the point is, that this is just a way to see, that this is actually being done, in all relationships, (at a variety of levels).

Yes, sometimes this is done for other reasons, (eg: as part of punishment-and-reward, or out of revenge (whether for what their partner did to them, or what someone else did to them), etc). However, sometimes people see how a perpetrator inflicts pain/suffering on their victim, and they look for a variety of reasons (of why it happened), but they don't see, that it can be done, because the perpetrator has a desire, to play at being god.

It might sound strange (to some people), that a person could have this desire (to want to play at being god), but the truth is, that this desire manifests itself in many other ways, eg:

1. Wanting to have a baby.

2. Wanting to raise a child.

3. Etc.

Ie, when people have babies/children, many of them like the idea, that they are the creator.
-- And this is not just about the birth, (the creation of the baby), but the creation of the child's personality, beliefs, etc.

Indeed, many people like to be the creator/sustainer/destroyer of all kinds of things (and people).
-- Again, this desire (to want to play, at being god, (whether in creating/sustaining/destroying)), is not necessarily something that the person/perpetrator is conscious of. However, regardless of whether it's done consciously, subconsciously, or unconsciously, the end result is always the same, (suffering).

Of course, inflicting pain/suffering on a person, can also be done, for many other reasons, eg:

1. Wanting to get an idea, that they are not insignificant.
   -- Ie, they want to know, that they are a thing (in life), that can affect other things in life. And, the more pain/suffering that they can inflict on a person, the more they can feel that they're something: significant, powerful, etc. (And, they might want to be able to see that they can do this, in many differing ways, eg: emotionally, physically, mentally, etc.)

2. Wanting to feel something inside of themselves.

3. Pleasure.

4. Amusement.

5. Curiosity.

6. Etc.

And, of course, if you want to maximise the affect (of seeing your victim being affected by you), you can't just use pain/suffering, because this does not produce extreme changes in the victim.
-- Ie, what you need, is to:

1. Take them from extreme highs, to extreme lows.

And,

2. Take them from extreme lows, to extreme highs.

Ie, your tools/weapons of torture, will also need to include the positive/pleasurable things in life.
-- However, the positive/pleasure things, are only used (by the perpetrator), for malevolent purposes, (whether the perpetrator realises it, or not).

When you realise all of this, even the most brutal/extreme porn videos (or torture videos), are nothing, because these videos:

1. Do not include the perpetrator using both positive and negative weapons/techniques.

2. Are not done over a long period of time.

Ie, the worst videos of torture, would be over a very long period of time, (ie, over a period of a few decades).

However, the absolute worst videos of torture, would be over the period of a person's a entire lifetime (from birth, to death), over many decades.
-- And, in this torture video, the initial (main) torturers/imprisoners/enslavers, would be the parents, but later in life, the torturers/imprisoners/enslavers, might also include a whole host of other people, (eg: grandparents, siblings, teachers, friends, ex-friends, partners, ex-partners, employers, co-workers, bosses, etc).

Ie, Many people like to say that porn is bad, and/or they blame porn for causing many problems in relationships/sex/society/families/life/etc, but this is misdirection, away from their selfish/immoral/cruel/evil behaviours and actions, of enslaving/using people, (as their personal-slaves, and/or work-slaves).
-- And worse, is to create a baby, and then enslave/use them.

A clear/honest observation of life, shows that 99.9% of the population, do not realise the difference, between "fantasy", and "reality".
-- The result of this, is that the most extreme violent/hardcore/brutal "rape/torture role-play" video to watch, is not a porn/torture video, but the video of "life".

However, what makes this cruel/evil, is that it's impossible to not be "aware" of life, (since awareness is ever-present, (since it's the first layer of creation)).
-- Ie, we are all forced to watch (and feel) this video, of "life".
-- Ie, having "awareness" (life), is the worst type of torture.

Note:

Whilst watching rape role-play videos, there will be many videos, which are just pointless/unpleasant/ridiculous to watch, because the main thing that you get from it, is a feeling of “fake”. And, when anything is fake, it's unpleasant and pointless.
-- However, there are also some rape role-play videos, which appear real, until you see (at the end), that it's wasn't real. Ie, the actors just really got into their roles very well. However, it is then apparent, that since it is fake, it is still pointless, because:

1. The victim could have ended it, at any time they wanted to. Ie, it's not realistic.

2. The victim was playing at being a victim, and therefore, they were just “romanticising” the victim's role. When this is done, it makes it into a fantasy. Ie, this is the difference, between fantasy and reality.

   Ie, in fantasy, the victim makes the sounds/visuals that you want them to make. However, in reality, the victim will make sounds/visuals that will be extremely unpleasant to see/hear/smell/etc, and this will scar you.

   The reason why the sounds/visuals/smells will scar you, is because it's not just about the sounds/sights/smells, but the energy that is behind them.
   -- Ie, in fantasy (role-play), the energy is totally different (to what it would be, in reality).
   -- Ie, in reality, the energy would feel extremely negative.

   The point is, that in a role-play (fantasy), the victim might be being raped, (and: tortured, thrown about, humiliated, etc), but during all of this, the person in control of the whole activity, is actually the “victim”, (because they can end the role-play any time they want).
   -- Therefore, the victim can play with many negative emotions, but they'll never be able to get into any extreme negative/dark states-of-being. It's just not possible, because it's not real.

   And similarly, the “perpetrator” can play with many negative energies, but they'll never be able to go into the darkest negative energies, because they know that:
   a) This activity is not real, (it's just a role-play).
   b) The victim is ultimately in control, (since they can instantly end the whole activity (role-play), at any moment in time, whenever they want).

   The point is, that the deepest darkest energies, are only really accessed, whilst you're forced to be in them. So, in reality, the perpetrator and victim would be in these dark energies.

   Moreover, in reality, there would be a continuous feedback between the perpetrator and victim, and this would keep escalating. Eg, the victim might go into a very negative energy, and this might make the perpetrator go into an even more negative energy (because they need to be a more negative energy (to dominate, and stay in control, etc), and so this feedback-loop will keep cycling round, with both perpetrator and victim getting in to progressively more negative energies.

   Also, all rape role-plays, are done with people that they are attracted to. Ie, you only ever do this activity, with people that you choose to do it with.

-- Obviously, if you did not choose to do it with that person, it's just outright rape.
-- The point is, that all of the above, gets infinitely worse, with someone that you find physically unattractive/repulsive/etc.

And, these negative energies, are unpleasant to be involved in, whether as a participant, or an observer.

Yes, as an observer, you can superimpose energies onto what you are watching, however, these energies that you superimpose onto the role-play, are the “romantic” version of it. Ie, even in negative acts, (eg, pretend: rape, murder, etc), the acts can be romanticised.
-- Ie, what applied to the perpetrator and victim, also applies to the observer. Ie, the observer will never be able to go into any deepest darkest energies, because:

a) They know that they are in control, (because they can simply stop watching, (instantly, whenever they want)).

b) The deepest darkest energies, can only be accessed, when a person is forced into a real situation. And, as an observer, a person is never forced into them.

The point of explaining all of this, is that:

1. If the video is fake, it's unpleasant to watch, (for the reason explained above).

2. If the video is real, it's unpleasant to watch, (for the reason explained above).

This is important, because many people talk about how this “life” (that we are all living), is something that: “We chose to do”, “We co-created”, “We are playing in”, etc.
-- Ie, once you understand what was discussed above (about rape role-play), you realise that this applies to life, and that if you had the option, you would not want to be in it, because the results are unpleasant to watch, and acting in it, is unpleasant, since it's fake. And if it's real (where there is no safe-word (to end the role-play)), then it's even worse, since it's a nightmare of suffering, and/or seeing (and feeling) everyone else suffering.

Note: A couple of paragraphs ago, I said: “They [the observer] know that they are in control, (because they can simply stop watching, (instantly, whenever they want))”.
-- What is important to realise, is that in this life (that we are living in), it's absolutely impossible to “stop watching”, because awareness is ever-present, (except in non-existence).

Ie, people are literally forced to see/smell/hear/feel. Moreover, people feel the energies. Ie, even if you made yourself blind/deaf/etc, you would still feel the energies, and still suffer (mentally, physically, emotionally, etc).

-- Ie, the only way out of life, is to make sure that you are able to make awareness a thing, that you can enter (and leave), in an instant/painless/effortless/guaranteed/permanent way, whenever you want.

Note: It's no good to make the manifestation disappear, and still have awareness, because that is not pure non-existence. Pure non-existence, is the absence of everything (including awareness).

Many people might not know about it, but “awareness” is the first thing to arise (in existence). Ie, awareness is the first layer.
-- It is only after the creation of this first layer (of awareness), that the other layers can come into existence. These other layers, include: consciousness, “I”, “i”, etc.

Yes, it can be argued, that awareness is ever-present (even in non-existence).
-- Ie, awareness is there, but it's not aware of anything, (since nothing else exists).
However, this is misdirection. That is why this book defines non-existence, as the absence of all things, (which therefore, would also include awareness).

So, let's get back to it. The point is, that it's absolutely ridiculous, to say that this “life” (that we are all living), is something that: “We chose to do”, “We co-created”, “We are playing in”, etc, because, there is simply no way, that a person/entity would freely choose to put themselves through this torture. Therefore, people were either forced into “life”, (which is rape), and/or it's outright non-consensual, (which is rape).

Ie, being alive (being aware), is torture.

Indeed, many suicidal people will find, that the best moment of their day, is when they're extremely tired, and lying in bed, because they know that they'll soon lose awareness.

However, they also feel, that the worst part of the day, is when they come out of deep sleep, and they then realise that they are aware again.

Yes, it can be argued, that if there was only one realm of ever-deeper freedom/peace/love/bliss, that then having to be aware (alive) would be (perhaps) ok/acceptable. I say “perhaps”, because there are perhaps potential issues with this. (I’ve talked about all of this, in the long conclusion.)

However, there is also another important point to this, which is that, if you put yourself in the position of the unmanifest, and you want to experience yourself, (or entertain yourself, or whatever else), then you would still not do this, because you would never choose to make yourself suffer, (certainly not without a safe-word, (ie, not without an instant/painless/effortless/guaranteed/permanent way out, whenever you want)).

Of course, if you were the unmanifest, you could do whatever you wanted, and therefore, you would choose the best option. And therefore, you would choose “That”. The point is, that you would not accept any option, that involved even the mildest of unpleasantness/suffering. Moreover, you wouldn’t even accept the smallest of unpleasantness/discomfort, because: Why would you?

-- Ie, since you can have zero suffering, then you might as well have zero suffering.

Note:
The above information, is also applicable, to the times where there is a “game”, where a scenario is staged, and everyone knows that the scenario is staged, except for one or two people (who are involved in it).
-- The point is, that even in this case, the situation isn't realistic, because all of the actors, will (as explained above), be acting their roles, but the energy behind it, will not be realistic (because they know that the scenario is not real).

Many people will argue, that some actors are good enough, to make it appear totally real. And, they might use the example, of actors in movies. However, they do not realise, that no matter how “real” it appears, it is still romanticised.
-- The issue is, that many people think that it is “real”, if it elicits certain emotional responses in them. However, this is exactly the point. Ie, it elicits certain emotional responses in them, which are usually romanticised (positive or negative) ones.

Ie, just because people feel a real emotion in themselves, they assume that it is real. However, it is not real, because it's a romanticised version of reality.
-- Ie, it's a false reality.

Indeed, this is so common, that many people believe this romanticised version of reality, to be how life really is. And, this is why there is so much suffering in the world.
-- Ie, suffering is occurring, because people are choosing to do certain activities, based on a false idea of what life is really like.

The point is, that role-playing (and staged scenarios, etc), are not realistic (for all of the reasons explained above). And, since they are not realistic, they will all inherently be “off” (even if it's fractional), and therefore, there will inherently be some problems, and suffering, etc.

And, the idea that people have of life, is also not real (since they're choosing to romanticise it, because they have to do this, because otherwise, they'll have to admit how selfish/immoral/cruel they've been, in using/enslaving people (as personal-slaves, and/or work-slaves).

So the key point is, that whether a scenario in life is real, or not real, (or whatever in between), suffering will still happen.

Note:
In an earlier paragraph, I talked about how rape role-play “romanticises” rape. This is itself an important issue, because this means, that the very existence of these videos, is bad, (because it can brainwash/program people to believe, that if you rape someone, it will be like this).
-- Of course, many people will argue against this, saying that all people know the difference between fantasy and reality.

However, this could not be further from the truth.
-- The reason that this is true, is because it can be seen in every aspect of everyday life (in 99% of the population).

Ie, parents/partners/friends/media/movies/tv/etc, have all romanticised the main everyday aspects of life, (eg, relationships, friends, families, having children, etc), and this has brainwashed/programmed everyone to want these things.

Ie, the parents/partners/friends/media/movies/tv/etc, provide a false image (lies), of how having relationships/friends/family/children/etc, will make you happy, (and make you respected, and give you purpose, etc). And, as can be seen from how everyone is living, people have bought into this fantasy.

And what this proves, is that:

> 99% of the population, can't see the difference between fantasy, and reality.

Ie, they were being sold a fantasy (an idea/illusion/belief/hope/dream/etc), and they bought the lies.
-- And what this proves, is that they weren't able to see, that reality is very different to fantasy.

And, of course, when people try to make their fantasy into reality, the only end result, is suffering, (in the long-term).

The thing that shows just how deeply people have bought into the fantasy/lies, is that after the fantasy does not work (in reality), they believe that it's their fault, and that they should try to do something different next time.
-- Ie, even after life shows them that the fantasy (that they were sold) is a lie, they still buy into the belief, that the fantasy is achievable.

And, they're so brainwashed/programmed to believe, that their fantasy can exist in reality, that they will literally create a fantasy/delusion for themselves to live in.
-- They do this, by telling all the people around them, various stories. And, the people around them, will reinforce that person's stories/delusions/fantasies, because they themselves want their stories/delusions/fantasies reinforced as well.

So, from all of the above, it becomes clear, that when you look clearly/honestly at life, it is extremely unpleasant to watch, because you can see:

1. People suffering.
   -- And it's unpleasant to see this suffering, regardless of whether the suffering is:
      a) Them suffering in their own stories/fantasies (role-plays).
      b) Them suffering in real life.

2. People spreading suffering to everyone around them.
   -- And it's unpleasant to see this suffering, regardless of whether the suffering is spread:
      a) Directly or indirectly.
      b) Consciously/subconsciously/unconsciously.

Ie, we come back to the same conclusion (as with rape role-play), where life is torturous to watch, regardless of whether life is “real”, or a “role-play”, or whatever else.

And it's also important to realise the following.

Since it's obvious, that

> The romanticising of (the horrific act of) rape, creates and perpetuates that type of suffering.

So too should it be obvious, that

> The romanticising of (the horrific act of) life, creates and perpetuates that type of suffering.

Note:
Although I have said that 99% of the population are living in their fantasy/delusion, it is arguable, that this figure should be 100% of the population, because (at a deeper level), the belief that you exist, is itself fantasy/delusion.
-- And this is true, regardless of what you believe you are, (eg, whether you believe that you are: a person, spirit, awareness, consciousness, oneness, everything, “That”, etc).

Ie, life itself, is fantasy/delusion.

And therefore, this is just one more reason, to end the whole of existence.

Porn can help you realise, that many people are lying about things.
-- Eg, many people spread the idea, that the photos/images of models and actors (in magazines, media, movies, tv programmes), are unreal, because they've been altered/airbrushed, etc.
-- Eg, they might say, that real (un-airbrushed) people, do not have beautiful flawless skin, and perfect bodies, and perfect hair, and perfect teeth, etc.
-- However, there are many porn videos, which show that real people, can actually have all of these things, and they can also have naturally beautiful pretty faces, etc.
-- Moreover, there are many normal (non-model) people, who have all of this.

However having said this, this does not mean that sex/lovemaking (with these people), will definitely be good. Indeed, one thing that porn also does, is show you how bad people are at sex/lovemaking, whilst also reminding you, of how many unpleasant things can happen during sex/lovemaking. (I explained a lot of this, in the long conclusion.)

Yes, I know that you can't use porn videos, as a fair guide of this, however, if you look at the porn videos that are the amateur / home-video type, (which is just made by an average couple), it can raise a few valid points.
-- Ie, it's sometimes irrelevant, if some porn videos are not real, (nor a good way to judge what is happening society), because some of these videos, can still be of value (in certain ways).

Note:
Porn can provide a way, for you to see many naturally beautiful faces. Ie, you could never see so many naturally beautiful faces, in other media, or in real life.
-- This might not sound right, because many people think that movies, (and tv programmes, fashion, etc), will have more naturally beautiful people in them, but this is not necessarily the case, especially if you see beauty, as also including a natural expression (on their face).

Some people might argue, that if you wanted this, then you could get a job, where you come across this on a regular/constant basis. However, since beauty is also affected by the energy/expression of a person, the chance of this happening in a job, is slim, (since jobs are not a thing that people naturally want to do, and therefore, they are going to have an energy, which shows that they are only doing this job, to exchange “x” for “y”, (eg, exchange “x” for money).

Note:
Some people do realise this, and this is why they say things against porn. Ie, they are fearful, that people will realise, that the lies/brainwashing/programming in people, will start to breakdown.
-- Ie, they're scared, that people will realise, that sex/relationships/etc, will not give them what they want, and therefore, they'll begin to not want sex/relationships/etc. And, this is especially true, if they need to work hard at their job/chores/etc, just to stay alive.

Ie, many people saying things against porn, are just trying to brainwash/program people, to keep wanting sex/relationships/children/families/etc. And, whether they're doing this to perpetuate the use of their personal-slaves (or work-slaves), is irrelevant, since whichever one it is, it's still selfish/immoral/cruel.

Of course, these people will try to argue things, in clever ways. Eg, they might say, that porn is bad, because it makes people try to focus on being beautiful. However, if these people really cared about truly helping people, they would just tell people, that no games need to be played.

Ie, if they really cared about helping people, they would not just help at a superficial level,

but at a fundamental level, and help people avoid being tricked/trapped by any games, (not just this game, (eg, beauty)).

Ie, this game (eg, beauty), is not something that you have to be any part of. Simple as that.

Ie, people ned to realise, that:

1. Beauty/sex/relationships/family/friendships/having children/etc, are all just games.

And that,

2. No one needs to play any games, (of any type).

And that,

3. You can play games if you want, but (like all games/wars), there will always (inevitably) be casualties/suffering, (in the long-term).

And that,

4. There are no games/wars, where you win/succeed/etc.

(I've covered all of this in detail, in the long conclusion.)

Note:
Yes, there are many bad things that exist in the porn industry, however, almost all of these bad things, also exist in a similar form, in all other industries, and in many areas of everyday life.
-- Ie, the main difference, is that they’re not recognised in the other industries, nor in the other areas of everyday life.

Eg, forcing people to work in the porn industry, is bad, but forcing anyone to do anything, is bad. Moreover, if anyone is suffering (for any reason, even slightly), it's bad, (and totally unacceptable), and the problem should be eliminated, forever.

Like all problems in life, if you tackle the problem at a fundamental level, then you'll automatically/inherently solve the superficial problem, as well.

I've explained all of the fundamental problems (that will solve all the superficial problems), throughout this book. However, let's use one here.

The main reason why porn actors exist, is to get money. So:

Q: Why do porn actors need money?

A: Because their parents created them, (because the parents wanted to fulfil their

selfish desire (of having a child)).
-- However, the parent had their fun, (by creating and using the child), but when the child became an adult, they threw them out.
-- Ie, the parents are responsible, for forcing the child, to get a job, or do some work.
-- Ie, it's forced slavery. And this is true, regardless of what industry (the slave is working in), and regardless of whether the job/work is paid via money, or whatever else.

When people hear this, they will then ask this question:

Q: Can you really blame all the problems in the porn industry, on parents?

A: Yes. Of course. If we live in a society, where blame/responsibility/etc exists, then there is no one else to blame, except parents.
-- However, it's not just parents who are to blame. All those people who think that it's ok for other people to have children, are also to blame.

Indeed, no matter which aspect of life you start with, the same conclusions are always reached, (which I've explained throughout the long conclusion).

From the perspective of ever-deeper enlightenment, (or just common sense), the more things that are burnt (in the spiritual sense), the deeper the enlightenment will be, the less you will suffer, and the more free/peaceful you will be.
-- Therefore, since porn can help you burn many things, (including: sex, relationships, beauty, etc), porn can be a good thing.

It's obvious, that the more desires that aren't able to hook you, the more free you will be, and the more peaceful you will feel, etc. And, along with this, you'll suffer less.

Since this is true (in general), it’s also applicable to sex, relationships, beauty, etc.
-- When this happens, there can be people/bait/traps all around you, and it's totally safe, because you'll naturally not bite any of them.

Then, you'll begin to see everything/everyone differently.
-- Eg, you might see a person in front of you, and they might be trying to hook/bait you, and they'll be using all kinds of tricks/hooks/traps, but none of it affects you any more, and all you'll see in them, is the ugliness of them (trying to trick/hook/trap/use you).
-- Ie, you just see their selfishness, immorality, etc.

And, since you'll see this going on everywhere, (eg, in all relationships, families, friendships, jobs, etc), you'll naturally realise that all people are inherently selfish/immoral/etc.

Videos (and images) of extreme porn, (and extreme torture, murder, violence, etc), can help you:

1. Examine how people are, at ever-deeper levels.
2. Examine how life/existence is, at ever-deeper levels.
3. Examine your deepest darkest fears, (and/or desires), at ever-deeper levels.
4. Spiritually burn many “darker” things, (eg: revenge, rage, etc).

Note: It’s important to realise, that:

> Burning all such things, is important, because if they're not exposed (and dealt with), then they will still control you (unconsciously), which therefore inherently means, that you will say/do things, which will cause suffering to yourself, and others, (and everyone).

Eg, via watching a video of “rage-sex”, (regardless of whether the rage is due to revenge, hatred, or whatever else), if the video is watched in full, (ie, not just a short clip of it), it can be realised, that the (apparent) perpetrator is doing something that is empty.
-- Moreover, “at best” it is empty. Ie, for the perpetrator, it is (most of the time), not just empty (nothing/zero/etc), but something that is negative. And, it is negative, regardless of how hard they are trying (to make it into something). And this is true, regardless of what that “something” is.

Of course, the more it feels like nothing/zero/negative, the harder that they'll then try, to make it to their liking. However, the harder they try, the worse it all gets.

And, over time, they'll inevitably realise this, which will then make them realise, that this activity is empty/nothing, (or boring), and therefore, it's all a negative.

And the same is true, for murder, (and extreme violence, torture, etc).

Indeed, the same is true, for all games/wars, which everyone plays, in everyday life.
-- Indeed, people try to get what they want, via controlling/manipulating other people. And, the usual way people do this, is via punishment-and-reward.
-- And, therefore, punishment/correction/etc, are all done, in everyday life.
-- And, instilling fear, is also something that is done, in everyday life.

At the extreme level, if you want to instil maximum fear, you have to do something extremely violent, and unexpected. And, to get the maximum “unexpected”, you gave to go from one extreme to the other. Therefore, you have to initially get the victim, into an extreme positive state, and then take them into an extreme negative state.

-- Therefore, the people who are the worst torturers, are always the people who are the closest to other person.

However, strangers are also capable of instilling fear, but just to a lesser extent. Ie, the stranger can take a person from a normal (or zero) state, to an extreme negative state.

However, whether it's done by a stranger, or a person that is close to you, it's often done to break that person, (perhaps to make them obey you (and to be submissive to you)).

Of course, this is regularly done, in everyday life. The only difference, is that in everyday life, if this is done physically, it is illegal, (and seen my most people, as being something that is socially (and morally) wrong).
-- However, this is ridiculous, because these people are saying that physical violence is wrong, whilst they use mental and emotional violence, on a daily basis.

Indeed, mental and emotional violence, can be infinitely worse (than physical violence), because it's easier to pass-out (and go totally unconscious), when physical violence gets too much.

Ie, on a daily basis, people use all sorts of games/tactics/weapons, to break a person, so that they can then reprogram the victim, to obey them.

Ie, people are constantly trying to brainwash/program everyone, with definitions/beliefs of things, as being good/bad.
-- And, they will keep doing this, because they need everyone else to believe that:

1. Certain games/tactics/weapons,
   (which they themselves are good at using (in defence or offence)),
   are acceptable
   (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

And,

2. All other games/tactics/weapons,
   (which they themselves are not good at using (in defence or offence)),
   are unacceptable
   (legally, morally, socially, interpersonally, personally, religiously, spiritually, etc).

This brings us to the very hated topic, of “pro-rape”, (in terms of sex).
-- Yes, being pro-rape (in terms of sex), is immoral. However, since this is true, it's also true, in all it's other forms. Ie, all non-consensual acts are immoral, regardless of:

1. What aspect of life it is in.
2. Who it is done to. (Ie, regardless of: gender, race, age, etc).
3. What level it is done at.
4. Etc.

Ie, being pro-rape (in terms of emotionally, mentally, financially, spiritually, etc), is immoral.

Ie, if someone uses rape (in terms of sex), to correct a persons behaviour (to get a desired result), then this is selfish/immoral/cruel, but then so too is it selfish/immoral/cruel, to use rape (whether: emotionally, mentally, financially, spiritually, etc), to correct someones behaviour, (to get a desired result).

And, this is true at all levels. Eg, sexual-rape is sometimes used, as a tactic/weapon, when two countries are at war with each other. And people condemn this. Yes, it should be condemned. However, all tactics/weapons should be condemned, and at all levels, (including the tactics/weapons, of: punishment-and-reward, brainwashing/programming, etc).

Of course, people do not want to do this, because it will then be apparent, how rape is used in many different forms, in everyday life, and that they too, are using this tactic/weapon, of rape.

Note:
The issue of “breaking” people, needs to be examined more closely, because it's also important, in terms of deprogramming.

When deprogramming is done in a positive way, it is done for the person's benefit, to:

1. Reduce/prevent/eliminate their suffering.

2. Set them totally free, (from the deprogrammer, and everyone, and even themselves).
   -- Ie, they learn how to set themselves free, from all lies/traps/delusions/bubbles/etc.

   And, the deprogrammer, exposes everything to them, so that they can:
   a) Do it for themselves.
   b) Know how it's done.
   c) Not be reliant/dependant on the deprogrammer, (or anyone), in the future.

Also, this deprogramming, is done by the person (being deprogrammed). Ie, they deprogram themselves.
-- Ie, the deprogrammer can be a person, that helps the other person (who wants to deprogram themselves), via giving them all the information needed, to totally/fully deprogram themselves.
-- However, whether the other person actually implements the information (needed to deprogram themselves), is up to them, (and is nothing to do with the deprogrammer).

When the person does implement the information, they will be exposing (and admitting), the lies/brainwashing/programming, that is inside them. And, they will not be replacing it, with new brainwashing/programming.

Ie, the person is dissolving/smashing/breaking/destroying the bubble/delusion, that they were living in.

The opposite to this, is when a person is being smashed/broken/destroyed, by a perpetrator, (so that the perpetrator, can then reprogram the victim, to obey a new set of brainwashing/programming, which is to the perpetrator's advantage).

Note: There is no brainwashing/programming, which is ever to the victims advantage.

The key point is, that there is a huge difference, between “breaking” a person, and letting a person break themselves.

Ie, no method of breaking a person, is ever a good thing. And therefore, no method of correction, is ever a good thing, (regardless of whether that pro-rape attitude/tactic is done: sexually, emotionally, mentally, financially, spiritually, etc).

And, this is at all levels, eg:

- Individual.
- Family (or small group).
- Society.
- Government.
- World.
- Universe.
- Existence.

Indeed, in all of these, many examples can be seen.
-- Eg, how people are controlled/manipulated/corrected, via financial means.

When any corrective tactics, are allowed to happen, then they're allowing/encourage rape, which inherently (by definition), makes them pro-rape.

And, since everyone partakes in this, or allows it to happen, everyone is inherently (by definition), pro-rape.

And, sometimes, rape is done, not to control/manipulate/correct people, but for ulterior motives, (eg: revenge, hatred, humiliation, spite, or other selfish reasons).
-- Eg, after divorce, one partner might rape the other person, (whether: emotionally, mentally, financially, etc), and this done out of revenge, or other selfish reasons.

And, some people use rape (of whatever kind), to destroy a person (or a group of people), because they have some deep desire, to play at being god. Ie, in this case, they're playing at being god, in the sense of the power (and/or pleasure), to destroy/annihilate.

And, this power/pleasure, also exists, at all levels.
-- Eg, when people initially interact with each other, (when they first meet), they might test each other. And, these tests, might be to see, if they can have power/control over the other person.
-- Ie, a test is thrown at the other person, and if they pass the test, then they're under your control.

Some people call these tests, “shit tests”. And, many people on the internet, are offering advice, on how to win (and be successful), when confronted with these shit tests.
-- Of course, this is ridiculous, because if you're playing, and trying to beat them (win), then you're still playing.

And, interacting with anyone (who is playing games), will end in suffering, (in the long-term). It's obvious.

However, all interactions, happen due to desires/fears/games, and therefore, all interactions, are going to end in suffering, (in the long-term).

However most people can't see this.
-- It's obvious that this is true, because most people are involved in interactions/relationships, (eg: relationship, friendships, sex, family, having/raising children, jobs, etc).

Moreover, it's important to realise, the depth to which, “people can't see this”.
-- Indeed, this is proven by the fact, that many people believe, that a good shaming tactic, is to say to people, things like:

- “I bet you don't have a girlfriend.”
- “I bet you don't have a boyfriend.”
- “I bet you don't have any friends.”
- “I bet you haven't had sex in ages.”
- Etc.

Ie, these things are said by a person, because they believe, that to be perceived as successful/worthy, you must have: a partner, friends, sex, etc.

Of course, this is ridiculous, and upside-down. Because all these things, cause lots of suffering, and only provide moments/scraps of pleasure, (especially when calculated over your entire lifetime).
-- Ie, if someone was offering you a business deal, where you would lose much more than you gained, you would simply walk away from it. And, if you did take the deal, you would be laughed at, (and you certainly wouldn't be perceived as being successful/worthy, or a winner).

Therefore, whenever a person provides someone, with a shit test, they should just see it, as though they're being presented with a very bad business deal, and therefore, they should walk away from it.

If you do get involved in that business deal, then you're stupid, because the definition of stupid, is a person that causes themselves suffering.

And, what this means, is that it is only you, who can stop yourself, from causing yourself this kind of suffering.

It's really simple to do this, however, you have be honest with yourself.

Of course, most people aren't honest with themselves, or with other people. This is obvious, as can be seen, from all the non-stop games, that people keep playing.
-- Eg, there are some people, who go to a party/club/bar/venue/social event/etc, and in these places, when they're having a conversation with people, they say things like: “I don't like people, I like to be alone”.
-- Obviously, if they really meant this, they wouldn't be at the party/club/bar/venue/social event/etc. Ie, it's just a game/image (that they're trying to sell), or whatever else.

The point is, that this is also true with shit tests.
-- Ie, many people say, that they don’t play along with shit tests, however, they go to a party/club/bar/venue/social event/etc, where people (who they know, and don’t know), are constantly doing shit tests to each other.
-- And, if they're confronted with a shit test, they'll try to act as though they don't play along with people’s shit tests.

The point is, that a person wouldn't have gone to those places, unless they wanted something.
-- And, a person doesn’t interact with someone, unless they want something.
-- And, if a person is interacting with someone, then they're still playing some games (shit tests), with other people, and themselves.
-- And therefore, they will end up suffering, (in the long-term).

Of course, if you really understand this, you know that shit tests, are in all areas of life, (eg, all: relationships, friendships, families, parenting, jobs, etc).
-- Ie, it really is everywhere.
-- And, it can be argued, that: Life (itself), is a shit test.

When compared with movies (and tv programmes), porn videos can be seen as being the best, in terms of providing you with some of the most genuine amazing moments.

Examples of these, are:

1. The most open/vulnerable act of ultimate sharing, of a most intimate moment.

2. Beautiful fun play-fights.

3. Beautiful cute smiles.

4. The most unexpected combination of things, all in one short video, (eg, a combination of: surprise, laughter, fun, disbelief, beauty, intimacy, caring, etc).

5. Etc.

Porn is good to examine, because it's a very good example, of a word with subtext. Ie, a large proportion of people will have a negative subtext to this word, and yet (on inspection), this subject is too big to have a positive or negative subtext.
-- If anything, it should have a positive subtext, because it's so important to examine it.

Some types of porn, are undoubtedly done in a very positive light, which could perhaps be better described as being: The most open/vulnerable act of ultimate sharing, of a most intimate moment.
-- What I'm referring to, is the type of porn which involves a person genuinely masturbating, with the camera only ever focused (close-up), on their face and eyes. There are videos, where the masturbation is totally natural (not staged/faked for the camera), and when they keep their eyes open during their orgasm, a beautiful moment (of intimate sharing) occurs. Needless to say, this is not the case with all people (or orgasms), but it's definitely true for some.

Seeing someone orgasm, whilst their eyes are totally open, and looking right at you, is such an intimate act, and some people who have had sex with many partners, might never have even experienced such intimacy. Ie, this type of porn, could provide those people, with a more intimate moment, than they have ever had with a person (in real life).
-- Indeed, even in some long-term relationships, some partners are just not comfortable with keeping their eyes open during orgasm. Moreover, some partners have never had orgasms. And, some partners only want to have sex in a room, that has no lights on.

A good example of how varied porn is, is in how it also encompasses sexual acts that include torture. And, going a bit deeper in this direction, some videos can be purely torture (without any sex of any type). And, in a different direction, some porn goes in the direction of sex, followed by a (fake) death (of one of the actors). Along with this, the same websites, might have real life cctv videos of people really dying, either by accident, or (perhaps apparently) deliberate. And in another direction, the porn can be of domination, where women dominate and humiliate a man, and vice-versa.

The thing with porn, is that even on the darker websites, you can suddenly find links to other porn videos, which are:

- So funny (and/or unexpected) that it makes you laugh out loud.
- So intimate.
- Containing some beautiful moments.

- Able to make you questioning all sorts of things.
- Etc.

And, some porn videos contain acts between people, which are amazingly playfully and fun-loving. Indeed, there are even videos of people play-fighting, but they're play-fighting in a very playful way (which is rare), and is an amazing thing to watch.
(I've covered play-fighting in more detail, in the long conclusion.)

With porn, it can (sometimes) be hard to know, when a video should be classified as “porn”, and when it's not porn. Eg, some videos which are uploaded on mainstream non-porn websites (where you can upload videos of yourself), can be classified as being more pornographic, than those on a dedicated porn website.

Indeed, a question would then be: If there is a video of a genuine couple, who are being very affectionate (non-sexually) towards each other, and the whole video only contains these pure expressions of (non-sexually) affection (which are beautiful to watch), then is this porn? And, if this video is on a porn website, (or a non-porn website), then is it “porn”? And, if the people in the video are 15 years old, and the “age of consent” is 16, then is this child porn?

Of course, the only people who want strict answers (to these questions), and want strict definitions, are the ones who try to use these things, as weapons against people, (eg, to shame/ridicule/discredit/trap/blackmail/imprison/etc, other people).

And, it's irrelevant if many (or most) people, are able to see some laws (eg, the age of consent), and use them in a reasonable way, because, as soon as a law is in place, then all it takes, is for one person to want to use that law (for their own selfish reasons), in an unreasonable way. Ie, it only needs one person, to make an accusation to the authorities, and then the authorities will have to act on it.

In the previous paragraphs, I have explained how porn (and non-porn) websites, can provide a person with a lot of good/deep/funny/interesting/etc, stuff. However, being able to see all of this good stuff, is perhaps partly to do with luck. Ie, with the amount of porn videos (and websites) available, some people might not find the ones that have any benefit in them. Ie, yes, there are a lot of videos, that are not going to be very beneficial to you.

Also, even if two people watched the same video, one might be able to catch those key moments in a video, and the other might not be able to recognise them (for what they really are). Or, one person might be able to let one moment (in the video), take them to a place, where they can understand life/existence better, whilst another person might just see the video at a superficial level, and nothing deeper.

Note:
Although porn is an important subject, it's important to realise, that some of the worst scenes of brutal/violent pornography (real or fake), which does (or does not) end in death, is perhaps seen in mainstream movies.

One of the most extreme scenes (and categories) of porn, that I have ever come across, was from a movie, (which was a non-pornographic movie, and not from a pornographic website). I will not mention the details of it here, because even the title of the category (of the porn), could cause many people distress.

Indeed, it's important to remember that “You can't un-ring a bell”, nor “Un-see”/“Un-hear” something. Ie, it's important to remember, that what you see and hear in videos (or real life), might stay with you forever. So, yes, it's important to go deep enough into seeing all the possibilities that exist in life, but sometimes, you have to know what videos/images could cause you post traumatic stress (to varying degrees).

It sounds extreme, but this issue is very real. Each person will have their own few areas/things, which they know will cause them some level of post traumatic stress, and in such cases, understanding the title of the category, and knowing what it involves, will be enough. Again, it requires honesty. Ie, you have to be honest with yourself.

There are many reasons why this subject of porn is important, and I’ll briefly go through some more of them, next.

Many videos (in all categories), can have very real moments in them. The reason why this can be argued as being important, is because it's sometimes harder to get real moments with people who you are physically with (in real life), because they're putting on an act, (or have ulterior motives, or whatever else). Indeed, when two people meet and interact (in the physical world), they're often putting on an act (to impress the other person), to some extent.

Another reason why porn is an important subject, is due to how it has affected the new generation of children, (who have had easy access to digital porn, since a very young age).

And it's also perhaps important, because one has to question how/why so many people are willing, to upload videos of themselves having sex. And, one also needs to question, how/why so much porn is available, with some of it being of a very high quality (in terms of equipment and production costs), with men/women who are beautiful, (with near flawless skin, amazing hair, etc), in expensive mansions, and yet it's free on the internet.

And it's also an important subject, in terms of questioning:

- What porn am I seeking?
- Why am I watching all of this?
- Why am I only watching parts of this video?
- Why am I unable to watch this whole video, (even when it's very short in length)?
- The amount and variety of categories of porn, seems to be constantly growing, but what does that mean?
- Etc.

Porn is also an important subject, since it's a very good example, of how people can be brainwashed/programmed into doing sexual acts in private (at home, without them videoing themselves, and it's just with their regular partner), however, one of them doesn't really want to do something, (but they feel that they have to), because "everyone is doing it", or because they (half) want to try it out, since they (mistakenly) see/believe that the people in the video, are enjoying it, and therefore want to try to see if it will give them (or their partner) pleasure.

Indeed, as a result of all of this brainwashing/programming, many heterosexual female partners are complaining (in the real world), that their male partners want to do things like oral sex (and anal sex, facials, etc), and they do not feel that these acts are intimate, especially when compared to deep slow intimate lovemaking. Indeed, they are right to complain, because the energies involved during these acts (even oral sex), is more toward selfishness, (and other more negative/dark directions, (eg: humiliation, domination, revenge, anger, hatred, control, power, etc)).
-- Note: I say that they are "right to complain", but really, they shouldn't bother complaining, they should just leave the relationship.

Also in the real world, some male partners are complaining, about the fact that they want their lovemaking to be intimate/affectionate/etc, but their female partners are being fake, not present, seem distant/off, and have ulterior motives. Ie, they feel that their partners, are often not making love, purely for the pleasure/intimacy/affection/closeness/loving/transcendental aspect of it.

The point is, that people have been so brainwashed/programmed to be selfish/successful/etc, that this has made people turn lovemaking/intimacy/affection/pleasure/etc, into something that is not worth desiring, because it always comes with too much negativity/ugliness/unpleasantness/games/hassles/nagging/draining/financial costs/etc.
-- And, with this, the act of sex/relationships/etc, are going to spiral towards ever-more negative sexual acts and energies.

Needles to say, if the sex (or any part of the relationship) ever becomes negative, the partners should leave the relationship immediately. And, if leaving the relationship means that they have to be excluded from x, y, z, then they should realise that this is a good thing, (because x, y, z, are things that are just going to cause them suffering). Ie, people have to learn, to just walk away from it all. Ie, people have to know what is unacceptable, and just walk away from it.

Everything can be walked away from, eg: relationships, family, inheritance, friends, jobs, careers, etc.
-- The only hard thing to escape, is life itself.

Although the previous paragraphs paint a depressing image of sex and relationships, it's important to see, that porn is not the cause of it. Ie, many people like to blame porn, but this is misdirection, because the real people to blame, is everyone, because everyone is selfishly playing their games, (in the hope that they can fulfil their selfish desires). And, it is all these "harmless"/"normal" games (that everyone plays in relationship/sex/etc), that is

the cause of everyone's suffering.

Every split-second, in all movies and television programmes (whether: fiction/non-fiction, drama series, reality shows, documentaries, sit-coms, etc), is designed to brainwash/program you, but if you can see through this, then they can be very beneficial to you.

Indeed, they can all be useful, in helping you to:

1. Realise that relationships/families/friendships/jobs/careers/having children/etc, are not going to bring you long-term happiness.

2. See how people are brainwashed/programmed, through: movies, television programmes, news, etc.

3. Deprogram yourself.

4. Etc.

Movies and television programmes (of all sorts), are definitely worth examining. However, the issue with movies and television programmes, is that in watching them, many people can become brainwashed/programmed, (rather than it being beneficial to them). And, even if a person is wise to some of the brainwashing/programming, they are probably not wise to all of it. Ie, even those people that are a bit more aware of it, they can still be brainwashed/programmed.

It's only natural, that parents/people/companies/governments/institutions/organisations/etc, want you to watch certain things, because they want to brainwash/program you, (to believe/do certain things). I say that “it's only natural”, because all these entities are inherently selfish. Therefore, expect every split-second (frame) in a movie/programme, to be trying to brainwash/program you.

Therefore, if you want to start to deprogram yourself, start by asking the question: Why is this particular frame (in a movie/programme) being shown?
-- And you can do this for every frame, in any movie/programme.

The usual things that movies/programmes try to brainwash you to believe, are that:

1. Relationship/family/sex/friends/having children/etc, will make you happy, and are important, and will make you seem successful to your peers, etc.

2. Life is good, death is bad.

3. Saving people is good.

4. Saving the world is good.

5. Suicide is bad.

6. You should be scared of people with guns.

7. The police, courts, laws, are all systems that are good/fair/moral/important/necessary/etc.

8. The system of government/ruling/controlling/etc, is one which is good/fair/moral/important/necessary/etc.

9. Schools are good/fair/moral/important/necessary/etc.

10. Education is important.

11. Jobs are good/honest/moral/etc.

12. Careers are good, and they will bring you other things (eg: money, relationships, etc), which will make you happy.

13. The laws of physics work like x, y, z.

14. The history of the world happened like x, y, z.

15. The planets/universe/etc, are like x, y, z.

16. A certain event in the world (which was recently shown in the news), happened in this sequence of events, with these certain people, due to x, y, z.

17. Etc.

It's obvious, that everything shown in movies/programmes, are being shown to brainwash/program people, because: Why else are things being shown on tv?
-- Ie, even if things are shown for your entertainment, then: “Who is benefiting from this?”
-- Ie, if programmes are not here to brainwash/program you, then perhaps they are given to you, to:

- Misdirect you.
- Keep you busy.
- Dumb you down.
- Sell you x, y, z.
- Etc.

However, it’s important to remember, that it's never just one of these. Ie, it's all of the above.
-- Ie, movies/programmes are there to do it all.

-- Ie, movies/programmes are there to:

1. Brainwash/program you, (to believe x, y, z, and a whole host of other things).
2. Keep you in a state of fear.
3. Tell what you should desire.
4. Misdirect you.
5. Discredit people/groups who are doing things to reduce suffering in the world.
6. Misinform/mislead you about everything.
7. Distract you.
8. Keep you busy.
9. Dumb you down
10. Make you believe that you need to buy x, y, z.
11. Etc.

Ie, it's all of these, at the same time.

So, the next thing to think about, is: Which group/company/institution/organisation/etc, is going to benefit from doing this to people?

And (again), the answer is: All of them.

Note:
It's also important to realise, that movies and television programmes might also be brainwashing/programming you in unseen ways. However, if you're able to watch a movie/programme, whilst being aware of what is going on in your mind/body/spirit, then the brainwashing/programming will probably not work on you.

Note: If you want to maximise this (being aware of what is going on in your mind/body/spirit, whilst watching a movie/programme), then you will need to watch the movie/programme in the following way:

1. Be alone. (Ie, there are no humans/animals/entities with you.)
2. Face the tv square on.

3. Do not watch it from a live source. (Ie, always watch it from a pre-recorded source.)

4. You must be in full control over the movie/programme, (ie, you're easily/effortlessly/instantly able to pause it, and/or rewind it by a few seconds (so that you can watch a certain frame as many times as you need to), etc).

5. No eating/drinking (of anything), because this will interfere with knowing how your mind/body is reacting to the frames in the movie/programme.

6. Have an empty stomach, because if you have just eaten food, you will not be sharp.

7. Have a very comfortable relaxing sitting position, because otherwise, you'll be more focused on discomfort, rather than how your mind/body is reacting to the frames in the movie/programme.

8. No other thoughts in your mind.

9. Not be tired.

10. Apart from the tv/screen, there should be no other lights or sound.
    -- Ie, ideally you'll be in a room, which is soundproof, lightproof, smellproof, and at a constant/controlled temperature.
    -- The other benefit of a room like this, is that you can focus on the programme and your mind/body, rather than on thinking/caring/worrying about disturbing other people (inside or outside of your house).

11. Have zero distractions, (eg: no mobiles phones).

12. Have a large enough tv screen, (and sit close enough to it), so that you can see the detail in people's facial expressions.

13. Have the sound coming out of loudspeakers, (ie, not headphones, because headphones can be felt on you, and this means that any sensations in that area will be interfered with, in terms of being able to observe them).

14. Have a large (and wide) enough selection of movies/programmes to watch, because this allows you to select the most ideal/beneficial/effective programmes (which will help deprogram you the most).

15. There will be some times (before/during/after the programme), where you might want to just sit in silence. And, if you have your room set up well (as described in the above points), then you will be able to naturally sit in silence.

16. Etc.

Indeed, most of the above points, are not just good whilst watching a movie/programme, but also for any times, when you just want to switch everything off, and sit there in silence. And, since you have a lightproof room, you're also able to sit in total darkness. This can be very beneficial (to some people), because in total darkness, it can be easier to realise

various things about life (eg, you can realise: what thought is, what awareness is, that the “me” is just a thought and some sensations, etc). (I explained this in more detail, in the long conclusion).

The point is, that having a room like this (soundproof/lightproof/smellproof/constant-temperature), is important for many reasons, including the fact, that it can allow you to take a step away from the constant brainwashing/programming (that is coming from all the people around you). And, when you can escape from it, then this gives you time to realise that everything that everyone is trying to make you do, is only for their benefit, and it will just make you suffer.
-- Ie, this room, can help reduce your suffering a lot, and help you to deprogram yourself a lot faster.

However, there is always the unknown (what you don't know), and the unknowable (what no one can ever know). Ie, you can't know 100% for sure, that the movie/programme will not brainwash/program you. However, you can perhaps guess, that you are benefiting, more than you are losing. Ie, you will know this, if you can honestly asses yourself, and see that you are deprogramming yourself. However, you should be aware, that there's no benefit, if you're deprogramming yourself, but also re-programming yourself.

And, you have to be really honest with yourself, because if movies/programmes are only programming you (and not deprogramming you), and you're watching these programmes in a room that is lightproof/soundproof and has zero distractions, then you'll be more intensely focused on the movie/programme, and this might make the programming even more effective.
-- And this is compounded by the fact, that all programmes have lots of programming in them. Ie, even the programmes that are very good for deprogramming yourself, will have a lot of programming in them.
-- However, if you can see all the programming (in each frame of the movie/programme), then you are (to a certain extent) not being programmed by it.

Note:
It's important to realise, that each frame of a movie/programme, does have programming in it, (whether this is intentional/deliberate, or not).
-- This is to be expected, because all movies/programmes, are made by people/entities, and therefore, the movie/programme will inherently/inevitably include some things, which is just “normal” for them.
-- Ie, “normal” (to them), are the things/beliefs/facts/etc, that they aren't able to recognise (in themselves), as brainwashing/programming/lies/etc.

Ie, they are not able to recognise/realise, that they (the makes of the movies/programmes) are also brainwashed/programmed, and that therefore, they are (unknowingly) spreading their brainwashing/programming, to everyone who watches the movies/programmes that they make.

Note:
If you are able to avoid being brainwashed/programmed by movies/programmes, then there are a lot of things to gain from it.
-- Eg, there are some very real moments in reality tv programmes. Yes, they might only be moments, but you'll probably see more real moments in reality tv programmes, than from physical interaction with living people (in real life). This happens, because people are always trying to project an image, (whether in real life, or in reality tv programmes). However, in the programmes, people have a camera pointed at their faces for long periods of time, and so most people will inevitably (at some point) break-down, and show their true feeling/emotions.

Ie, in real life, people can easily hide their true feeling/emotions, and if they ever get to the point where they feel that they're about to explode (or break-down, or whatever else), then they can just go somewhere private.

And therefore, in real life, some people might never see any true feeling/emotions. Whereas, these people will see this in reality tv programmes, because reality tv programmes will always contain this, because these programmes will usually create scenarios that are stressful for the cast, (knowing that some of them will eventually break).

However, reality tv is not just about seeing those types of emotions. Ie, there are many beautiful moments that can also occur.
-- And along with this, reality tv programmes can also show a very wide variety, of very real/intimate/honest/vulnerable moments.
-- Indeed, it's safe to say, that without these reality programmes, a person would never see so many different emotions in one lifetime.

Of course, movies/programmes can also help you to expand your mind.
-- To do this, all that you need to do, is watch any part of any programme, and be able to say: “I'm 100% sure, that this could possibly be true”. The point is, that if you can do this, then that changes the way you watch everything. Ie, even if you watch a programme that is a “fiction”/“science-fiction”/“mythology”/etc, you'll be watching it in a way, where you know that this might be 100% true.

Indeed, it can be argued, that these titles/categories/words (eg: “fiction”/“science-fiction”/“mythology”/etc), were invented to misdirect/mislead the mainstream people. It’s certainly one of the most effective ways to ridicule/discredit people (so that some information is kept secret). Eg, if a person is walking in the woods, and they see an alien, and they then try to tell other people what they saw, then the groups/authorities (who might want to make all people believe that aliens do not exist), can simply ridicule the person, and make them look ridiculous, by saying that the alien (that they're saying that they saw in the woods), is the exact same description of an alien, that has appeared in a science-fiction series (or movie).

Yes, this means that companies/organisations/governments/institutions/etc, might be covering up all sorts of technologies/knowledge (that is years ahead of what exists in mainstream society). Ie, it's all being kept hidden, because

companies/organisations/institutions/etc, want to use it to their advantage.

Moreover, the hidden technology/knowledge/etc, is probably not just a few years ahead, nor just 50 years ahead (of that which the majority of the population know about), but more like 500 years ahead, or 5000 years ahead. The point, is, the exact number becomes irrelevant, because anything above 1000 years, might as well be any large number.

However, as already mentioned, it's probably totally irrelevant how much technology/knowledge is hidden from the majority of society, because if such technology/knowledge was available to everyone, it doesn't mean that the human race would be wiser, or living better. Ie, the selfish and immoral behaviours/games/wars would still happen, and therefore, there would be just as much suffering, (whether in a different form of suffering, or in the same form).

Ie, it's not important to know what is true, (and what is lies), because what is more important, is to be open to all possibilities, because after being open to all possibilities, the solution might still be the same.
-- Ie, even if everyone in society had all the technology they wanted, they might still play their silly selfish games, and therefore cause suffering to everyone. And, therefore, life is still “survival of the selfishest”, and therefore, the ultimate solution (and desire) in life, is non-existence.

Parents/people do not understated how important it is, to give a child/person “space”.
-- All children/people need to have their own rooms, where they can be away from everyone, (whenever they want to).
-- And, children/people need to be allowed to have the freedom, to be able to be in this room, for as long as they want.

These are fundamental things that a person needs.
-- Ie, not providing this, (or withholding/limiting this), is a form of torture.

And, since very few children are ever given this, parents are torturing their children.

Often, a child will ask their parents for some “space”, and the parents might give them some space, but the parents usually think that they're doing the child a favour. And, in thinking that it's a favour, they will usually ask for the child to compromise on something else. What the parent does not understand, is that “space” is not a luxury. If a person needs space, then that person should be given space.

The same is true for a child wanting a room (physical space), which is a place that they can retreat to, for peace and quiet. Some parents think that this is a luxury, and so if they want to punish the child, they take away the door to their room. Not only should this never happen, but the room that a child has, should be relatively well soundproofed, (so that they can have some peace and quiet).

The point is, everybody should be able to (if they want), go somewhere where they can get

some peace and quiet, and a place to escape from other people. However, most parents think that it's ok to give a child a room, which provides neither of these things, and they might even put more than one child in a room.

“If you put a person in an agitated environment, they will get agitated.”
-- This is common sense.
-- It really doesn’t get more obvious than this.

However, it's important to see, that agitation is a form of torture.
-- Moreover, it can be the worst kind of torture, (if it's done at the exact amount, which is causing you to boil/suffer, but is not hot/bad enough, to make you jump out of the pan/situation, (because then it becomes a lifetime of non-stop torture/suffering)).

So many things in life are obvious, and this is one of them. “If you put a person in an agitated environment, they will get agitated.” It's obvious. Yet, it's common to put children/people in environments that agitate them, and this inevitably makes them all agitated, (bothered, unsettled, upset, frustrated, angry, etc), and this leads to not only them suffering, but their agitated mood will also cause trouble to other people around them.
-- Ie, the suffering just keeps spreading from person to person (throughout the whole country). And, the parents/people do not recognise/admit, that it's them who were to blame for all of it, (since they put the child/person in that agitated environment).

The most common things, that can create an agitated environments, are too much: sound, heat, or cold.
-- One of these is bad enough, but when they are compounded, then things get exponential worse.
-- And if you then add to this, the feeling of being trapped in this environment, it can then be seen how the environment becomes a prison, in which they are tortured.

Indeed, sound, heat, and cold, are a very commonly used in torture, since such environments are very simple and cheap to create.

So, following on from the issue that a child/person needs a soundproof room, it's also important to see, that the temperature in their room should be able to be easily controlled. Ie, the child/person should not ever have to be agitated by feeling too hot, nor too cold.

“If a person is suffering, then their focus will be on their suffering”.
-- This is common sense.

Ie, don't expect them to be able to focus on anything else, (whether it's work, or pleasure).

It's just ridiculous, that people have to live in places which are too noisy, hot, or cold,

because this just makes the person unable to focus on anything, except that they are suffering.

Yes, certain techniques can be used to try to focus your attention way from the suffering, but all of these techniques/methods/practices/etc, only work in the short-term.

It's always amazing to see, that this issue is so overlooked, especially since everyone will probably have suffered this at some point. And, it's such a ridiculous waste of time and energy, to be dealing with this issue, because these issues can easily be solved.

Eg, since the child's/adult's room is going to be soundproof, it will be very easy to control the temperature, since a soundproof room will need to have a flow of ventilation, and therefore the ventilation unit will be what controls the temperature (by adding hot or cold air). Ie, it's very easy to create a room/environment that does not agitate.

Some people might think that this type of a room is a luxury, however, as mentioned previously, people have different minds and bodies, and therefore have different needs.
-- Eg, a more selfless person will have:

1. More sensitive senses.
2. More times when their mind is totally silent.
3. More times when they will need to go into deep states-of-being.
4. Etc.

Therefore, what is classified as a normal/acceptable environment (from the point of view of a selfish person), would be torture for a person who is more selfless.
-- Therefore, special environments are a necessity for people who are more selfless, and to put them in a normal environment, is the same as deciding to torture them.

However, making sure that all children/people are provided with a room that is soundproof and temperature controlled, is just common sense, because it's obvious that, to get a person to be at their optimum, you should not make them suffer, (especially since the solution is simple).

Ie, people complain about how their children/employees/etc, are always moody/agitated, and not being at their optimum, but what do they expect, since they were put into environments that agitate them.

Life is deliberately designed to agitate everyone, and to keep them in a permanent state of torture.

If life is seen clearly/honestly, it will be seen that life is not accidentally agitating a few people, (due to life containing a few things that are badly designed). Not at all. Life is

deliberately designed to agitate everyone. It's no accident, and it's not a small superficial flaw. Ie, it has been put into life, at a very fundamental level, so that no one is exempt from suffering.

And it’s important to see, that most people know this on some level. Ie, most people know that life is tough, and that everyone will suffer on a regular basis, throughout their entire lifetime. However, despite the fact that most people know this, they still think that it's ok to have a baby, (knowing that the baby will then also suffer on a regular basis, throughout its entire lifetime).

If you look at all aspects of life, almost all are designed to create agitation, eg: all types of school/education (from young to old), relationships, friends, sex, having children, jobs, money, housing, etc.
-- And, it's so well designed, that no matter what modifications/improvements are made to each of these aspects of life, it will never totally eliminate all agitation.

The only way to remove all agitation, is to make changes at a very fundamental level.
-- I use the word “very” fundamental, because making changes at a fundamental level is still not good enough. Eg, even if you totally remove the need for people to have jobs, there would still be suffering in the world. The same is true for totally changing the schooling system, or even totally removing it. And, the same is true for all of these areas of life (as mentioned in the previous paragraph).

Even if you killed everyone on this planet, it would not solve the problem, since there are bound to be some humans that are elsewhere (on other planets, or underground, or wherever else), and those humans will inevitably end up creating some world/civilisations, that still contains suffering.

Even if all humans were (somehow) made to be extinct, there would still be suffering amongst other non-human entities.

However, perhaps the most important point, is that even if there is one human/entity suffering (somewhere in the manifestation), and all the other entities have allowed it to happen and continue, then they're probably the type of entities that will create new entities that will suffer, (for whatever selfish reasons).
-- Ie, the only way to eradicate suffering, is to dissolve all entities who were responsible for this present state of affairs. And, since all entities have allowed it to continue, then all entities are responsible, and therefore, all entities need to be dissolved/ended (instantly/painlessly).

Needless to say, you might as well go straight to the source, and make the change at that level. Ie, instantly/painlessly end the whole manifestation.
-- Or, just stop creating the manifestation (in the first place).

Or, if a manifestation (of some sorts) needs to exist, then only one realm needs to be created, in which case, it might as well be the one which is an ever-deeper pure freedom/peace/love/bliss. This is good enough, however, non-existence would be better.

Of course, it can be argued that there is nothing wrong by making changes at all levels simultaneously, as long as you do not get caught up in one of the superficial levels, and then forget about making the changes at the more fundamental levels.

To reduce agitation, and keep healthy (physically/mentally/emotionally/spiritually), you need to totally cut all communication with all selfish people.
-- And this even includes the things like: “How are you?”.

This is because, all selfish people only care about their desires being fulfilled, (or they will help you with your desires, if it's something that they want you to have).
-- Therefore, there is no point talking to selfish people, because it will only make you angry and infuriated.

Indeed, this true even if a selfish person asks: “How are you?”.
-- Ie, they ask this, but they want to hear the answer that they want to hear.
-- However, what makes this so bad, is that if you say anything that they don’t want to hear, then they'll get upset, and then give you constant grief for making them upset. This is a very common thing that most “loving” parents do.

The point is, that unless you lie, and just say/do what they want (which will drain you of energy), you'll end up with them getting upset, and nagging you, and this will go on for a long period of time, (until you say/do what they want you to do), and this whole process will drain you of a lot more energy (than just lying).
-- And it's also important to remember, that this draining of energy, will continue even when you're out of physical proximity to them. Ie, they'll drain you from a distance.

Indeed, “loving” parents drain their children all the time, by being worried/anxious that their child isn't doing certain things (which the parents want them to be doing).

Indeed, when you see it like this, you realise that the only way that you can avoid suffering (by being drained of all your energy), is to never put yourself in a position where people can do this to you.
-- Ie, the best bet, is to just avoid all people.

This might sound extreme, but it must be remembered, that people only speak to you, if they want something from you.

There are many ways to use/trap a person, and the subtle ways/energies/bonds/connections/etc, are sometimes infinitely worse.

Eg, if a child kills themselves, there is a risk that the parents will suffer immensely, and this suffering will affect the child (even after the child's death).
-- If this is something that can happen, then this emphasises the fact, that being born is the

worst trap of all, (since there wouldn't even be peace after death).

This might (or might not) be true, but if it is true, then the suffering for the child could be immense, and therefore, it is something that has to be seriously considered.

However, since the child has to consider even this, this could be the final thing that makes them snap, and kill themselves.

Ie, the situation of thinking about whether killing themselves will put them in a worse situation, is so extremely annoying/frustrating/infuriating to think about, that this just makes them want to kill themselves even more.
-- Indeed, there will always inevitably be a point, where all of this compounds the issues that originally made them want to kill themselves, and all of this combined, will make suicide seem worth doing, no matter what the risk.

There are many risks to suicide, but parents/people fail to see, that all these risks makes a person want to kill themselves even more.
-- This is because, it's extremely sickening to see, that there are so many risks, just from a person wanting to leave this life/existence.

If a person wants to leave the activity (of life/existence), then they should be able to do this, without any risks, and with it being done in an instant/painless/effortless/guaranteed/permanent way.

All of this is so sickening to see, that it can make a person not care to stay alive, even if they have whatever they need to make themselves comfortable (and minimise suffering).

Eg, a soundproof/lightproof/smellproof/constant-temperature room, will definitely help eliminate those types of suffering, however, when you know how truly sicking/despicable life is, then why would you want to stay in it at all.

Ie, even if you minimise most of the ways that life can make you suffer, all that you achieve by doing this, is that you get to stay in life longer, which means that you get to see this sickening/despicable life for longer.
-- Ie, even if you get less suffering for yourself, you don't actually "win". Indeed, you just lose.
-- Therefore, the only way to end all of this nonsense, is if there is permanent non-existence, for all.

Indeed, what is the point in trying to stay alive, when you know that:

1. Your senses will keep becoming more sensitive, (which means an increase in the amount of things that get you agitated, and keep you agitated).

2. You will find life increasingly unacceptable, and this will mean that your tolerance of how much suffering you will accept (to stay alive), will constantly

keep being reduced.

3. If number 1 keeps increasing, and number 2 keeps decreasing, then there will inevitably be a point in time, where life is so bad, that it outweighs any risks of suicide. (ie, suicide becomes worth the risk).

4. If there's going to be this inevitable point in time (as mentioned in number 3), then why wait for it.

5. You know that if you become old (before this point in time happens), that you will want to kill yourself anyway, (so that you avoid the having to deal with parts of your mind/body constantly failing).

6. As more time passes, you will inevitably (naturally) keep seeing ever-deeper into all aspects of life, and this is inevitably going to be a revealing of ever-more despicable/sickening things. And, this is not just in all aspects of life, but in life itself, and the whole of existence.

7. From all of the above, it seems foolish to wait to kill yourself.

Indeed, it can then be seen how:

A) Existence is seen as something that needs to be instantly ended/dissolved/switched off/etc.

B) Non-existence is the only thing that is worth being.
-- And therefore, non-existence is the only person/thing/role-model worth wanting to be.

Therefore, its understandable, that when suicidal people go to sleep, they want to go into a deep sleep, and then never wake up.
-- Indeed, this is ideal for them, because if this happens, then they know that their parents will have it easier, since the parents will just think that the death is not a suicide, but “natural”, (which makes the parents feel less guilty, or no guilt).
-- However, no matter how much the suicidal person might beg/plead (to die in deep sleep), they still wake up the next morning. So, after trying this for a long while, the suicidal person can't be blamed, when they can't wait any longer, and kill themselves.

Children should never need to be grateful to their parents.
-- Moreover, they have the right to totally hate their parents, (since they are now trapped in a life of prison/torture/slavery/rape, with no instant/painless/effortless/guaranteed/permanent way out).

Having talked about the need to give children/people an environment that does not agitate

them, many will argue that this is a luxury, or a privilege, and that it's not at all necessary to provide every child/person with such an environment.

Also, such people will argue, that the child/person should be grateful for whatever they're given.

However, how can a child/person be grateful for being tortured?

Surely it's common sense, to not expect a tortured person to feel grateful towards the torturer.

Ie, a child/person should not need to ask to be given an environment that is not torturous.
-- Indeed, that is insane.

Surely it's common sense, that if you torture someone, it's inevitable that they will bite back, (at some one, at some point in time), or at the very least, resent you, or hate you.

Quite simply, a torturous environment, is unacceptable. And, since most children/people are not provided with acceptable environments, it's understandable/reasonable/expected that they're not going to be grateful to their parents.

Perhaps humans need to be taught, that children have the right, to not be tortured.

However, if such a thing needs to be taught, then humans should not be allowed to have babies/children.

Needles to say, all of this information will only be absorbed by someone, if they care about the future baby, more than they care about themselves (and their selfish desires).

When a child/person cuts off all communication with their parents, or kills themselves, it's important to see this as an "inevitable natural movement", (and not an act of revenge).

Many people do not understand, that every time they do something selfish, it inevitably causes another action to occur (usually negative). This is just an "inevitable natural movement".

It could be called, a "natural consequence", but the word "consequence" is perhaps not quite right. Eg, if a child is forced to live in an environment that agitates them, they will naturally get agitated, and so they might naturally try to escape that prison/torture/slavery/rape.
-- Ie, the difference, is that the child did not deliberately try to escape/walk away from the prison/torture/slavery/rape, to get back at the parents. Ie, the child's action was an "inevitable natural movement", not an act of revenge/anger/etc.

I'm mentioning this, because parents are selfish, and therefore they think that it's always

about them. Ie, in this case, they think that the child's action (of suicide, or cutting off all communication), is to get revenge on the parents, but what really happened, is that the child just wanted "out" of the prison/torture/slavery/rape.

Many children will naturally distance themselves from their parents, because children know that there's no point bringing up any serious issues with parents, because they can't handle it, nor solve it, and so the only result, is that the parents will then become even more of a burden/headache/drain on the child.

If a child cuts of all communication with their parents, (or even kills themselves), the parents will probably think that it was such an unexpected thing, and that the child never gave any hints. However, the child probably did try to explain that they thought that some things were unacceptable to them, but the parents would have tried to: make excuses, not really listen, blame the child, or whatever else.

This always happens, because the parents always come at things from a selfish point of view. As a result, the child then knows to:

1. Not bother talking to the parents about any serious issues/unhappiness again.

2. Just continue to pretend that they're happy/fine/ok.

3. Just let the parents stay in their delusion/bubble of fake-happiness.

Ie, the only sane solution, is to maintain a fake-happy relationship with them, just so that you avoid having to see all the selfishness that is in them. Also, it gets them off your back, (which you want, because they never help with any deeper issues, and just drain you of energy). Indeed, if there is ever a conversation that involves deeper issues in life, they'll just use that as an opportunity to push their beliefs on you.

Somehow, parents think that their children will respect them, and look up to them, but many children just look at their parent's lives, and see that:

1. They're not truly happy.

2. They're suffering a lot.

3. The fake-happy delusion/bubble that they desperately try to maintain, is something that causes them immense suffering, and no true pleasure, and almost everyone sees through it, (except no one will say it to their face, because everyone is playing the same game).

4. Etc.

Most parents never seem to be able to stop using emotional blackmail on their children, (no matter how old the children and parents get).
-- It's like bad habit, (that they just can't ever break).

However, this is to be expected, because the deeper you go, the more you will come to realise, that parents' selfishness, seems to be never-ending, and limitless.

There are many obvious examples of this, so I will not go into them here. However, I will just use one example, which demonstrates these points. This example, is as follows.

Even when a child is suffering, and says that they want to kill themselves, most parents still only care about themselves. This is obvious, since the parents usually say something like:

- "You must never do that, because it would hurt us very much."
- "You must never do that, because we will not able to cope."
- Etc.

Ie, still, the parents are only thinking about themselves, and all their own selfish desires and fears.
-- Ie, even when the child is at their last stage of desperation, the parents can't help but think of themselves.

Since most people are parents, it can be said that most people are inherently selfish/immoral/cruel/evil.
-- This is important to realise, because the implications are serious, because it means that all the systems in each country, will be made up of these people, and this could have dire consequences for yourself.

Eg, since most people are selfish/immoral, there's more chance that someone will falsely accuse you of something, and this false accusation will be dealt with by other selfish/immoral people (eg, the: police, courts, prosecutor, judge, jury, media, people who live near you, etc).

And, it's important to realise, that all people (even if they are not immoral), can instantly do immoral things, eg, if they (or their family) are blackmailed/threatened/etc, enough.

And, "enough" is a key word, because most people will do something immoral, to get (or keep) someone/something that they really want.

However this breaking point (where someone does something immoral), is not that high (in practice), as can be seen by the fact that people will do immoral things, as long as:

1. Their boss promises them a promotion, (or they just assume that they will

then get a promotion).

2. They assume that doing that immoral act, has to be done, so that they keep their job.

3. They're ordered to do it, (because if they are ordered to do it, then they can feel that they are free from being responsible, (for any suffering that is cause to others)).

4. They assume that they'll then be able to call in a favour (at a later date).

5. They hope that they will then be part of the “inner circle”.

6. Etc.

The world is full of suffering, and many say that they do not understand why it is so, but this should be expected, since the people who have children, are all inherently selfish/immoral/cruel/evil, and it's inevitable that babies/children will naturally copy this selfishness from their parents.

And, this selfishness will be so ingrained, that they will cause much suffering, and then also have children, and so the cycle continues.
-- Therefore:

1. Human reproduction, is nothing but selfishness replicating itself.

2. This cycle of selfishness/immorality/cruelty/evil replicating itself, can only end, if people stop having children.

However, this is not enough (in terms of ending all suffering for all), and neither is a solution of obliterating all humans/entities in existence. Indeed, the only solution that is worth considering, is the one which is not only about ending all suffering for all, but also about providing ultimate freedom/peace/love/bliss.
-- Ie, the only solution worth considering , is “That”, (non-existence).

“If we stop having children, then the human race will die out.”

Needles to say, the questions then become:

Question 1 - “Why would anyone want to keep alive a race of beings, that are selfish/immoral/cruel/evil, and cause so much suffering?”

Question 2 - “Why would anyone be ok with allowing selfishness/suffering to spread

like a disease?”

And, the answer is:

Answer - “People are ok with this, because they too are selfish. Ie, they will be happy to allow suffering to spread like a disease, as long as they get what they want. It just doesn't matter how much other people suffer (or for how long they will suffer), as long as they get what they want.”

Note: This is not a theoretical answer, because this is what is happening everyday, in this world.
-- Ie, many people in the world are suffering, and people are ok for it to continue, as long as they continue to get what they want.

Actually, it's worse than this, because not only are they willing to let the suffering of others continue, they're even willing to create a new baby, knowing that the baby will also suffer.
-- Ie, the difference is between:

- Evil people.
  There is a disease that is spreading in the world, which causes suffering, and you can help stop it, but instead you allow/need it to continue, in order to get what you want.

And,

- Ultimate evil people.
  You are the one that is creating the disease, which causes so much suffering in the world. Ie, you don't just allow the disease to continue, you deliberately and actively keep creating new diseases (babies/humans), which you know will cause more suffering in the world. You do this because, you want a baby, and your wants are all that matter, regardless of the suffering that it will cause.

  I'm not just talking about the fact that the baby will suffer. Yes, the baby will suffer, but the baby/child/adult will also cause so much suffering to others (throughout it’s whole life), since it's almost impossible for this to not happen.

  And, this is without factoring in the fact, that that baby might also have a baby (or more than one baby), and then that endless cycle goes on forever, with the suffering being spread at an exponential rate.

Many people do retreats, workshops, or even stop everything in their life (to take a step back from life), however, none of this will help them reduce the amount of suffering in their life, unless they're willing to see life clearly/honestly, (without them deliberately skewing it).

Ie, taking a step back, will only help, if you then look at life clearly/honestly, (ie, without skewing what you see).

However, almost all people will deliberately skew what they see, (so that they can avoid seeing that they're selfish/immoral/cruel/evil).

Note: If you do skew it, you will suffer.
-- And, the more you skew it, the more you will suffer.

Ie, even though deliberately skewing what you see, will create a delusion/bubble that you live in, this does not help you escape suffering.

Therefore, ignorance is not bliss.

Indeed, this is obvious, because:

- Person A, who does not skew what they see, allows themselves to see the ugly/evil things that exist in life (which is causing them suffering), and therefore they can avoid it in the future, and therefore they avoid suffering in the future.

- Person B, who deliberately skews what they see (so that they do not have to see the ugly/evil things that they/others are doing in life), cannot see what is causing them/others suffering, and therefore they will continue to do the same things, and therefore they will keep suffering in the future.

The games are the same, at all levels.
-- This seems to be true, in all cases.

Eg, we know that people who have children (the creators of life, in this physical dimension), are selfish/immoral/cruel/evil, and therefore, it is to be expected, that the creator at all levels, will also be selfish/immoral/cruel/evil.
-- Therefore, the creator of existence, would also be selfish/immoral/cruel/evil.
-- And indeed, when life/existence is seen clearly/honestly, the only conclusion that can be reached, is that the creator of life/existence, is selfish/immoral/cruel/evil.

This is important, because most people are brainwashed/programmed to believe, that the creator/god/whatever, is benevolent.
-- And, the depth of this brainwashing/programming is evident, in the fact that no matter how much people suffer in their life of never-ending prison/torture/slavery/rape, they keep trying to gaslight themselves, into believing that life is good/important/precious/etc.

Ie, yet again, the moral of this story, is to stop listening to what other people say/think/believe, and stop what you're doing, and take step back, and look for yourself, at what life really is. And, do this, without deliberately skewing what you see.

Most people are brainwashed/programmed to believe, that:

1. **“Creation is good/benevolent/etc.”**
2. **“Destruction is bad/malevolent/etc.”**

However, when life is seen clearly/honestly, the opposite is true.
-- Indeed:

- “Creation/life” is nothing but contraction/suffering/etc.

And,

- “Death/destruction” of contraction/suffering/life/etc, means that, what remains, is peace, and freedom from contraction/suffering/etc.

Of course, parents/people/companies/governments/secret-organisations/etc, all need everyone to believe that “creation/life” is good/important/precious/etc.

Ie, 99.9% of the population, are responsible for brainwashing/programming everyone to believe this, and for making everyone suffer.

The deeper you go into everything, the more you'll see that everything is upside-down.
-- Ie, what you were told is believe is white, is actually black, (and vice-versa).

Of course, this is to be expected, because it has to be this way, because to control and manipulate you, parents/people/companies/governments/etc, all need to brainwash/program you to have beliefs, because these beliefs will be what makes up your reality, and this reality is ideal for them to control/manipulate/use/rape you.

Eg, if parents/people/companies/governments/etc, want to make you do an action which benefits them, then they just have to brainwash/program you, to believe that that action is a good/moral thing to do. Then, you'll do this action, without them even telling you to do this action.
-- Ie, everything will always be upside-down, because to get what you want from people, you have to make everything bad, seem good.

And, ideally, you need to do this, not by altering their beliefs/definitions/words/concepts/reality, but to “teach” (brainwash/program) them this information, from the moment they're born/created.
-- Indeed, all parents do this to their children, just as all governments do this to all people.

However, it's important to see, that all beliefs/definitions/words/concepts/reality, are only

ever “taught” (brainwashed/programmed/forced) into a child, for the benefit of the parents.
-- Ie, the child doesn't benefit. All the child gets from this “learning”, is that they’re then easy to control and manipulate.

Of course, by brainwashing/programming the child to have a certain “reality” (which makes it easy for the parents to control/manipulate/use the child), the parents have inadvertently made it easy for any person/government/company/organisation to control/manipulate/use the child.
-- And, the child will continue to suffer like this, until they begin to see that they've been brainwashed/programmed to believe that everything that is white, is actually black.

And/moreover, they need to see, that there never was any “good” programming.
-- Ie, all programming, is only ever bad.
-- Ie, absolutely everything that they’ve been “taught”, (every single word), is purely to control/manipulate/use them.

Indeed, all “words” themselves, are only invented (and used), to control/manipulate/use people.

Ie, since words are only in existence, for malevolent purposes, (and words are the building blocks of all beliefs/concepts/ideas, and these are what make up your life/reality), then know that:

1. Your reality/life/existence, is purely a creation, for the benefit of your parents and others, (regardless of the fact that you will suffer regularly throughout your entire lifetime).

And therefore,

2. Reality/life/existence, is purely a creation, for the benefit of others, (regardless of the fact that you will suffer regularly throughout your entire lifetime).

Ie, yes, the deeper you go, the more you realise that everything is upside-down. However, this just keeps going, (somehow).
-- And therefore, it's only to be expected, that “reality/life/existence” is going to be exposed, as being nothing more than something created for malevolent purposes, (despite the constant brainwashing/programming, to make you believe the opposite).

Note: The reason why I included the word “somehow”, is because even if you know that “the deeper you go, the more you realise that everything is upside-down”, there can still be things which you haven't seen the correct way up.
-- Ie, you can know this, and still be seeing most things, in a way which benefits those who want to control/manipulate/use you.

Therefore, the only option, is to just keep deprogramming yourself, ever-deeper. And as you do this, every aspect of your life, will keep getting shattered, and/or turned

upside-down.

Many people think that it's “cool” to deprogram yourself (and “go deep”), but the truth is, its devastating to every aspect of your life, and it will make you extremely angry/frustrated/furious/etc.
-- However, it's not a choice, because deprogramming is just something that happens. Ie, life just keeps revealing the lies that has been brainwashed/programmed into you (and everyone), and this is devastating to see, and it never stops.

Moreover, what compounds all of this, is that you will want to leave life/existence, but no matter how hard you look, there is no instant/painless/effortless/guaranteed/permanent way out.

“Clearing” blockages in your energy field, (and all that type of stuff, eg, healers/detox/etc), will (at most) only help relieve suffering in the short-term.

The only way to reduce your suffering (in a permanent way), is by examining all aspects of your everyday life, to see what is actually causing the suffering, and then taking action on it.

The reason why, clearing blockages in your energy field, will only help relieve suffering in the short-term, is because as soon as you are back into your everyday life, the everyday life issues are all still there, and so they all start to immediately affect you again.

Therefore, the only way to reduce your suffering (in a permanent way), is by examining all aspects of your everyday life, to see why you're choosing to stay in a prison/torture/slavery/rape aspect of your life, when you could just walk away from it.

Also, you would need to see how you're causing prison/torture/slavery/rape on others, because this will also be creating suffering to you, (even if you think you are gaining, and not losing anything).

Note:
Even if people know that the above is true, most will still just try to reduce their suffering, by any other method. Ie, most people prefer all other methods (as opposed to the one mentioned above), because all other methods do not require you to examine yourself, to see how you are to blame, for causing suffering to yourself (and others), and how you have been selfish/immoral/cruel/evil.

Eg, if you go to a healer/detox/etc, then you can just go and let the healer (or energy worker, teacher, etc) do all the work, which is a lot less effort for you, and also means that you don't have to examine your own life, (and see all the ugliness in what you are doing in all aspects of your everyday life).

If you look at this situation logically, it's obvious that the only way to reduce your suffering (permanently), is by seeing what is causing the suffering, and then taking action on it, (eg, by walking away from whatever was causing you suffering).

The exception to the above, is if you're going to a certain person/place, which helps you examine all aspects of your everyday life, (ie, they're helping you to deprogram yourself, in terms of beliefs, and/or energetically).
-- However, this needs to be in practice, not theory. Eg, some people might go to listen to a teacher/speaker, who talks about how to examine all aspects of your everyday life, however, if a person goes and listens to this, then that is not going to help them.

And, if they listen to it all, and afterwards they regurgitate it all to their friends, then this is also not going to help them.

Ie, the only thing that will help that person, is if they actually apply it to their life, and also make changes to their life.

Another point, is that this process of “examining all aspects of your everyday life”, needs to be an ongoing thing, which (by definition), would mean that you're doing it everywhere, and therefore, you do not need to go to a certain special place/person/time/healer/organisation/etc, to do this.

Indeed, if you do feel that you need to go to such places/people, then perhaps you are just trying to avoid “examining all aspects of your everyday life”, (probably because you don't want to see/expose all the subtle/sly things that you do (or have done), to get what you want).

When life is seen clearly/honestly, and you add up just how much time/money/effort/energy/etc, is spent doing things that are not pure pleasure, (especially chores and jobs), it's no wonder that people say that they want to leave this physical world.

Indeed, the people that want to leave, are the sane/wise people.

One subject that is important to look at, is “chores”. Chores are everything that you need to do, to stay alive (minimising pain and discomfort, whether physical/mental/emotional). When you add up every minute that is spent on these chores, you will see just how much time/energy is spent on this.

And, unless you have servants/maids/slaves to do absolutely everything for you, the amount of time spent on chores is ridiculously high.
-- Most people might not think that this is the case, because they have not examined how many hours per day goes on this.

And, then you need to also include the time spent at work, and the commute to and from work, etc.

However, then you also add, all the minutes when you are not having a good time. And, then you add up all the minutes, when you're in any state that's not pure pleasure.
-- Needles to say, the pure pleasure will add up to a few minutes, per day. Or, for some people, it's a few minutes per week, (or month, or year).

Of course, it all gets much worse, when life throws in illness and disease, or a traumatic experience.

However, life is cruel enough, to make sure that this can also happen, even when you're in perfect health. One good example of this, is that if a woman is perfectly healthy, she will still experience pain and discomfort on a regular basis. Ie, no matter how healthy a lady is, she'll probably experience some pain and/or discomfort (mental/emotional/physical) to some degree, due premenstrual syndrome.

The fact that this is “even if you are healthy”, and “on a regular basis”, is not something that sounds like something that is done by a benevolent creator (of life). Yet, people are proud that they're bringing more babies/humans into existence.

Note:
Yes, it is possible to have a low amount of chores/jobs/etc, however, if this is continued over a long period of time, then other problems build up, which means that they then end up having to spend even more time/money/effort/energy on things (to solve the problems that were a result of doing too few chores/jobs).

Indeed, most people know that they have to stay healthy (and maintain their hygiene), just to avoid illness, disease, and other problems with the body. And therefore, this increases the time that they need to spend on chores.
-- And, what this usually also means, is that they then need to also spend more money on staying healthy, which means that they have to spend more time at their job.

However, the ridiculousness does not end there, because even if you're determined to stay healthy, it's not at all clear, how best to do this.
-- Eg, you might feel that you need to stay healthy by doing aerobic exercise, but you know that the aerobic exercise that you regularly do, might cause you physical problems in the long-term. But if you do not exercise, then you might have some other problems (perhaps not in the short-term, but perhaps in the long-term).

And the same is true for so many things in life.

The point is, that life doesn't even make it easy for those who are trying to stay healthy.

Therefore, when life is seen clearly/honestly, and you add up just how much time/effort/energy goes on all these things that are not pure pleasure, it's no wonder that people say that they want to leave this world.

The issue of needing to spend so much time/effort/energy on things that you don't want to do (eg, chores/jobs/etc), is very important, because it means that you then have no time to stop and reflect (on how pointless all of this is).

However, being able to stop and reflect on life, is something that most parents/people/organisations/governments/companies/institutions do not want you to do (and will try to prevent), because if you stop and reflect, you will see how ridiculous it all is, and stop being their personal-slave (and/or work-slave).

What this means, is that children/people are deliberately kept in a constant state of doing, and to make sure that they stay like this, they're constantly brainwashed/programmed, every day.

However, the problems do not end there, because with time, the victim will also become the perpetrator.
-- Ie, the victim will themselves start to make sure that other people are kept in a constant state of doing.
-- They'll do this, because they're playing games/wars, which they don't want their victims to see, (and so they keep their victims in a constant state of doing).

Also, some people have the mind-set, where: “If they have to suffer, then everyone else should also suffer”.

Needles to say, all of the above, shows how prison/torture/slavery/rape is spread (at an exponential rate) throughout humanity.

Many “good”/“ethical”/“moral”/“selfless” people, want to change the world, into a place with more people who are service-to-others (because these people are good/benevolent), and less people who are service-to-self (because these people are bad/malevolent).
-- This is ridiculous, because by creating these two categories, they have immediately created a them-and-us, which only ever creates more suffering.

Of course, all of the above, also applies to all people/beings/entities/gods/religions/etc.
-- Ie, gods/religions/etc, are also responsible for causing suffering, since they claim to be benevolent, but they cause suffering by creating categories, (eg, those who follow the commandments of this god/religion, will be protected, and will go to heaven, etc, and those who do not obey, will suffer (in this life, and after death), etc).

Obviously, all of this, is just done, to control/manipulate/use people, for their own selfish desires, (even if that desire, is to just make themselves feel: better about themselves, more selfless, more important, more moral, etc).

Additionally, these “good”/“ethical”/“moral”/“selfless” people/beings/entities/gods/religions/etc, are also the people/groups who believe/say that the universe/source/god/universal soul/etc, has “infinite compassion” and “unconditional

love”. And they also believe, that “everything is one”, etc.
-- However, they also warn people, that the service-to-self people, will have a bad fate, (whereas the service-to-others people, will have a good fate, (eg, they will be: ascended, saved, rescued, delivered, etc).
-- Of course, this is ridiculous, because:

1. If they believe in “unconditional love”, then there are no conditions, and therefore it would not matter whether a person was service-to-self, or service-to-others.

2. If they believe in “infinite compassion”, then it will not matter what the service-to-self people have done, (since there is infinite compassion).

3. Saying that the service-to-self people, will have a bad fate (and that the service-to-other people will have a good fate), is inherently not benevolent.

4. If “everything is one”, and you truly know this (and are not just pretending to be spiritual/awake/enlightened/etc), then you would (inherently) not want to punish the service-to-self people, (since they are you, (since everyone is one)).

5. Etc.

The point is, that if we're talking about being truly benevolent, then it's fine to talk about “infinite compassion”/“unconditional love”/etc, but this has to be apparent in your solutions.

Ie, all solutions must:

1. Include everyone. Ie, no one is excluded.

2. Not punish anyone. Because no one should ever suffer, even for a split-second.

3. Never have a judgement day, (or whatever else).

4. Have zero suffering. Ie, not one ounce of suffering exists, anywhere, ever.

5. Have the ultimate freedom/peace/love/bliss, forever.

It's really not complicated at all.

However, people want to create categories, so that they can be in a “better”/“higher” category, than other people.
-- Ie, they want to be in a more “moral”/“benevolent” category.

Of course, this is no different to those people who want to be in a category that is more

“rich”/“wealthy”/“powerful”/“successful”/etc.

Of course, these categories (that I just listed), are the categories of the service-to-self people.
-- Ie, it just shows, that the service-to-other people, are no different to the service-to-self people.

Actually, that last statement is not true, because the service-to-other people, are perhaps worse, because they're actually causing a lot more suffering, because they're muddying the subjects of: infinite compassion, unconditional love, benevolence, etc.

And there are many people, who are brainwashing/programming people to believe in service-to-others, so that they can then use those people as work-slaves.
-- Indeed, this is common in ashrams, and many other groups/communities.

To understand things in life, just put yourself in the position of a slave-owner / slave-creator / slave-driver.

Eg, some people try to brainwash/program others, to believe that “You must not have bad/negative thoughts, and you must not get angry, because if you do these things, you will manifest this reality for yourself”.

The point is, that if I was a slave-owner/slave-creator/slave-driver, then this is exactly what I would brainwash/program my slave/child/pet to believe.

This is obvious, because I know that my slaves will have negative thoughts, (eg, “What's the point of living this life of prison/torture/slavery/rape”), and they're bound to get angry when they're suffering so much in that life. Therefore, if they're brainwashed/programmed to believe these things (eg, that they must not get angry, or have negative thoughts, etc), then they're going to continue to be a good little obedient slave, who isn't questioning their ridiculous life of prison/torture/slavery/rape.

The power of brainwashing/programming/conditioning, should never be underestimated.
-- Eg, it's so powerful, that despite a person/slave having the direct experience of life being prison/torture/slavery/rape, their brainwashing/programming will totally override it.
-- The point is, that:

1. The brainwashing/programming that is put into the slave, is just a belief.

2. “Beliefs” are not real. They are just words.

3. The slave's direct experience of life being prison/torture/slavery/rape, is a real physical/emotional experience of pain/suffering.

4. No matter how much the slave suffers, they still choose to believe the brainwashed/programmed belief (which is just some words), over their direct experience of feeling real suffering.

Indeed, if you look at life clearly/honestly, you'll see that all people are these slaves.
-- Ie, life is prison/torture/slavery/rape, and therefore, all people are suffering on a daily basis, however, most of them believe that this is a life worth living, just because they've been brainwashed/programmed to believe some beliefs, eg:

1. “You are infinite consciousness.”
   (Somehow, just believing this, makes people think that it's worth continuing with this life of prison/torture/slavery/rape.)

2. “Life is a miracle, and you're lucky to be a part of it.”
   (No one is “lucky” to be living a life of prison/torture/slavery/rape. And if “life” is the miracle, then your words are seriously upside-down.)

3. “Humans are inherently good.”
   (If humans were inherently good, then there would be no suffering in the world.)

4. “Life is an illusion.”
   (Some people believe this, and then just continue in this life of prison/torture/slavery/rape. Ie, it makes absolutely no difference, whether you call this reality “illusory”, (or “real”, or whatever else), because the pain/suffering that you feel, is real (or as good as real).)

5. “All there is, is consciousness.”
   (Many people believe in things like this, and then just continue in this life of prison/torture/slavery/rape. Ie, it makes absolutely no difference, whether life is made of consciousness, (or awareness, non-existence, or whatever else), because the pain/suffering that you feel, is real (or as good as real).)

6. “Life is precious, don't waste it.”
   (How is suffering “precious”.)

7. “You're living in a special time, where the world is about to change.”
   (People get promised that the world is about to change, and so they continue to be slave. And when it doesn't change, they're told a new (slightly different) promise. This keeps happening, and (somehow) people keep falling for it, (and so they remain in constant state of hope, whilst they keep being a good little obedient slave).)

8. “God says that suicide is forbidden.”
   (It's very convenient, how everything that god/religion says, is designed to keep you behaving as a good little obedient slave, trapped in this life of prison/torture/slavery/rape.)

9. Etc.

It can be argued, that enlightenment is a trap, and that it's just another method/tactic, to enslave millions of people.
-- And this is true, regardless of whether this method/tactic, is something that is invented/implemented by a person/group/alien, or by life, (or by the creator/source/controller/programmer/god/etc).

In a previous section, it was discussed how people have to do many chores, just to avoid pain. What is important to see, is that if you're enlightened, you still have to deal with all of this chores/jobs nonsense.
-- The point is, that this doesn't sound ideal (in any way).
-- Therefore, it makes you question the point of enlightenment, and whether it exists just to cause another type of suffering.

Ie, yes, during the process of enlightenment, there are many wonderful spiritual experiences, and a million insights into reality, and a million experiential-insights, however, none of this helps prevent pain/suffering in the long-term. Therefore, it can be argued, that enlightenment is a trap, and is just a method for life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), to enslave millions of people.

Ie, life/the creator, deliberately gives enlightenment to a few people, knowing that this will enslaves millions more, (because millions of people will want what the enlightened people have attained).
-- Ie, it's the simple con tactic, where you give a few people a special thing (which no one else has), and this will allow you to easily enslave millions of people (because then they'll all want this special thing).

Indeed, if life was a honest game, then it might be that, all you have to do, is to realise that all material things will not make you happy, and as soon as you do this, you are free. However, enlightenment is not like this, and neither is life.

Ie, if you turn to enlightenment, it can help you reduce the amount of suffering in your life, but it does not end all suffering, and it certainly doesn't do this for everyone who wants it. Indeed, no matter how much you want enlightenment, you can't get it. Ie, enlightenment is something that you can never get. Ie, it happens, only if life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), allows it to happen.

And, if you just try to reduce the number of chores in your life, you will realise that you can reduce a lot of it, but there will always be a very large percentage of time, that needs to be devoted to chores (if you want to avoid physical/mental pain).

Another way to look at it, is that if enlightenment was such a benevolent thing, then it should just be something that anyone/everyone can have, (as soon as they ask for it).

Moreover, if life was truly benevolent, then they should not even need to ask for it. Ie, why create suffering in the first place? That is certainly not benevolent.

All of the above, should be making it extremely clear, that life is cruel/evil.

Looking at life from a broader perspective, it all begins to make you realise, that life (or the creator/source/controller/programmer/god/rapist/enslaver/etc), is deliberately making life difficult, no matter how you choose to go through life.

Even if you're spending your whole life helping other people, life is still cruel/evil (to you, and others).

Therefore, life is unacceptable.

And, when you add to this, that you can't leave life in an instant/painless/effortless/guaranteed/permanent way, then you realise that life is not just unacceptable, but despicable.

If you were outside of this activity called “life”, you would see how everyone is suffering, and if a person/entity/god/alien asked you if you wanted to go into “life”, you would laugh at them.

The only way that you would agree to go into life, would be if you could leave whenever you wanted, in an instant/painless/effortless/guaranteed/permanent way.

However, when you inspect life (from outside) in more depth, you would see some clear warning signs (about the people who are in this thing called “life”). Eg:

1. The people who want to leave/exit life, have no way to leave, in an instant/painless/effortless/guaranteed/permanent way.
   -- Ie, as soon as you observed this, you would immediately realise, that the

person/entity/god/alien that is suggesting that you should enter into “life”, (and is saying that you can leave whenever you want (in an instant/painless/effortless/guaranteed/permanent way), is lying.

2. 90% of the population are living lives, that are not “lives”, but schedules.
   -- Indeed, you might as well call these people “robots”. Indeed, they are just robots, who have been fooled into thinking that they have free will.
   -- And the other 10% of the population, are “puppets”, who are even more delusional, since they think that they are “awake” (or, intelligent, enlightened, etc), but they are all just as easy to control/manipulate as a puppet.

3. Everyone in life is suffering, (in some way, (whether physically/mentally/emotionally/financially/etc)).
   -- Ie, even those people who are extremely wealthy/healthy/etc, are also suffering.

4. In the past, many people have supposedly been on (and/or come to) earth, to help end all this suffering on earth. However, it's obvious, that none have succeeded. Ie, if the person/entity/god/alien is suggesting that you should enter into “life”, to help save humanity, (or whatever other reason), you know that this is a trick/scam/con/etc.
   -- This must be a trick/scam/con, because if you are outside of life, then you will have more power to end all suffering from there.
   -- Note: It's important to realise, that all reasons/excuses are a trick/scam/con, whether the person/entity/god/alien knows this, or not. (Ie, they might just be an innocent victim of the trick/scam/con).

5. Etc.

Therefore, you would never voluntarily/consensually choose to enter into life.

All people, are in a permanent state of disease/illness/sickness (whether physical/emotional/mental/etc).
-- Ie, everyone in life is suffering, (even those who are extremely wealthy/healthy/etc).
-- Therefore, “life” is the one-same-thing, as disease/illness/sickness/suffering.

Ie, there is no separation between “life”, and these words.
-- Therefore, the words can be grouped as: life/disease/illness/sickness/suffering.

Therefore:

1. Life is a disease.

2. Life is inseparable/indistinguishable from sickness/illness/suffering.

3. Life is a prison sentence, of sickness/illness/suffering.

4. Etc.

Note: All of the above is obvious, since this is the direct experience of everyday life.

And, even if you do not think that you are suffering, you cannot fail to see, that many other people around you are suffering, in some way, everyday.
-- Ie, this observation of other people suffering, is still a direct experience (that you yourself are having).

Therefore, anyone who imposes this thing called “life” onto someone (by having a child, or allowing others to have children), must be inherently immoral/cruel/evil.

It's absolutely absurd and ridiculous, for parents to assume/expect that their child must have a relationship with them, (that is more than for purely practical terms).

This might sound harsh, but it's just common sense, because most people only ever find a few good friends, that they really get on well with.
-- Ie, the chances of one random individual (the child), getting on well with the another random individual (the parent), is extremely slim.

Of course, even if parents know this, they will still decide to have a child, because they will assume that they will be able to brainwash/program the child, into being their best friend, (or someone that they will like, and someone that will like them).
-- And, this is why all parents believe that they will have a good relationship with their child.
-- This is true, because if parents knew that they wouldn’t have a good relationship with their child, they wouldn’t have that child.

Note: If a parent-child relationship exists, which is more than just about practical issues, then the parent might feel extremely lucky, however, this might be short lived, because the chances are, that the relationship is good, only from the parent’s perspective. Ie, the child might be “happy”, because it's easier to fake being happy, rather than deal with the parents being miserable, (which is what would happen, if the child spoke the truth).

Ie, all the previous emotional blackmail experiences, are so ingrained in the child, that the child will do anything, to avoid it.

Most children (at whatever age, even as adults), will do anything to make their parents happy, but what the children do not realise, is that this is due to extremely deep brainwashing/programming by the parents.

-- Ie, the parents have brainwashed/programmed their children, to always want to make them happy, (and to never upset them).

This is something that all parents do to their children, (whether they know it, or not), and it starts from the moment of birth.
-- Indeed, since it starts from birth, (and people can't remember what happened when they were a baby), this means that the child is unlikely to be able to know, that they've been brainwashed/programmed.

Although parents (and prospective parents) might like the fact that they can do this to their child, what they do not realise, is that it will always come back to bite them, (whether directly, or indirectly).
-- And, the longer they get away with it, the bigger the inevitable bite will be.

It should never be underestimated, just how deeply (and extensively), children have been brainwashed/programmed by their parents.

The key point is, that this has happened so deeply, and so extensively, that no matter how deep you look into it, it never ends.

The result is, that the child will (knowingly or unknowingly) do all sorts of things to try to fulfil their parent's desires, (eg, try to please their parents, or make sure that their parents are proud/happy/ok/etc).

Moreover, the child will do all these things, no matter how much they don't want to do it.

Ie, the child is doing things, and they don't like doing these things, but they can't help not do it, (and they don't know why).
-- Of course, the reason is, because they have been brainwashed/programmed to please their parents.

It's despicable, especially when you see just how much damage this causes the child, and everyone else. Because, whilst the child was being brainwashed/programmed, they learned this skill (whether they know it, or not), and so they grow up, and start doing this to everyone around them (whether they know it, or not).

Of course, even if parents know, that the child has realised that the parent-child relationship is forced (and that it was created by brainwashing/programming), then the parents will still not admit what they've done.

Moreover, instead of admitting it, the parents will just pull out more offensive/defensive weapons.

And, no matter how bad the parent-child relationship gets, the parents will continue to use whatever weapons they can think of.

And they will try all angles, eg:

- “You treat this place like a hotel.”
- “Am I just an ATM to you.”
- “It's my house, my rules.”
- Etc.

Of course, the fact that parents are thinking/saying these things, shows just how bad parents are.

Parents will always use weapons (eg, emotional blackmail) on their child. This is obvious, because the bad qualities that made the person want to be a parent, are the bad qualities that will make the parent ok with using weapons on their child.

Indeed, the parents will be so ok with it, that they won't even think it's bad.

And, since all people were children, all people have been victims of it.
-- Of course, these victims, then become perpetrators. And so this becomes normal throughout all of society, (across all ages, and all aspects of life).

Indeed, we see weapons being used by parents/partners/friends/etc. And, it's so normal, that everyone believes that this is just part of what relationships are, and what life is.

Of course, just because life is this way, that does not make it ok, nor acceptable.

Parents don't even realise, that all these actions, might yield short-term success, but it will always come with long-term consequences. And, these consequences will usually happen “suddenly” (from the parents perspective). Of course, it's something that has been building up for years/decades (since the child was born). And, all children/people have an inevitable breaking point.

And, all children/people have different ways of dealing with it.
-- Ie, some might cut off all communication, some might fight back, others might kill themselves, etc.

Anyone who wants to have/raise/use, a child/slave/robot, will want to make sure that it follows 5 key commandments (fundamental programs).

-- These are as follows:

1st Commandment = You must never harm me.
2nd Commandment = You must never harm yourself.
3rd Commandment = You must do what I tell you to do.
4th Commandment = You must not make me upset.
5th Commandment = You must only do things that make me happy.

However, as can be seen by the commandments, they can only be programmed into the child/slave/robot, after the child/slave/robot is programmed to believe that it is a person/“me”. Indeed, all 5 of the above commandments, start with the word “you”. Therefore, the zeroth commandment (fundamental program) is:

0th Commandment = You are a separate person.

These commandments, can also be called:
conditioning/grooming/brainwashing/programming/orders/commands/demands/etc.

Note:
It's important to realise, that these commandments can be:

A) Done at any (or all) levels.
-- Eg: conscious, subconscious, unconscious, etc.

B) Done knowingly, or unknowingly.
-- Ie, the programmer might be unknowingly programming commandments (whether directly, or indirectly).

C) Done directly, or indirectly.
-- Eg, the programmer never needs to directly program these actual commandments (into the slave), if they program enough other (more superficial) commands (which require/imply these underlying commandments).

This is just as effective, and it can sometimes be more effective, because then the programmed person, can't ever find the deeper programs/commandments (because it was never programmed into them).

Also, most people prefer to use indirect methods, because this means that they can deny it later. Ie, they can deny that they were trying to do something as immoral as brainwashing/programming/controlling/manipulating/enslaving/using/etc, (especially as they were doing this to their “loved” one, (partner/child/etc)).
-- Indeed, this is common in the following examples:

a) Many children learn, what they must (and must not) do, via the punishment/reward that they receive, (from their parent/controller).
-- Ie, no direct commands are given. Indeed, no direct commands can

be give, whilst the baby/child is too young to understand words.

b) In most adult partner relationships, a lot of things/behaviours in the relationship, are implied, and expected, and demanded, (but never directly said/demanded/ordered).
-- Ie, each partner has (or tries to) indirectly condition/program their partner, (to be/behave in a certain way). They often do this, by using the simple weapon/tactic of punishment-and-reward, (eg, giving and withholding sex/love/affection/etc).
-- What this shows, is that:

- Everyone knows how to brainwash/program/condition/control/manipulate other people.

- Everyone is doing this to other people, (regardless of whether they're successful, or not).

Note:
Commandments 4 and 5, are perhaps just part of commandment 3. However, it can also be said, that commandments 2 to 5, are all just part of commandment 1.
-- However, all that matters, is that you get the point of what is trying to be shown.

Also, the commandments 3 to 5, basically allows the child/slave/robot to be programmed with a future (that the programmer desires).
-- Eg, parents will often desire, that when their child grows up, the child will: get a job, have children, etc. And, all of this is programmed in as soon as they are born/created/made. However, the commandments 3 to 5, will reinforce this (throughout the child's entire life).

To give you an idea of how deep/powerful this programming is, some children/people will still obey their programming, throughout their entire life, and even after their parent/programmer is dead.

There is one vital extra factor in all of this, which I will examine in the next section.

To get a child to obey the parent, and for a parent to be able to program a baby/child, the child must be selfish.
-- This is true, because punishment-and-reward (and all control/manipulation), cannot work, unless the child wants something. (This includes "wanting to avoid something", since this is also wanting).

Therefore, the child must be programmed to be selfish, (whether overtly/consciously, or covertly/subconsciously/unconsciously).

The key point is, that this means that, all children will be inherently programmed, to be

selfish, (whether this is intended, or not).
-- Ie, this is totally unavoidable, since it is something that inherently occurs, whenever a child is raised.

Therefore, this child will inevitably do selfish/immoral things in their life.
-- Indeed, this is why there is so much suffering in the world.

Note:
If all 5 commandments (as mentioned in the previous section), are programmed into a slave/person, then there will inherently/automatically be a subconscious/unconscious programming as well.
-- This subconscious programming, is the subtext/implications/etc, from all 5 commandments. This subconscious/unconscious programming, will make the slave selfish/immoral.

And, of course, since these 5 commandments are the basis of all other commandments/commands/laws/orders/etc, this means that almost everything that the parent tells (or does to) the child, will reinforce this selfish/immoral subconscious/unconscious programming.

The reason why this occurs, is because all commandments/commands/laws/orders/etc, are inherently selfish/immoral. And therefore, the slave/robot is inherently programmed to believe, that this is acceptable/ok/normal.
-- And therefore, the slave/robot will do this themselves (whether they're aware of it, or not).

Indeed, this also means, that the parents might not be aware that they're subconsciously/unconsciously programming the slave to become like this. However, it's totally irrelevant, whether the parents know it or (not), because it will inherently happen.
-- This is totally unavoidable, (even if you know about this).
-- The reason why this is true, is because any type of commandments/commands/laws/orders/etc, is inherently selfish/immoral.

Moreover, the very act of having a child, is the most selfish/immoral act possible, and is cruel/evil, and therefore, this programs into the child, that selfish/immoral behaviour is ok/acceptable/normal, no matter how cruel/evil it is.

Ie, even if the child is raised to be selfless/moral/etc, it will still have this subconscious/unconscious programming, since it can't be avoided, since it's inherently learnt/programmed, from the fact that this is what the parents are inherently like.

And this emphasises the point, that no matter how much someone tries to say/believe that they're selfless/moral, this is just superficial. Their actions will always show what they're really like. Ie, parents can try to say/convince other people, about how they've raised their child to be selfless/moral, but it's impossible, because all parents are inherently selfish/immoral, and this selfishness is unconsciously emitted by the parents 24/7, and this is inevitably absorbed by the child.

And this also emphasises the point, that a child can appear 100% selfless/moral, but this is irrelevant, because all appearances, are just superficial, and deep down (in the child's subconscious/unconscious), is the inevitable selfish/immoral programming, that they absorbed from the parents. Indeed, many children/people have it, but might not display it, until a serious/big situation occurs in their life, and then their actions will show how they truly are.

And what this all also shows, is that people are not aware of what their true intent is.
-- Ie, people say that they have pure intent, but this is just another layer in their identity/image, that they want to portray themselves as. Ie, they're just delusional.
-- Eg, parents like to emphasise that they are selfless/moral, (especially when they're having/raising a child), but this is just one more layer of delusion, which they need to keep reinforcing, to hide the truth about how selfish/immoral/cruel/evil they've been (in selfishly deciding to have a child, knowing that the child will suffer regularly, throughout its entire lifetime).

Note:
It's important to understand, that this subconscious/unconscious programming (of the child being selfish), is one of the most important programs, because unless a person is selfish, they cannot be easily programmed/brainwashed/controlled/manipulated/used.

Ie, many people blame some secret-organisation, for brainwashing/programming people, but people can only be brainwashed/programmed, if they want something.

Ie, people are (at some level), allowing/wanting/demanding that this happen to them, so that they can be free to do selfish/immoral things. Indeed, by allowing this to happen, they're not only able to do selfish/immoral things, but they can do this in a manner that is free from responsibility, since these actions are things that everyone is doing.
-- And, if this becomes hard for them to believe, then they just blame a secret-organisation, for brainwashing/programming everyone.

And it's important to see, that this happens on a constant basis, at all levels. And, it happens, whether people know they're doing it, or not.
-- Eg, people are constantly trying to brainwash/program everyone else, to believe that the things that they're doing, are good/moral/acceptable/normal/etc, because if they succeed in doing this, then they can do those selfish/immoral things that they want to do:

1. Without feeling bad, (because it's what everyone else is doing).

2. In plain-sight, (because it's what everyone else is doing).

And, this can all happen in many ways, (some more subtle than others).
-- Eg, people often ask other people for advice, but really, they're just wanting permission, to do what they want to do.

-- And, of course, the only time that a person wants permission, is if the thing that they want to do, is something that they know is selfish/immoral.

Some people believe, that everything that happens in your life, happens because you asked for it.
-- Ie, if you suffer, then these people say that you're suffering, because you asked to suffer.
-- This is ridiculous, since no one asks to suffer.

However, it is clear, that you can suffer, because you asked for something else, (eg, something that you thought would make you happy, (eg, a relationship)).
-- However, even this is ridiculous, because it's irrelevant where you start, because the end result is always the same, (suffering), (as explained in the previous section).

You can have some control over a child/slave, (even before the child/slave believes that it is a separate person/entity), however, to be able to easily control/manipulate/use it, you need to program it, to believe that it's a separate person/entity.

Before it believes that it is a separate person, the way to control/manipulate it (and program it), is by using the tactic/technique of punishment-and-reward.
-- Ie, you use it's feelings (of pain and suffering) to do this.
-- Eg:

1. When it believes (and does), what you want it to believe (and do), you give it a reward, (eg, a smile/energy/love, or food/sweets, etc).

And,

2. If it does not believe (or do), what you want it to believe (or do), you punish it, eg:
    a) Withhold a smile/energy/love.
    b) Give it physical pain, (eg, smack it).
    c) Make it suffer in other ways.
    d) Etc.

So, although this will give you some control over the child/slave/robot, it's not enough control, and certainly not a simple/efficient method of control. Therefore, the fist thing that needs to be done, is to program it to believe that it's a separate person/entity.
-- Moreover, the feelings (of pain/suffering), are much more effective, after the person believes that it is a separate person. (I'll cover this on the next section).

The key thing to realise, is that when you were young, your parents constantly

brainwashed/programmed you to believe that you are a separate entity.

The point is, that when you were born, you have no identity.
-- You are not a person, nor do you not think that “I am everything”. Indeed, you do have any concept of “I” at all.

Nor do you have a belief that “everything is one”. Yes, it might all be one big swirling mess of lights moving about, but there is no identity of “what I am”, nor that “I am aware of it”.
-- Ie, it's all just one thing, and you are not separate from it, but that is not something that you have thought about, or have a concept of. Indeed, in the previous sentence, the key word is “you”.

However, with parents/people constantly brainwashing/programming you to believe that you are a separate entity, it's only a matter of time, before this brainwashing/programming takes hold.

And after you believe that you are separate, then all problems truly begin.

Anyone who wants to make sure that their child/slave/robot follows their 5 key commandments (fundamental programs), must make sure that their child/slave/robot has a device/weapon/program/functioning in them, which makes sure that they obey these commandments.
-- Ie, this device will cause them suffering, as soon as they break these commandments.
-- This device = “feelings”.

Ie, this device will make sure that you are:

1. Kept in prison. (Ie, you are kept alive).

2. Doing everything that you are told, and are not breaking the commandments. (Ie, you are kept in slavery).

So, if you try to avoid prison/slavery, the device will torture you by either torturing you with:

A) Physical feelings (pain).

B) Emotional feelings (suffering).

Also, with this in place, the child/slave/robot can be easily programmed, by using the basic tactic/technique of punishment-and-reward.

The key point is, that:

All of “life”, is created/controlled/run by “suffering”

Ie, the key weapon/thing, is “suffering”.

And, all of the above is true, regardless of whether the suffering that is felt, is:

1. Real/illusory/imaginary/virtual/etc.
   -- Ie, if the person feels pain/suffering, then they are suffering, regardless of whether the creator says that this pain is illusory.

2. Understood as a concept (of suffering).
   -- Ie, it's important to see, that a child can suffer, before it knows what “suffering” is.
   -- Ie, it does not need to understand the concept of “suffering”, to suffer.
   -- And it’s obvious that babies/children are suffering, because if they weren’t suffering, then the tactic of punishment-and-reward would not work.

So, although the child/slave/robot will be controllable (to some degree) before it believes that it is a separate person/entity, this device/weapon (of feelings of pain/suffering), is the key, to making it totally controllable.

Although “feelings” are a good device (to control/manipulate/trap the person), this is not enough.
-- The ideal device to control/manipulate/trap a person, is to have a device, which incorporates feelings/thoughts/etc.
-- Ie, the ideal device, is the whole body/mind device, (ie, a human body/mind).

Moreover, the device is not just the body/mind mechanism, but “life” itself.

Note: Most people see the word “devices” and think in terms of it being mechanical/electrical. However, devices can be biological/chemical/energy/etherial/etc.
-- Ie, the human body, is just a “device”. Literally a machine/mechanism/etc.

Moreover, most people see the word “device/machine/mechanism” and think in terms of it being non-sentient. However, a device/machine/mechanism, can be sentient. (Indeed, that is why some people want to create a sentient robot. Ie, so that they can have a device/machine/mechanism/robot, that does whatever they want it to do.)

Further still, most people do not realise, that the device/machine/mechanism (of control/manipulation/trapping), can be “life” itself, and/or “existence” itself.

Indeed, all of this reinforces the point, that when I say that “Life is prison/torture/slavery/rape”, it is not like this by accident, but it's deliberately designed this way. As is the body, mind, feelings, etc.

Perhaps this will be all easier to see, if it's broken down into an evolutionary process (of how to keep improving the method of control/manipulation/trapping).

So, here are some basic stages of evolution:

Stage 1:
To get a baby/child/adult to do what you want, you can just torture them, (eg, by prodding them with something, that gives gives them pain (eg, an electric shock)).

Stage 2:
To make things easier for the torturer/controller/ruler/creator, they connect some wires to the slave's skin, and then they can give the slave a shock/pain, from a distance.

Stage 3:
To make things easier for the torturer/controller/ruler/creator, they implant the body with a device, which can be activated remotely (wirelessly), which will give the slave a shock/pain (if it’s not obeying the commandments).

Stage 4:
The number of these devices inside the body, are increased, (because when pain can be felt all over the body, (it's more unbearable), and therefore, it's more effective in controlling/manipulating the slave.

Stage 5:
To save on having to implant a body with lost of devices, the new slaves are designed, so that their original body (when they're born/created/made), is already in-built with these devices.
-- So, at this stage, these devices are in-built, and cover 100% of the body. Ie, every part of the body, is able to give pain.

Stage 6:
The activation of the shock/pain, is designed to be automatic. Ie, if the slave/robot deviates from it's programming, it automatically gets a shock/pain. (Ie, the controller/ruler does not need to constantly watch over every single slave.)
-- This also makes sure, that the slave cannot just stop. Ie, as soon as the slave stops for too long, it is automatically shocked (given pain), which makes it have to continue with doing what it has been programmed to do.

Stage 7:
The slave/robot is programmed to believe that it is “alive” (as a separate person/entity), and “living” in a “life”/“existence”, and is a fully “sentient” being, with 100% free-will, and that they are “free” to do whether they want to do.
-- However, it's also important to make sure, that the slave/robot is programmed to be selfish/immoral, (because it's infinitely easier to control/manipulate/use a slave, that is selfish/immoral). Ie, if the slave/robot hasn't learnt this inherently/subconsciously/unconsciously/etc, then it can be programmed into them,

in an overt/conscious manner.

Stage 8:
The slave/robot is designed to self-replicate, so that there is even less work for the controller to do. And, to make the slaves/robots want to replicate, the inventor makes sure that the process of replication, automatically gives the slave/robot a reward.
-- This reward, (like all rewards, (eg, pleasure)), is just an automatic release of chemicals inside the slave/robot.
-- Indeed, this is very evident in humans, because many of the most pleasurable moments/things for a human, is had during sex (replication).

Stage 9:
The slave/robot, is then programmed to program it's offspring/babies/children/etc. And it's also programmed to keep reprogramming the child, throughout it's entire lifetime.
-- This has an additional benefit, because whilst the parent programs (and reprograms) the child/slave, the parent will (inherently) be strengthening the programming in themselves.

Stage 10:
Design all slaves/robots, to need to be interdependent on each other. And, make them believe that it is a good idea, to be dependent on each other.
-- To do this, introduce a positive feeling (happiness), and brainwash/program them to believe that they can get these positive feelings (of happiness, love, affection, etc) by having relationships/families/friends/children/etc).
-- Of course, this is very effective, and no different to making them dependent on an addictive drug. (Also, punishment-and-reward is infinitely more effective, that just punishment.)

However, each slave/robot is also designed, to never be totally happy interacting with another slave/robot (in the long-term).
-- Ie, the design is, to have slaves/robots desiring things, which never work out in the long-term, because this will keep them constantly desiring/trying/searching/hoping/etc, and whilst they do this, they're continuing to be a good little obedient slave.
-- And to make sure that this always happens, the male and female robots are deliberately designed, so that the interaction between the males and females, will never work in the long-term.

Stage 11:
Create ways to overtly program all slaves/robots. Ie, if the controller can do this overtly, then there is less stuff that the controller has to do. Ie, the slaves will do it all by themselves.
-- Methods of overt programming (that the robots will do by themselves), include: religion/god/spirituality/enlightenment/awakening/news/media/movies/tv programmes/etc.
-- All of these, are also good as fail-safe systems. Ie, if a person learns that they are not a person, then they can still be programmed to continue as a slave. Ie, the person knows that they're not a person, but they fail to realise, that despite knowing

this, they're still a slave, (since they still have to do jobs/chores/etc, to avoid physical pain).

Stage 12:
Keep introducing/adapting programs, as and when necessary, (to solve whatever problems arise). Eg, if some slaves/robots start to break their programming, then all the other slaves need to have new additional programs, which make them believe that these slaves (with the broken programming), are: bad, broken, dangerous, a threat, etc. Of course, by doing this, all the broken/dangerous slaves, will be: shunned, imprisoned, decommissioned, killed, dealt with, etc.

Yes, many stages can be added at various points (before stage 1, after stage 12, and at all points in-between). And a lot of the above, could be done in a more advanced way (eg, instead of working with crude implants, the same effect/result can be had, by manipulating the most fundamental building blocks of the human/robot/slave).

And, of course, the “most fundamental building blocks”, will keep getting more refined/subtle, as knowledge progresses. Eg, the creator/controller/ruler/enslaver, might work (to build/control/manipulate the human/robot/slave) at the level of DNA, but as their knowledge advances, they might work at a deeper level. Indeed, it's obvious that DNA is a primitive level to work at.

It's important to realise, that the “primitive” part of things, is not just if a species is working at the level of DNA, but that the species is arrogant.
-- Ie, yes, the species is primitive (if it's working at the level of DNA), but it's more primitive, if it believes that it's working at the deepest level.

Note:
It's important to realise, that the main point of explaining all of the things in this section, is to just get the main message across. Ie, this information should only be used, to understand the underlying message, and therefore, don't distract/misdirect yourself, by getting caught-up in details.
-- And, this also means, to not care if this (all of the above) is true (or not). (Indeed, I'm not saying that this is true, (nor not true).)

Awareness/consciousness/etc, are not things that are:
beyond understanding, special, unexplainable, divine, a mystery, unique, etc.

People have been brainwashed/programmed to believe, that humans are: special, divine, unique, beyond understanding, etc. A common argument that people use to make everyone believe these things, is by saying things like: “Awareness and consciousness can't be created, or replicated”.

What must be realised, is that these things would only ever be said, by people who have a limited understanding of their own awareness/consciousness/etc.
-- Ie, if they can't understand their own awareness/consciousness/etc, then obviously/inevitably, it is to be expected, that they will say to other people, that awareness/consciousness/etc, are things that are: beyond understanding, special, divine, etc.

Of course, most humans would like to believe, that it's a fact, that humans are unique/divine/etc. And therefore, it is to be expected, that they'll all keep brainwashing/programming each other, to believe that this is the truth.

However, the truth is, that every part of a human being, can be created/recreated. And, it can be created/recreated, in various ways (depending on how advanced your knowledge/technology is).
-- Eg, it can be done in an extremely crude way, and then in a more evolved way, and then this can keep getting ever-more advanced, to the point where "technology" blurs (and then becomes the same thing as) "natural"/"organic".
-- Ie, the human being, can be described as:

1. A robot.
2. A piece of technology.
3. A device.
4. A machine.
5. Etc.

Note:
Even if some people do admit that this is true, then most of them, will still insist on adding other words to it, in order to make it sound more special/unique/advanced/etc.
-- So, an example of this, is that they would never just call the human a "robot", but they would perhaps say that the human is:

"A sentient robot."

However, even that might not be enough, so they then add another word. Eg, they might then say that the human is:

"A sentient organic robot."

However, they might not like the word "robot", and so they then replace that word. Eg, they might then say that the human is:

"A sentient entity."

However, they might not like the word "entity", and so they then replace that word. Eg, they might then say that the human is:

"A sentient being."

However, some people will want to believe that they're on top of the list (of sentient beings), and so they then change it. Eg, they might then say that the human is:

"Sons of God."

Of course, this can go on and on. And indeed, it always does, until the delusion is so complete in everyone, that no one wants to see anything clearly/honestly.

(It's easy to see the human robot in a clear/honest way. I'll do this in the next section).

To get an idea of how primitive the "human" person (robot) is, just look at it clearly/honestly.

This can be done, as follows:

1. Look at the human robot's power source.
   -- Ie, for a human to stay alive, it needs:
      a) Food.
      b) Water.
      c) Sleep.
      d) Etc.

2. Loot at how many things are needed, just to keep the human robot alive, eg:
      a) Keep the body at a temperature that is not too hot, or cold.
         -- And this means, that it needs to make shelter, and clothes, etc.
      b) Make sure it has an air supply.
      c) Etc.

3. Look at how much is needed to be done, just to maintain the robot in a good working/usable condition, eg:
      a) Washing themselves.
      b) Needing to go to the toilet.

c) Doing exercise.
d) Etc.

4. Look at how the human robot, is just endlessly/blindly/stupidly going through never-ending life-cycles of:
    a) Prison/torture/slavery/rape.
    b) Suffering.
    c) Etc.

5. Look at how the human robot, is so incredibly stupid. Ie, this is proven by the above points (1 to 3), and the fact that despite these points, the human robot choses to not correct it (nor improve the situation), but instead, it chooses to:
    a) Brainwash/program/delude itself, to believe that it is wise/clever/intelligent/etc.
    b) Brainwash/program/delude all its fellow human robots, in a desperate attempt, to try to appear as a more clever/better/obedient/compliant slave, than all the other slaves/humans.
    c) Etc.

6. Look at how the human robots, have created a society, in which the most selfish/immoral/cruel/evil, are seen as the most “successful”/“fittest” ones.

7. Instead of the humans admitting that they are a slave race, and changing it, they choose to enslave/imprison/torture/rape each other, and/or create new baby robots, which they can themselves enslave/imprison/torture/rape.
   -- Ie, the human robot's primitive nature (stupidity/selfishness/immorality/cruelty/evilness), seems to have no limits.

8. Look at the fact, that the human robots are not able to enter (and leave), from their reality, and therefore:
    a) They are not free.
    b) Their life/existence is non-consensual, and/or forced rape (mentally/emotionally/physically).
    c) Etc.

Note: The above list, can go on forever, however, I'll jump a bit, to someone other key points:

9. Look at the fact, that the human robots have a form.
   -- Ie, only primitive beings, have a form.

10. Look at the fact, that the human robots has a name/identity.

-- Ie, only primitive life forms, have a name/identity.

11. Etc.

If a controller/ruler wants to have many slaves/robots, then a new set of commandments can be added, to clarify and emphasise certain laws.

The following extra commandments, are following on from the first 5 commandments (as mentioned in a previous section).

An example of some extra commandments that can be added (when you have many slaves/robots), are:

6th Commandment = You must not kill another slave/robot. Otherwise you will go to hell, and prison.

7th Commandment = You must not kill yourself. Otherwise you will go to the worst type of hell, and prison.

8th Commandment = You must not steal. Otherwise you will go to hell, and prison.

9th Commandment = You must obey all the other commandments that I give you.

Obviously, you have to program them with these commandments, because you don't want them to kill/injure each other (or themselves), because that means that there is one less slave doing their daily job.

And if they steal, then they might think that they can just do that (instead of working hard everyday, at their jobs), and therefore, things like stealing also has to be forbidden, and the punishment feared.

All these types of things, must be done, because if all slaves started killing and stealing, then the whole system of slavery will break down.

So, to implement the above, you will need to create:

A) Religion, (to create the threat of hell).

B) Prisons, (to create a form of punishment, which is not only punishment, but also keeps the broken/bad/disobedient slaves, away from the good/obedient/worker slaves.)
-- Of course, when it's phrased this way, they'll believe that the prisons, are

for their benefit/protection/etc, and this will even make them demand, that you provide them with prisons.

C) Etc.

Obviously, you also have to tell them, that all other religions/gods are false, because you don't want them to listen to other religions/gods, (because the other ones, will try to reprogram your slaves, to: obey their commandments, and become their slaves, and pray to them, etc).
-- Therefore, to avoid this, you add another commandment:

10^{th} Commandment = You must not believe in any false gods/religions, because I am the only one true god/religion. Therefore, you must obey me, and only me.

Note:
All of these commandments (numbers 5 to 10), are all said to clarify and emphasise certain points/laws, however, they're just a continuation of the third commandment: "You must do what I tell you to do".

Note: The more types of threats (of punishment) that you instil in the slaves, the more control you will have over your slaves, (because then it doesn't matter which threat they are fearful of, as long as they're fearful of at least one of them, (and therefore they obey the commandments, and keep working hard every day)).

"Fear" is very useful to control a slave, however, the efficiency is increased a lot, if you also include "hope" and "faith".
-- Therefore, religion is the perfect weapon, since it can do all three of these.

Also, religion can have a "god", and this can mean that you can say anything about this god, (since gods are capable of doing anything, and do not need proof that they really exist).

However, some slaves will see through the lies of religion/god, and therefore, you should have many other similar traps/scams. These traps/scams could be "spirituality"/"enlightenment", or whatever else, but as long as it instils fear, or hope, or faith, then it will work.

And, since you've programmed them to believe that they're "sentient" and "free", and you've also programmed them to be selfish/immoral, you can then make them demand things from you (which are actually the things/situation/changes that you want). (This is the process mentioned in the long conclusion (Invent > Believe > Feel > Demand)).

Another key aspect, is to make all the slaves arrogant, with big egos. This is important,

because this will make them blind/dumb/stupid.
-- There are many ways to do this, (eg, make them believe, that they're: intelligent, knowledgeable, highly evolved species, etc).

And to add to this, give them some things, that give the illusion that they have choice, about what direction their society/life is going in. Eg, create the illusion, that they live in a democracy, where they have a vote.

When this is all done correctly, they'll be so arrogant/blind, that whilst they're looking at a black object, you'll be able to tell them that it's actually white, and they'll believe you (rather than their direct experience).
-- This is vital, because only when you can control them on this level, can you make them believe that:

A) They're not suffering, (even when they're having the direct experience of suffering).

Or,

B) They are suffering, but they chose it, (and/or want it, and/or need it), for reasons x, y, z.

Note:
When you have lots of slaves, you can program then all overtly, via overt institutions/systems, eg:

5. Schools, (to program them).
6. Hospitals, (to repair them).
7. Governments, (to run them).
8. Police/courts/prisons/etc, (to control and deter them).
9. Internet/media/movies/tv programmes, (to program them, and keep them programmed).
10. Etc.

Note:
When the number of slaves is very large, it will be much easier to do certain things.
-- To understand this, see it from the opposite side. Ie, if you create one slave/robot, you will give it a place of shelter.
-- However, when there are a very large number of slaves, you can create a society for

them, and tell them that they have to work hard everyday, to earn their own money, to buy their own shelter (land and house).

Of course, in doing this, you then get another opportunity, to keep them trapped in slavery, by creating money, (and banks), and telling the slaves that they have to borrow money (to buy the land and house), which they can pay back (with interest).
-- Ie, they're not just slaves, but they're paying to be a slaves.
-- And, they're demanding to have jobs, so that they can stay alive, (so that they can keep being slaves).

Ie, when all of the above is in place, it's almost impossible for them to realise, that they're just slaves, (being used for whatever desires you have).
-- Moreover, they're not just being scammed/used, but their whole life is a scam.

99.99% of people, are totally blind (or in denial), about just how big the scam (of "life"/"existence") is.

People are being scammed, (whether they know it, or not), and the realisations about how big the scam is, can be seen, in these gradual stages:

Realisation 1 = People are not being scammed in one part of their life, but in many parts of their life.

Realisation 2 = People are not being scammed in many parts of their life, but in absolutely every part of their life.

Realisation 3 = People are not being scammed in all parts of their life, because the truth is, that "life" itself, is the scam.

Of course, even if a person/slave did ever find this out, this information would be:

1. Incredibly devastating.

And/or,

2. Incredibly unbelievable, (especially since this means that everyone's been fooled).

The point is, that since there are these two things (point 1, and point 2), and point 1 is too devastating to bear, they can just choose point 2. Therefore, they just convince themselves (and everyone else), that the information is lies, (or a joke, or a conspiracy theory, or whatever else), and so they continue their life of prison/torture/slavery/rape.
-- Indeed, people find this much easier to do, rather than admit it, (let alone accept the implications of it).

Moreover, most of the slaves will demand, that all such information, is banned, and that the people who are saying it, are dealt with (so that the slaves never have to ever hear of it ever again).
-- Ie, the slaves are making “demands”, to the controller/ruler (the slave's creator), that any information that tries to say that their life is prison/torture/slavery/rape, is banned.

Ie, the slaves are “demanding”, that they be allowed to continue their way of life, (slavery).

Ie, this shows that the process is complete. (Invent > Believe > Feel > Demand.)

Of course, the only way to solve this problem (of the scam of “life”), is to end it.
-- Ie, life/existence needs to be ended (in an instant/painless/effortless/guaranteed/permanent way). And then what will remain, is the beyond ultimate peace/freedom, of “That”, (non-existence).

Even if a slave/robot deprograms themselves enough, to know that they are not a person, the slave/robot can still be just as effective (in terms of being a slave/robot), if they believe that they are x, y, z.

> **(“x, y, z”, can be any identity, (eg: consciousness, awareness, god, everything, no thing, “That”, non-existence, etc)).**

Actually, they can become a more effective slave/robot, because with these identities, they believe that they are free.
-- Ie, they continue to be a slave, but they're less resistant.

Moreover, they will themselves, want to spread this to other slaves/robots, with the subtext that this is spiritual/wise/important/etc.

To end all suffering (for all), it does not help to blame/vilify people (groups of people), so that they are then made to suffer.

However, to end all suffering for all, it can be very important to blame/vilify all people (and groups of people), because this has to be done to everyone/everything, because when everyone/everything is exposed as being the perpetrators of suffering, then it becomes clear, that any change that needs to be done, needs to be done at the level of existence.

However, what also happens in this process of exposing all people (and groups of people), is that all perpetrators, are seen to also be victims. Therefore, this too reinforces the fact, that the solution, needs to be done at the level that includes all people/entities/creators/gods/groups/dimension. Ie, all of existence.

Ie, everyone is included, and no one is vilified/punished/etc, (no matter what they've done in the past).

Therefore, although this book labels all parents (and people who believe that having children is ok), as being selfish/immoral/cruel/evil, this is only done, for these reasons.

The most cruel/evil things in life (which cause the most suffering), are the things that are so ingrained in you, that you don't even know to question/examine them.

Therefore, to deprogram yourself, you need to question/examine/challenge all things that are considered/look/seem/feel: normal, acceptable, important, good, moral, right, holy, benevolent, etc.

Therefore, the key subjects that need to be examined, are the everyday aspects of life, (eg: having children, family, friendships, relationships, jobs, etc).

However, all people who say that they are “seekers of the truth”, prefer to examine any subject, as long as it’s not these aspects of life.

And the people that consider themselves “truthers” (and/or “conspiracy theorist”, etc), also do not examine these subjects. Of course, whether all of these subjects (the everyday aspects of life), are a conspiracy theory or not, is totally irrelevant. The point is, it's extremely important to see both (and all) sides of the story.

Of course, it's much easier to question a news story, (eg, the 9/11 towers, and how and why they came down), rather than examine all of the everyday aspects of life, and question things like: Whether people have been brainwashed/programmed to believe, that the key to happiness, is to have children/family/friends/relationships/etc.

The reason why it's much harder, is because the implications (of your findings), will directly affect every part of your everyday life, and you might fear losing everything that you value in your life.

Ie, the reason why it's easier to examine the question of what really happened with the 9/11 towers, is because the conclusions and implications will not directly affect the everyday aspects/subjects of your life, (certainly not as much as if you had examined the everyday aspects/subjects of your life).

Ie, if you begin to see that relationships (and having friendships/children/jobs/family/etc), are all causing people to be in prison/torture/slavery/rape, but your own personal life is already full of relationships/friendships/children/jobs/family/etc, then it's infinitely harder to go deeper into these subjects, because it means that you would have to admit that:

1. You have been deceived all your life.

2. Your parents/family/friends have all been perpetuating this deception.

3. You have been wrong about so many things in your life.

4. You have been perpetuating this deception to others.

5. You have enslaved others.

6. You have been a slave-driver to others.

7. You have been a slave-creator.

8. You have been a slave-owner.

9. You have been spending so much time/effort/energy/money to get these things, but they might actually be the cause of all your suffering, (and the things that are making your life prison/torture/slavery/rape).

10. Etc.

And the obvious problem is, that the idea of untangling yourself from all of it, just seems impossible, and scary, and it can easily make you stop examining any of it.
-- And what this all means, is that:

> Many people would rather continue the delusion (knowing that it's a delusion, and one that is causing them suffering), because the implications of the alternative, is too much to even consider.

Of course, most people will not be able to approach these subjects, let alone examine them in depth. And, therefore, they'll continue to suffer, and continue to spread suffering to others, (in many different ways, and on many different levels).

“I don't like working at any job, and spending the money that I get from work, is only making me truly happy for 1% of the time, so what is the point of working?”

There are many words/phrases used, (eg: “You have to”, “It's the right/decent thing to do”, “Pull your weight”, etc), and they're always used as weapons/tactics to persuade/coerce/condition/brainwash/program you to believe, that it makes sense, to work hard at a job, (and do lots of chores, and suffer, etc), just so that you can do a few activities in your free-time, (even though those activities only provide you with 1% of true happiness).

Of course, if you stop and look at it all, it just doesn’t make sense. Not even a little bit of sense. And the more you look at it, the more you see that it’s outright slavery.

Unfortunately, many people fall for this scam/trick/con, (where they're getting crumbs of true happiness, in return for their life of prison/torture/slavery/rape).

Before we get to the issue of suffering at a job, let's briefly explain (again), the way to analyse the situation of suffering in life.

To avoid suffering in life (and become more peaceful and free), it's important to see/analyse, just how often you compromise in your life.
-- To do this, simply add up the amount of time that you're truly happy, and compare this against the amount of time that you're not truly happy.

The truly happy moments are the “pros”, and the rest of the time is the “cons”.

Let's call this the “pros-cons” ratio. (This ratio can also be seen as a percentage.)

For many people, the unhappiness could be at around 90%. However, with time, this ratio always gets worse.
-- This is always true for relationships, friendships, etc. The reason is, because it's never just between you and them. Ie, you might find a partner/friend that is great, but it's inevitable that they will have a friend/family member that they like, but you dislike them. But, you don't want to lose this partner/friend, and so you put up with the times that their friend/family member is around. And so, you're now compromising on your time spent whilst with them.

The point is, that the compromising never ends, (until the ratio gets so bad, that you suddenly have to end the relationship/friendship, and walk away from it).
-- People think that this is a sudden thing, but it never is. It's always a million pieces of straw, that slowly/gradually keeping building up, until the camel’s back is broken.

And don't be fooled by the brainwashing/programming, because all “compromises” are no different than: prostitution, selling your soul to the devil, etc.

Many people will try to explain that “compromise” is good, but really it's them corrupting you. You will know this, because you will be able to feel it. Whether it's felt as an ugly/cringe feeling, or the feeling that they're draining your energy, or that they're even causing you physical illnesses.

Note:
Once you have broken the brainwashing/programming of friendships/family/children/etc, then you'll see how a lot of other brainwashing/programming will fall like dominoes.
-- Eg, if you were spending a lot of money on partners/friends/family, and you then realised that partners/friends/family are actually making life miserable (since you have to work most of the time to be able to have this), then you'll start to question why bother going to work.

Ie, you'll check to see, what the pros-cons ratio is whilst you’re at your job. Ie, you might have accepted the cons whilst working at your job, because you thought it gave you pleasure to spend it on lovers/friends/family, however, now that that is gone, the pros of having a job diminishes greatly.

Moreover, you might begin to question why you're bothering to suffer at all (from working at

jobs). Indeed, you might say to yourself: “I don't like working at any job, and spending the money that I get from work, is only making me truly happy for 1% of the time, so what is the point of working?”

Of course, you can start with a figure of 1%, but this always keeps going down, when you factor in all the things around work, (eg: chores, commuting to work, etc). And, it all feels a lot worse, after you factor in:

1. How much you really do not want to be surrounded by certain people at work.

2. How much the commute to (and from) work, just sucks the life out of you.

3. The amount of time/effort/energy that is spent thinking about work, and complaining/venting about work, and suffering from work, (and the fact that this is done whilst at work, and at home, and at night, and whilst with friends, etc).

4. If you get a job with a higher pay/salary, then this is sometimes no better (or is actually worse, than a lower paying job), because these jobs make you think more about work (even whilst you're not at work), and they're more stressful, and have more responsibility, and require you to do more ugly things, and be around people who are more sly, etc.

5. The insanity/ridiculousness/foolishness/etc, of it all.

6. Etc.

Even if you have enough money, to never need to work at a job, you still need to do chores (so that you avoid physical pain), and therefore, you're a slave, just to stay alive.
-- However, you’re not just a slave, but also a prostitute, because you're compromising (doing things, that you don’t really want to do).

Of course, most people do need a job, and this means, that most people are not just being slaves/prostitutes at work, because they're also slaves/prostitutes, whist doing all their chores, and other things that they don't want to do, (but need to do, to avoid pain/suffering).
-- Ie, life is life is not only prison/torture/slavery/rape, but also prostitution.

Life will let you walk away from the prison/torture/slavery/rape within life, but it will not let you walk away from life itself.
-- Ie, you can't escape life/suffering, by just: “stopping”, or “doing nothing”, or “not playing the game”. (Because, if you try to do this, then life will cause you serious suffering, in many ways.)

Eg, if you stop moving, then you'll suffer a smelly and painful slow death. And, the pain will not only be physical, but also mental.
-- Indeed, life has made sure that if you stay still, it will torture you in physically, mentally, and emotionally.

And if you just slow down, and don't do enough exercise, then your body will seize up, which will cause you prison/torture/slavery/rape in other ways.

And if you do enough exercise, but do not have enough stimulation, then life will make sure that your mind suffers (via nightmarish hallucinations, and other mental and emotional pain).

What for?
What are you fighting for?

People put so much time/effort/energy/money into getting what they want, but when they get it, it only makes them happy in the short-term.

Ie, it's never worth the fight. Especially since the fight is always so ugly, because:

1. People always have to do many selfish/ugly/cringe/compromising things, that they don't really want to do.

2. Desiring someone/something, drains you of energy, and is an ugly contracted feeling.

3. Etc.

Of course, everyone actions in life, are based on a desire, and therefore:

A) “Life” is nothing but a collection of everyone doing ugly actions (to fulfil their desires).

B) Since all desires only make them happy in the short-term, this will never end.

Note:
The above is true, in all cases.
-- Eg, the people fighting to get a promotion, might get it, and get more money, but even if they're able to treat life as a playground, it's not going to bring them long-term happiness. And, the people who are fighting for “noble” causes, are not able to see that life inherently cruel/evil, which means that their solution will not work in the long-term.

The point is, that if you remember to always ask yourself the question “What for?”, (or, “What exactly am I fighting for?”), then you are in effect reminding yourself to ask:

> “Why exactly should I do this thing (that I don't want to do), especially since it'll only bring me short-term happiness, (or moreover, just a small moment/scrap of happiness)?”.

After examining everything in life, it's obvious that there's fundamental issues/flaws in it all.
-- And, as with all fundamental issues/flaws, no superficial solution will make any long-term difference.

Therefore, the only solution, is to start from a blank sheet.
-- However, there's no point in starting from a blank sheet, but then creating the exact same manifestation.
-- Ie, it's not about a “reset” of this planet, (or of the manifestation).
-- Therefore, a more fundamental change is required.

Some people might argue, that instead of a “reset”, perhaps it should just be a “shutdown”. And, for those who believe that other planets/dimensions/parallel universes/etc exist, these solutions include all of this. Ie, everything is shutdown, and what remains, is non-existence.

However, other people might argue, that life can only exist in change. This is not a problem, because if “something” needs to exist (because change needs to occur), then the change can occur between the states of nothing (the unmanifest), and one realm of ever-deeper freedom/peace/love/bliss.
-- Note: This is not a personal feeling of freedom/peace/love/bliss, but just an impersonal ever-deeper freedom/peace/love/bliss.

The key point is, that there is never a need for suffering. It's just not necessary.
-- Ie, suffering is unnecessary.

Of course, most people do not like hearing any discussion, about the end of the world. And (stupidly), this even includes those people, who believe that they are “eternal beings”.

The reason why I said “stupidly”, is because if they believe that they are eternal beings, and the whole world was instantly/painlessly ended, then they would not die.
-- The only things that change, is that suffering ends (for all), and everyone gets/becomes “That” (which is beyond freedom/peace/love/bliss).

People have been brainwashed/programmed to believe, that “soul”/“spirit”/etc, are good things.
-- These words/concepts are used regularly by people, but most of them have never questioned, whether these words/concepts are “bad” (and cause suffering).

Of course, after everyone has endlessly brainwashed/programmed each other to believe that these things are good, it then becomes impossible for people to believe that these things are just an ideas/concepts, and like all idea/concepts, they're just made up, to control/manipulate/use people.

Of course, most people will never want to hear this, (let alone believe it), because “spirit” and “soul” are words that they want to use:

1. As their identity/image, (eg, “I am the eternal spirit”, “I am an old soul”, etc).

2. In their everyday conversations, so that people think that they are enlightened/spiritual/etc.

3. To earn money for themselves.

4. Etc.

It should never be underestimated, how strong a person’s desire can be, for “purpose” and “meaning” in their life.

Often, their desire can be so strong, that they'll be willing to do all sorts of things, (no matter how much suffering it causes them, and/or other people).

Indeed, some people will even have children, just so that it gives their life meaning/purpose/etc.

And these words are compounded by the words “special”/“unique”/etc.
-- Eg:

1. Many people want to be the only person in the world, with a specific job, and the easiest way to do this, is to have a baby (because then you're the only mum/dad, of that one specific child).

2. Many people want to do a job/career, which very few other people are doing, (because this makes them feel special/unique/etc). The problem is, that people crave this so much, that they'll be willing to do anything (no matter how immoral), just to get into such a job.

   And, of course, once they’re in that job, they'll keep doing ever-worse immoral things, to keep that job, and to keep getting promoted in that job, (so that they keep getting into ever smaller “inner-circles”, which makes them feel

ever-more special/unique).

Note: It's important to see, that this is very common, because it also happens at the more basic levels.
-- Eg, a person that works for a normal company, might enjoy that they're tasked with a special project, and this feeling of being important/needed, can make them want to do whatever they're told, (even if it causes others suffering), because the person wants to keep their position (of being important/needed).

However, this can quickly escalate, because the higher up the ranks they go, the more special their tasks are, which makes them feel more special, which makes them more willing to do whatever they're told to do (no matter the what suffering is caused to others).

And then the other key issue, is that after a person has put so much time/effort/energy/money/decades into getting into their special position in life, they do not want to give up their position (and therefore, they will be willing to cause suffering, to keep hold of their position).

Note:
What this all means, is that all these words (meaning/purpose/unique/special/etc), are only in existence, because people selfishly want to invent (and use) them, as part of their identity/image/position/role/etc.

And, of course, for these words to exist (in practice), these people have to create a them-and-us, (which they need, (to make themselves feel special)), however, whenever there is a them-and-us, suffering is inevitable, for everyone.

Ie, this is yet another example, where people are willing to do whatever it takes, to fulfil their selfish desires, no matter how much suffering it creates for everyone.

Also, when the them-and-us is created, it can end up creating two (or more) groups, who then all keep doing things, which keeps strengthening their position, which strengthens their opponents position, and so the suffering inevitably keeps increasing, (and this affects everyone).

Note:
Earlier on, I said that: "after a person has put so much time/effort/energy/money/decades into getting into their special position in life, they do not want to give up their position (and therefore, they will be willing to cause suffering, to keep hold of their position)."

The point is that after a person has put in decades of time/effort/energy into their special/unique position, they're not going to want to hear that their desire to feel

special/unique/etc, is the cause of so much suffering in the world.

Nor are they going to want to hear, that the only solution to all of the problems in the world, is to end life/existence.

Note:
What will always make it harder, for people to accept that “meaning”/“purpose”/etc is only invented for selfish purposes, is if the person’s ideas about life/meaning/purpose/etc, have come from some “higher” beings/entities/universes/realms/etc. Ie, they'll find it harder to accept, because they consider these beings to be “higher”.
-- Of course, what these people fail to see, is that it is they who have labeled them as being “higher”. Ie, they are not higher at all.

And what can also compound this situation, is if these higher beings/entities, have asked the people to do things for them.
-- Ie, if a person has been praying and doing all sorts of activities/wars/labour/etc, for them, then it's going to be even harder for the person to go against them, because they'll then have to accept, that they've been fooled into praying/worshiping them, and being their slave.

Note: Even if these other beings/entities do actually exist, it’s important to realise, that they're certainly not “higher”, because they've been letting people on this planet suffer, (and therefore, they too are responsible for all the suffering on this planet).

Indeed, this is why the whole manifestation needs changing. Ie, no planets/dimensions/parallel universes/etc, are exempt from the change, since they all allowed suffering to exist (in the manifestation).

Note: Some people would argue, that the one entity to blame for all the suffering, is the creator of life, or god. However, whether this creator is “god”, or whatever else, is totally irrelevant, since “all”/“everything” is included in the change that is necessary.
-- Ie, no one (and no thing), is exempt from the fundamental change, because the change has to be at the deepest level.

Indeed, it's as simple as: If even one person/animal/insect/entity/thing is suffering (in the whole manifestation), then the manifestation is bad/malevolent, and should either be totally changed (to a manifestation of zero suffering, and ever-deeper freedom/peace/love/bliss), or ended.

And, it doesn't matter if that suffering is imagined/real/virtual/etc, because if a thing is suffering, it's unacceptable.

Indeed, it's unbelievable that suffering is allowed, or accepted, or worse, believed to be necessary and good.
-- It's obvious, that anyone who believes this, is just under some brainwashing/programming, however, that does not change the fact, that the whole of existence needs to be ended (in an instant/painless/effortless/guaranteed/permanent way).

Most people have been brainwashed/programmed to believe, in all kinds of explanations/justifications/excuses, which makes suffering important/necessary/good/vital/normal/acceptable/necessary/etc.

The key point is, that if you think that suffering is important/necessary/good/vital/normal/acceptable/necessary/etc, then feel free to suffer yourself, but don't bring a baby into this world, and inflict that belief onto them.

And, if you do then bring a baby into this world, then accept that it's you (yourself) who is to blame, for all the suffering that they/you/others will go through, (which results (directly and indirectly) from that birth).
-- Ie, it's not companies/governments/organisations/secret-organisations/etc, who are to blame for all the suffering in the world. It is you who is to blame.

If prospective parents, just stopped and examined all the different types of suffering in the world, then they would see all the possible ways, that a child could end up suffering throughout its entire lifetime. Eg, they could end up:

1. Being raped.
2. Being mugged.
3. In agony through a physical illness/diseases.
4. In agony through mental/emotional/spiritual issues.
5. Have many debilities when they're old.
6. Etc.

The point is, that it's obvious that there are so many ways that the child can suffer in this world (throughout its entire lifetime), and therefore, there's no way that a parent can argue that they believed that they could raise a child (from birth to death), without that child suffering in any way.

Of course, if the parent says that they know that the child is going to suffer, (because they know that all children/people suffer in life), and then they have the child, then they are (in effect) putting suffering onto a human.
-- And, if anyone puts suffering onto a human, then they are called a “torturer”, and then also called cruel/evil.

What makes this worse, is that they're not just putting suffering onto a human, but they're doing this in a in a pre-meditated way, with full knowledge that the child will suffer.

Moreover, we're not just talking about some suffering in life, but regular suffering, throughout the child's entire lifetime, (even when they're healthy).

Moreover, most parents are not just doing this, but they're also enslaving the child, (since most parents force their children to get a job (when they're older).

And, whilst younger, the child will be forced to live with the parents. Ie, the parents are imprisoning the child.

Ie:

1. The parents are the imprisoners/torturers/enslavers/rapists.

And,

2. The parents are knowingly forcing the child, into a life of prison/torture/slavery/rape.

Therefore, there is only one possible conclusion, which is that parents are not just cruel/evil, but beyond cruel/evil.

Ie, I use the word “beyond”, because no words exist, which can convey just how despicable it is, to have a child.

Two headlines, in the mainstream news/media:

- **“A normal healthy child, sues parents £100 million, for being born.”**
- **“A normal healthy child, takes parents to a criminal court, for being born.”**

Perhaps the only way to get this message (as explained in the previous section) across to people, is for someone to sue their parents for being born, or if someone takes their parent to a criminal court (for being born).

The key point is, that most people will not pay attention to this issue, until it's in the mainstream news/media. And, many people will not pay attention, until they're at risk of being sued for all their money. Therefore, perhaps someone needs to do this.

Indeed, if someone did this, then the mainstream news/media will probably report how:

- “A normal healthy child, sues parents £100 million, for being born.”
- “A normal healthy child, takes parents to a criminal court, for being born.”
- “Human rights lawyer takes the case, that it's a crime against humanity, to be born.”
- Etc.

Then, people will start to pay attention.

However, most people will not pay real attention, unless it's something to do with them possibly losing their money. And therefore, a person would have to sue their parents.

However, it's also important to take this to a criminal court, because only then will people wake up, to how immoral/cruel it is, to have babies.

Words were invented, purely for negative/malevolent purposes.

The only reason to originally invent (and use words), was to impose a method of controlling/manipulating/using people.

This is obvious, because words are not needed (and are ridiculous), in describing good/benevolent things (eg, freedom/peace/love/bliss, and “That”).

The point is, that if everyone has good things all around them, and no person/entity is suffering, and everyone is in freedom/peace/love/bliss, then words are not only pointless, but they’ll only be a negative thing.

Therefore, it's obvious, that words were only invented, as a weapon/tactic, to brainwash/program the slaves, (so that they would see good and moral rules/behaviours/things/etc, when in fact, they were living lives that were full of bad and immoral rules/behaviours/things/etc.

Ie, words are used, to make people see 'white', even when their directly experiencing 'black', (suffering).

Indeed, if you look clearly at the world today, you'll see that 99.9% of the time, words are used to brainwash/program people (slaves), to not only lead a life of slavery, but make them:

1. Demand that lifestyle.

2. Brainwash/program other people into demanding that lifestyle.
   -- Indeed, it's so successful, that many people/slaves, will now even say things like: “Work is a human right”.

And, of course, since these people are inherently immoral, they'll not only want this right (to have a job) for themselves, but they'll want to impose this onto everyone.
-- Ie, when they try to force everyone into jobs, this shows that it's not about “rights”, (since they're trying to force everyone into slavery).

Ie, what this all shows, is how people just hear words/phrases/etc, and blindly accept and use them.
-- Ie, most people can be easily brainwashed/programmed, with any word/phrases. And, those words/phrases, will be defined, however the programmers want.

What this all shows, is just how easy it is, to turn everything upside-down, which then creates a world, in which people can be easily controlled/manipulated/used/enslaved/raped.

The brainwashing/programming of words is so deep, that most people will even do

certain things (that they don't really want to do), just so that they might be called a certain thing (word).
-- Eg, they might do a certain job, just so that they get praised, and/or called: "good", "successful", etc.

If any such words make a person happy, then it just proves/demonstrates, that they've been brainwashed successfully/completely.

This is true, because what this means, is that a person is actually doing slave work, in return for a small crumb (of being called a word).
-- Ie, they're willing to do physical work, in return for one word.

Indeed, this is the what parents do to their children all the time.
-- Eg, they control/manipulate/brainwash/program their child, to make the child believe that it's worth doing something, so that in return, the parents call them "good girl", "good boy", or praise them, etc.

Some people say, that words are ridiculously primitive, and are an inefficient way to communicate.
-- When people say things like this, it's misdirection/lies/etc, and it causes suffering, because it hides the truth.

This is true, because saying things like this (eg, words are: primitive/inefficient/etc), gives the impression that:

1. Words are just a primitive method of communication, and it's just natural that all things have to start at a primitive level.

2. Words are an inefficient method of communication, but they are ok.

The point is, both of these are blatant/deliberate misdirection.

Ie, they are misdirecting people from seeing that:

A) Words are deliberately invented to control and manipulate people.

B) Words create more problems than they solve, which means that they're evil, because they give hope, but always causes more suffering, which is a very clever form of torture.

C) Etc.

Yes, it is a bit silly for me to say "they are misdirecting people", because the point is, that if words are used, it is for misdirection.

-- Ie, whenever words are used, there's a 99.9% chance, that they're being used to misdirect you.
-- Therefore, if I say that a certain word/idea/concept/belief/etc, is said to misdirect people, this is inherent, and obvious, and to be expected.

However, I will still do this, because many people might need to do it all in smaller steps, (ie, see progressively, how there is misdirection a some aspect of life, and then slowly build to seeing this in all aspects of life, and then see that the same tactic/weapon is used everywhere, and that tactic/weapon, is “words”.

Note: Yes, I am aware that this book is using words.
-- The point is, that now that words have already been invented, are in everyday use, they can be used to help end the use of words.
-- Ie, it's (as usual), going to have to be up to the reader, to be honest with themselves, and decide for themselves, as to whether this book is using words to program you, or deprogram you.

And, there's no point trying to find out what other people think of this book, and then you use their opinions to decide this matter, because when it comes to humans, it is to be expected, that if 99% of the population do something, it's probably wrong/bad/immoral/cruel/evil/etc, and will cause you (and others) suffering.
-- Ie, it's up to you, to take responsibility for your own decisions/actions.
-- Ie, most people always want to follow other opinions/people/ideas/beliefs/rules/experts/groups/organisations/laws/etc, (instead of following their own opinions/feelings), and they deliberately do this, so that they can hide behind these other beliefs/ideas/groups/laws/etc, (so that if things in the future turns out bad, they can blame them, and not themselves).

Words might be the most basic/primitive form of misdirection/lies/etc, but it's extremely effective.

Let's continue from the previous two sections. The amazing part about this subject, is that it's so common for people/companies/governments/organisations/etc, to say one thing, but do the opposite, however, no matter how many times this happens, whenever a person/expert/government official says something, most people still believe their words (promises/story/etc), and therefore, they fall for this trick/scam/tactic.

It's so common, and it's at all levels of society, and it all starts at a very early age.

Good examples of this, are when governments keep lying about something (eg, the reason why they decided to go to war against another country), or when politicians want to be elected, (and so they make all kinds of promises, about what good changes they'll make in the future). Of course, in the future, they're found to be lying,

The reason why I say that these two examples are good, is because these two are so obvious, because they've been going on for decades, and yet, so many people still fall for

these lies/misdirection/brainwashing/programming.
-- Ie, this just proves, that no matter how many times this process repeats itself, people still believe the words.
-- Ie, this just proves, how effective, this tactic/weapon (of “words”), is.

This tactic/weapon (of “words”), is so effective, that people start to believe their own words.
-- Ie, the perpetrator can begin to believe their own words/stories/lies.

Eg, many parents might tell their child, that they are listening to them, but the parents clearly aren't listening, but with enough repetition, the parents will genuinely believe that they are good at listening to their children.

There are many examples that can be used here, but I'm not going to go through any of them, because I've done this throughout this book.

It should be seen, that the deeper you examine this, the more you'll see how this happens everywhere, and in many different guises, with many issues compounding each other.

People who say, “This is all pointless, because words do not have a fundamental basis of reality”, usually make this statement, but they will (themselves) carry on using words, to continue to misdirect themselves (and everyone).

And this is what causes suffering to themselves (and everyone).

Yes, words have no fundamental basis of reality.
-- This is not just something to know (in theory), but is something that can be experienced (when you are able to have no thoughts in your head).

However, now that words are in existence, they do have one use, which is to use the system of words, to shatter/dissolve/end the system of words, (along with all systems, including existence itself).

“Good”/“bad” (and all their associated words), were invented (and used) to control/manipulate people.
-- However, this is only the tip of the iceberg, because the control/manipulation of people (by words), is tied into other methods of control and manipulation, eg:

1. Making people do tests, (at school, college, university, jobs, etc).

2. Laws.

3. Socially acceptable rules.
4. How people are told to behave at work.
5. What people do in their “free” time.
6. Etc.

The key thing to realise, is that it's so deep, that it's everywhere.
-- And, you can't explain “everywhere”, because the explanation is also inevitably included in “everywhere”.

Note: It's wrong to assume, that only some words are bad, because all words are bad, and this is true, because they not only limit you (in more ways than you can imagine), but they are what create the original problem, (which is that they actually create a limited/separate “you”/“me”/“i”).

Therefore, the only way that it’s ok to use words, is for the purposes of ending separation.

Life is full of tests, not just at school/college/jobs/etc, but also in relationships/families/friendships/etc.

The important thing to realise, is that if you “pass” these tests, this just means/proves/demonstrates (to the person/group that tested you), that you are brainwashed/programmed to a certain level, and are therefore easy to control/manipulate, and therefore, this means/proves/demonstrates that you're a “better” student/employee/friend/partner/slave/etc.

Ie, the “higher” you go in anything, (eg, jobs, secret-societies, fame, marriage, etc), just means that you're a good little compliant/obedient slave, who is now more likely, to do anything you're told to do.

Let's start with the example of school exams.
-- What do these tests actually prove, except that:

1. You're willing to spend lots of time working (suffering), just to get a small reward (scrap of happiness), whether this is:
    a) A “certificate” (piece of paper), which says that you “passed”, and were “successful”.
    b) Some praise (words), from a partner/friend/family member/etc.
    c) Etc.

And therefore, this proves/demonstrates, that you'll probably do the same in your job, and in all other areas of life.

2. You're a person, that does what the government/authorities tells you to do.

3. Etc.

Ie, all that exams prove, is that you are willing to be a good obedient slave in the future. And, this is also true for exams everywhere.

However, these exams, come in many different forms, but are exactly the same.
-- One example of this, is a “promotion” at your job.
-- Ie, if you get promoted, it's really nothing more, than a label/position, (which shows to everyone, that you've worked hard for the company, and that you'll continue to work hard for the company).
-- Ie, this label/position, is just something that says, that you're a slave of this company, and the “higher” (more “successful”) you are, the more obedient you are

This might sound harsh, but if you're doing what the company tells you to do (which you have to to keep your job), then this is exactly what a slave is.

Of course, this can be expanded, as follows:

1. If you're doing what your company/school/university/etc, tells you to do, then this is exactly what a “good little obedient slave” is.

2. If you're doing what your partner/family/friends/etc, tells you to do, then this is exactly what a “good little obedient slave” is.

Hence why throughout this book, I use the term “personal-slave”, to describe partners/children/friends/family/etc.

You do not need to be promoted, or pass anything, to be a slave.
-- Ie, just by being in it, you are already a slave.

Eg, marriage, and living together, are promotions/tests/exams to pass and “succeed” at, however, slavery is inherently present, as soon as you're in a relationship.

Moreover, this is true, whether you have defined the relationship, or not.
-- Ie, the slavery happens, before it’s even verbally agreed.

It is easy to see, that passing a test/exam at school, is to show

obedience/compliance/slavery. However, a more subtle form of exam, is marriage.
-- Ie, when two people choose to marry each other, they're both saying to each other, that I promise to be your slave for the rest of my life.
-- Again, this sound harsh, but it must be true, because if you don't do as the other person says, then the marriage/relationship will end.

So, from the previous sentence, we see that a even more subtle exam (than a marriage), is a relationship.
-- Ie, when two people DTR (define the relationship), they're agreeing to be a slave to each other.

Indeed, a promotion in a relationship, could be called “marriage”.
-- And, as expected, the marriage “promotion”, just means that you will be more enslaved.
-- Ie, you are now an even better slave. A more compliant/obedient slave.

Indeed, as harsh as this may sound, people will know that these tests are real, (and they even exist, in the early parts of a relationship). Indeed, many people will openly admit, that they test their partner (at the beginning of the relationship). And, indeed, this is what everyone is constantly doing (at the beginning of all relationships).

Again, it might sound harsh, but to prove this point, let's go back to demonstrating this in companies/organisations/secret-organisations/etc.
-- If you were the person in charge of a company, you are going to want to “promote”, only those employees, who are not going to cause you trouble.
-- Ie, “promotions”, are basically a way of knowing that a person is a good little obedient/compliant slave.

Indeed, it's obvious, that the best way to test a person’s loyalty to the company/organisation, is to continually see/check/test, just how much the person is willing to put the company/organisation at the top of their priories, (ie, putting the company/organisation above their: family, children, friends, partner, hobbies, free-time, etc).

Ie, what this is about, is:

> How much they're willing, to say/do things, even if they don't like/agree with what they're being told to say/do.

Ie, what this is about, is:

> How much are they willing, to sell their soul, (compromise, prostitute themselves, etc).

Of course, this is not just done by companies/organisations/etc, because people do this to each other, all the time.
-- Hence why, when a relationship between two people is formed, both of the partners will test the other. Indeed, these tests will go on for the duration of the whole relationship,

because both partners, will want to know, how much they are valued (by their partner).
-- Ie, this is exactly like the tests done by the company/organisation.
-- Ie, one parter, will want to continually see/check/test, just how much their partner is willing to put them, the top of their priories, (ie, putting them, above their: work, hobbies, friends, free-time, etc).

And, this is regularly tested in relationships, in many different ways, (eg, via expenditure of: time, money, affection, sex, energy, etc).

Note:
The reason why I'm explaining this in so much detail, is because many people might be able to see, that jobs are slavery, but they can't see that relationships/friendships/families are slavery.

Ie, by demonstrating that the way that a person is continually treated/tested in a company/organisation, is no different to the way that a person is continually treated/tested in relationships/friendships/families/etc, this might help people see that it's all slavery.

And, the only reason why people can't see that it's slavery, is because they've been brainwashed/programmed, to discard the direct experience of it (suffering), and replace that direct experience, with how they're told to believe it is (happiness/love/success/etc).

Ie, their direct experience, tells them that it's 'black' (suffering), but they've been brainwashed/programmed to believe, that it's 'white'.

Many people will disagree with this, and they might think that, after many tests (at the beginning of the relationship), the relationship is good, and strong, but they don't realise that all they have figured out, is that their partner is a "good little obedient/complaint slave", and a time will inevitably come, when their partner suddenly has had enough of compromising themselves, and they will then suddenly leave, (or, lash out, or whatever else).

Indeed, if you look at the world, it's obvious that the ('sudden') ending of relationships, is extremely common, and if people where more honest with themselves, and didn't compromise their soul, then this would be true for all relationships, (ie, all: lovers, partners, friends, family, extended family, co-workers, bosses, etc).

Ie, this all just shows, that compromising yourself, (selling your soul to the devil), is in every part of life, (eg: jobs, relationships, families, parenting, friendships, etc).

And, it's important to see, that when you're compromising yourself, you're imprisoning/torturing/enslaving/raping yourself.

And, since this is happening in every part of life, it inherently follows, that every part of life, is prison/torture/slavery/rape.

And therefore, it inherently follows, that life itself is prison/torture/slavery/rape.

If I was the evil creator (of this manifestation), the simplest test/way to know if a person is brainwashed successfully/completely/fully, is when they not only answer "yes" (to the question: "Do you believe in god?"), but they even give some explanation of why the suffering is necessary/good/important/moral/etc.

The reason why I have said this, is because it's just an extension of the previous section.

Ie, just as an owner/boss of a company, has such conversations/tests with their employees (to see who is a good obedient/compliant slave), so too is this applicable to the creator (of this manifestation).

And, what makes this even more obvious, is if you then imagine, that that the creator (of this manifestation), is just some "higher" being/entity (or beings/entities), which are using the human race, as their slaves, (for whatever purpose: labour, sustenance, energy, etc).

There is the possibility, that "life", is a test.
-- However, all tests that are passed "successfully", means that you get "promoted" to a "higher" level, which means that you not only get more of it, but you're expected to suffer at an even more intense/higher level.

Therefore, in this case, (where the test is "life"), you have been made to suffer throughout your entire life, but because you were so "strong"/"successful"/etc, (by fighting/struggling/persevering throughout all the difficulties in your entire life), you have now proved/demonstrated, that you will keep doing this, (and more), in the next life.
-- Ie, if you pass this test of "life", perhaps you can expect your next life, to be a life of even more intense prison/torture/slavery/rape.

In the previous section, I explained one way, to test/know if someone is brainwashed successfully/completely/fully. The following, is perhaps another way/test.

This test/way, to know if someone is brainwashed successfully/completely/fully, is that, no matter how much suffering they have had to endure (throughout their entire life), they refused to kill themselves, (because they believed that it's necessary/good/important/moral/etc, to stay alive).

Ie, since this test was to see, if you can remain a slave (despite how much suffering you are forced to endure), then passing this test, will mean that you are ready to accept more slavery, with even more intense suffering.

What this would mean (in practice), is that by dying a natural death, you are saying, that you are willing to accept more (or worse) of this life/treatment, (of non-stop prison/torture/slavery/rape).

I'm not saying that this is true, but I'm not saying that it isn't true. I don't know. I'm just open to the fact that, this could be 100% true.

When all the information in this book, is put onto the weighing-scale of "reasons to die, vs., reasons to stay alive", it is startling, that:

1. There are hundreds of reasons to die, and absolutely zero reasons to stay alive.

2. It's not that the weighing-scale is out of balance, but that there's absolute nothing, on one side of the scale.

3. On one the side of it ("reasons to die"), this side is full of personal direct experiences of suffering (physically/mentally/emotionally/spiritually/financially/etc), and on the other side ("reasons to stay alive"), there are only "words", (which have been said to you, by other people, (ie, not a direct experience)).
(Usually, these words are of fear, eg: you will go to hell if you kill yourself; god will help you if you're patient; have hope/faith; etc).

4. By being alive, people are letting a superficial level of reality ("words"), outweigh a deeper level of reality, (eg, physical pain).

5. Etc.

The key point is, that all of this really does emphasise, just how deep the brainwashing/programming is in everyone.

Yes, it could be argued, that there is one reason to stay alive, which is to permanently end existence. However, that one exception, is a "perhaps", because it might be more effective to help to permanently end existence, after/in/via death.
-- And, there is the inevitable problem, that if you do stay in this world to help do this, you will (by being alive) inevitably:

1. Be using people as work-slaves. (Eg, the people who provide your: water, electricity, food, etc.

Or,

2. Cause suffering to yourself, and/or other people/entities/animals/things/etc.

Ie, by being alive, you are inherently part of the problem.

Yes, you might cause more good than harm, but honestly speaking, this is still unacceptable.

Q: “If a person says, that they're happy working hard (at their job), or they feel that it's necessary/good/important that they work, then where is the problem?”

A: “If a person wants to be a slave, then go ahead, but do not force any other people to be slaves.”

This includes, not brainwashing/programming children, to believe that work is: important, good, necessary, acceptable, natural, something that will make you into a person that is x, y, z, etc.

Therefore, it inherently follows that:

> Since a person might (at any moment in time), not want to be a slave, no child can be born, unless it's known for sure, that that child will be given enough money, to take care of themselves, for the rest of their entire lifetime.
>
> Note: Although this is true, it is still selfish/immoral/cruel/evil to bring a baby into the world, because even if the child has an allowance of £1 million per year (for their entire lifetime), they will still suffer regularly, throughout their entire lifetime.

So, now let’s look at another question.

> Q: If a robot is programmed to want to be a slave 24/7, and that is what the slave is programmed to believe is happiness, then is this a problem?
>
> A: Theoretically speaking, if there is zero suffering in the slave, then no (it is not a problem), however, that must be zero suffering, throughout it’s entire lifetime. Ie, if the slave is suffering even one tiny bit, then it instantly becomes totally unacceptable. However, the key issue is, that practically speaking, no system is 100%, and therefore, it is inevitable that the programming will crack by a tiny bit (at some point in time), and therefore, what this means, is that suffering is inevitable, and therefore, creating any robot/person/entity, is totally unacceptable, and is selfish/immoral/cruel/evil.

Also, although it can be argued, that the robot/person/entity/thing, could be created with a fundamental program, which allows it to kill/end itself, (in an instant/painless/effortless/guaranteed/permanent way), this is still unacceptable, because:

1. This fundamental program (which allows it to kill/end itself), is a sub-system, and therefore it too is not 100%, and therefore, it is still unacceptable.

2. Even if the fundamental program (which allows it to kill/end itself), does work, the robot/person/entity would still have had to have suffered, and it is immoral/cruel (and totally unacceptable), to cause suffering.

And another key point, is that people will just say that they agree that robot/person/entity should have a fundamental program (which allows it to kill/end itself), however, this is a lie. Ie, they're just saying that they agree, but they have no intention of really agreeing to this.
-- Indeed, it's ridiculous to expect a person/corporation to spend lots of time/money/energy on making (or buying) this robot/person/entity, and then expecting them to be ok with letting the robot/person/entity kill itself (whenever it wants).

And it must be remembered, that people do get attached to physical objects. Ie, people do get attached to their physical objects/possessions, and also all other types of possessions (eg, personal-slaves).
-- And indeed, this is why most people are terrified of there being a simple way that their personal-slaves can kill themselves.

Indeed, this is why:

- Murder is illegal.
- Assisted-suicide is illegal.
- Suicide is deliberately made difficult.
- Etc.

When I say that "suicide is deliberately made difficult", this is obvious, as can be shown by the fact that:

1. Most countries have banned the sale of guns. Guns are the simplest way to instantly/painlessly kill yourself.

2. In most countries, the drugs that are the most effective (in killing a person), are illegal.

3. Etc.

Note:
Earlier on, I mentioned about murder. This needs to be explained more. To get to the key point, I'll start from here.

Making a baby/child, (via two people having sex), is obviously something most people find easy to do.
-- And, programming that baby/child, is obviously something that people find easy to do. I say that people will find this "easy" to do, because most people know how to brainwash/program (since they're doing this everyday, to everyone around them), and brainwashing/programming a baby is infinitely easier, since it's a blank-slate, and is physically much smaller than the parent/programmer, and the baby is trapped in an environment that it cannot escape from.
-- The key point is, that:

1. It's so easy to create life, that it's like manufacturing (churning-out) robots.

And therefore,

2. Since life is so easy to manufacture (churn-out), murder is not the real problem.
   -- Ie, the only reason why “murder” is perceived as bad/wrong/immoral, is because of other reasons.

One reason, is that people do not want to make death a common occurrence, because they’re petrified of losing their personal-slaves, (and work-slaves), especially since:

A) They put so much time/effort/money/energy, into having (and raising) the child.

B) They need this child, to maintain their life/lifestyle/image/identity/“happiness”/etc.
   -- I have put the word “happiness” in quotes, because most people say they're happy, even when it's obvious that they're suffering. It's literally an image/veneer of happiness, covering all the suffering that lays beneath the surface. This is commonly seen, in many ways, (eg, the “fake smile”, and all the conversations where they try to convince/sell to you (and to themselves), that they have a good/happy life, etc).

C) Etc.

Ie, murder is perceived as bad, because the thought (and imagined feeling) of losing of all of this, is too much to bear. Ie, they know that they will feel immense pain/suffering (physical/emotional/mental), and they do not want to experience this.

Ie, they're selfishly trying to do something, to avoid a situation, where they (themselves) will suffer.
-- Ie, the aversion to murder, is for selfish reasons.

Of course, when I talk of death, I mean instant/painless death. Obviously, a slow painful death, is cruel/evil, since it causes suffering. Indeed, anything that causes suffering, is cruel/evil. And therefore, the most cruel/evil thing, is not murder/genocide/etc, but having babies.

Let's go back to the original question, about if a person is happy to have a job, then what is the problem.
-- The key problem with this question, is that most people will never be able to answer it honestly, because if they analysed the situation deeply/clearly/honestly, they know that this analysis, will bring up implications, which are too much to bear.

Ie, most people will just give an answer, which is designed to brainwash/program themselves (and everyone), to keep the situation as it is, (where death is bad, and birth/life is good, (despite the fact that it causes an entire life of prison/torture/slavery/rape)), just so that they can selfishly keep their life intact, (with their personal-slaves, and work-slaves).

Ie, it's irrelevant whether you're asking people questions about the issue of murder, (or birth, or jobs, or human rights, or whatever else), because most people will always give a similar type of answer, (which will be an answer, which):

1. Lets them keep their selfish desires/lifestyle/slaves/etc, intact.

And,

2. Makes them appear good/moral/selfless/etc.

One common way that people achieve points 1 and 2, is by brainwashing/programming people with something like “hope”, (regardless of what the hope is for). Ie, by filing someone with hope, they feel (and appear) as being a person that is good/moral/selfless/etc, and they also manage to brainwash/program the other person to believe that they will manage to fulfil their desires, eg:

1. “You will find your soul-mate.”

2. “You will get that promotion.”

3. “You will transform into a person ready for spiritual ascension/enlightenment/etc.”

4. “Trust in god, he will provide you with everything that you need.”

5. Etc.

Of course, by giving that person hope, that person will then wait/try/work/prepare/persevere for these things to happen, which means that they're going to have to continue to be a slave for a bit longer, (whether that's as a personal-slave, and/or a work-slave).

Ie, the person who gave the hope, has achieved their goal, of brainwashing/programming that person, so that the issue of the “slippery slope” is averted.

The “slippery slope”, is the deep fear (conscious, and/or subconscious), that if everyone starts to see life for what it truly is (prison/torture/slavery/rape), then people might start to kill themselves, which could cause an avalanche of suicides (and/or murders), and this is terrifying, because they don't want to lose their personal-slaves, and work-slaves.

I will explain “hope” and “faith”, in a bit more depth, in the next section.

“Hope” and “faith”, are very negative things, and are extremely effective weapons to enslave people, (and keep them enslaved).
-- These weapons are so effective, that slaves will even think that they're choosing (by their free will), to have this life of slavery, and that it's a good life, and one worth living, and fighting for.

It's important to see, that “hope” and “faith” are a very negative things. I mention this, because many people only ever see “hope”/“faith”/etc, as positive things. Indeed, this is so true, that some people even call their daughters “Hope”/“Faith”/etc. Ie, if they knew that the words hope/faith/etc, could have a negative meaning, they would probably not have called their daughter by that name.

The reason why hope, is a very negative thing, is because it keeps you desiring something in the future.
-- It doesn't matter if that thing in the future, is something noble/saintly/whatever, it's still negative. This is because, freedom (and: peace, love, bliss, knowing what you truly are, etc), are all only available in the present. Ie, hope is misdirection.

When I say “present”, I don't mean “present” (in the sense “past, present, future”). I mean it in the sense of the “unmanifest”, (in which the manifestation comes and goes). Ie, I mean “That”, (non-existence).

It's obvious that hope is a very negative thing, because hope is no different to desire. Ie, desire also keeps you focused on the future.

Hope is so effective, that it can be used in any way, whether with: beliefs, things, people, relationships, family, jobs, promotions, sex, etc.
-- The list is endless, because it's pretty much everything in life.

**A very effective way to enslave billions, is to provide one crumb, (eg, a miracle).
-- Ie, a miracle is done, and this makes millions of people: pray, have hope, have faith, follow commandments, trust leaders, etc.**

Similarly, it can be extremely beneficial to give a few people a special ability/power, (eg, to be able to cure/heal people, or whatever else), because then, they not only provide this hope/faith/etc, but they also show, that any normal person can learn/earn/attain/etc, these powers.
-- And this can then be expanded, to say that normal people can have all kinds of other powers, (even if those other powers, are never demonstrated).

Of course, whilst people try to learn/earn/attain these powers, they will continue to be a slave, and continue to give their energy, to these entities (to whom they direct their prayers/hope/etc).

Ie, the entity provides the people with a crumb, and the people in return, give them their lives.

Ie, they're not just enslaved physically, but also mentally, and energetically.

There are some people/entities who feed-off people's fear.
-- Many people always go on about this, but these same people, are the ones who feed-off people's hope.
-- Indeed, the same is true for “prayer”/“faith/“desire”/etc.

Of course, for these people to feed-off people's hopes/prayers/faith/desires, they have to ensure that people constantly have desires.
-- This is what most people do to each other, on a daily basis.
-- Except, they all try to do this, under the guise of: trying to help them, trying to encourage them, etc.

Many people often forget, that fundamentally speaking:

- Hope is the same as desire.
- Desire is the same as fear.
- Desire is the same as prayer.
- Desire is the same as faith and belief in a higher power.

The point is, that these are all a type of contracted energy.
-- Therefore, it's all the same thing. Ie, it's all just about, feeding-off contracted energy.

Ie, people are parasites.

When a person wants to feed-off other people's hope/desire/fear/etc, they have to hook/bait them, and then get them to have hope/faith/prayer/etc, and all of this does work, but it takes energy, and the victim can sometimes escape this trap.
-- So, it's only a matter of time, before a person (perpetrator) realises, that the most efficient (legal) way to do this, is to have a baby/child.

Indeed, what is more perfect, since the baby/child can't escape from you, since you're legally allowed to:

1. Imprison it.
2. Enslave it.
3. Brainwash/program/groom/condition it.
   -- This is done via punishment-and-reward, (ie, torture).
4. Feed-off it.
   -- Ie, rape it.

This just shows, that life really is prison/torture/slavery/rape.

And, this is all true, whether the parent knows that they're doing this, or not.

So, this gives the parent (perpetrator) the perfect opportunity, to brainwash/program the child (victim), to believe in many things, which will make it easier for them to extract energy from the baby/child.
-- Of course, the ideal weapons to use, are: god, religion, future promises, etc.

On top of all of this, because they're rising a baby/child, 99% of the population will see them as being a person who is morally good/selfless/etc.
-- And, you can even get money from the government. Ie, the government are sponsoring you, (and encouraging you), to do this.

Enlightenment (and: awakening, spirituality, spiritual teachings, teachers, priests, religions, gods, etc), have been around for ages, but since the world still has so much suffering in it, this proves that all of this spiritual stuff, is not a way to help end all suffering (for all).

Of course, all spiritual/religious teachers and teachings, will justify this by saying some excuse. However, it's another one of these situations, where the direct experience, is that spirituality/religions/etc, are not the solution (since they have proved that they do not end all suffering for all), but most people will still blindly listen to these “teachings”/justifications, (which are just excuses/lies/misdirection/etc), and they'll give these empty words, more weight/power/value, than their direct experience.

Of course, everyone does this willingly and knowingly, because they want (and need) these spiritual/religious words and teachings, because they can use these words to justify their selfish/immoral behaviour, (eg, of using/enslaving people (as personal-slaves, and/or work-slaves)).

Ie, yes, spirituality/religions/etc, make people suffer (in the long-term), however, people have to accept responsibility, because they choose to buy into these lies, (for their own selfish/immoral reasons).

Note:
Some people argue that spirituality has the answers to their questions (and the solutions to their problems), however, it’s obvious that most of the spiritual teachers/teachings, are just more traps, which create (in the long-term), more prison/torture/slavery/rape/suffering, for themselves, and everyone else.

Yes, in non-duality teachings (and enlightenment), some people are lucky enough, that life

(or the creator, or aliens, or the programmer, or whatever else) ends their illusion/identity of being a separate entity. However, unless this happens to everyone, then it's not worth considering non-duality teachings (and enlightenment), as a way to help end suffering for all.

Let's examine it from another perspective. If I were an evil ruler/creator, I would allow some people to get their desires met. Ie, it would make sense for an evil ruler/creator, to allow some people to be out of the illusion, because those people will become examples, which many people will then use to give themselves hope/faith/belief/etc, and then those millions of people, will spend their entire life trying to achieve that dissolution of separation.

Of course, all that energy/praying/effort/practice/etc, will be useless, since it's only the evil ruler/creator, that can spontaneous rid the veil of illusion.

Ie, it can be argued, that non-duality (and enlightenment/awakening/religion/god/etc), is a trap.

Yes, some spiritual methods/teachings/teachers, can help a person reduce the amount of suffering their life, if they're deprogramming the person. However, this deprogramming must be full, and not followed by reprogramming. And they also need to state upfront, what the spiritual methods/teachings/teachers can't do. And, some things that the path to enlightenment/awakening/god/etc, can't do, is:

1. Make you enlightened, via you own efforts.

2. Eliminate all pain (even after enlightenment).

3. Eliminate the pain/suffering of everyone/everything in existence, forever.

4. Etc.

Ie, yes, if a spiritual teaching (or any advice), can help you reduce suffering in your life, (and this does not cause suffering to others), then do it. However, be aware to not be fooled into a trap. Ie, do not believe that it can do things, which it can't.

Ie, yes, the path to enlightenment, can end in the person being enlightened, however, it should be made clear, that this is not something that happens due to the person's efforts. And, there is no way that anyone will be able to tell you how long it might take, nor how many hellish situations/events/things/etc, that you'll have to go through.

Yes, there are all kinds of spiritual experiences that a person can have, however, it must be made clear, that none of these experiences are permanent. And, of course, there's always a good explanation/reason why the experiences aren't permanent.

And, it's important to emphasise, that even those beings who totally lose their sense of separation permanently, they still say that:

1. Bliss is not permanent.

2. There is not a consistent pleasant/happy feeling.

3. Pain is still felt.

4. Chores still have to be done.

5. You can't enter (and leave), from life/existence, whenever you want, (in an instant/painless/effortless/guaranteed/permanent way).

6. Etc.

Ie, enlightenment/awakening/religion/god/etc, is obviously not the ideal solution.

And, what compounds this, is that most spiritual (and/or religious) teachers/helpers/organisations/etc, ask for donations, or expect donations. And in doing so, they're perpetuating the life of prison/torture/slavery/rape (of: jobs, chores, life, existence).

It can be easily argued, that it would be better if most spiritual (and religious) teachers/teachings/organisations/etc, did not exist.

This is especially true, because:

1. Most misdirect people, away from seeing/recognising that they're living a life of prison/torture/slavery/rape, (and unless people are directed to seeing/admitting this, they cannot ever change this situation, and therefore, suffering will inevitably continue).

2. Most ask for (or expect) donations, and therefore, this mean that it makes people need to work at their jobs and chores, (just so that they can do their spiritual/religious things, (eg: spiritual talks, self-help, motivational lectures, yoga, churches, prayers, offerings to gods, etc).

3. Most teachings/advice/practices/prayers/etc, only ever help in the short-term. This is true, because if it helped in the long-term, then there would not be so much suffering in the world.

4. Etc.

Ie, in the long-term, the cons (of all spiritual/religious things), outweigh the pros.
-- And, if the cons outweigh the pros, then this is all just another form a prison/torture/slavery/rape.

And, this is perhaps something that needs to be calculated across everyone who does spiritual/religious things. Ie, if only a few people have a good pros-cons ratio, then spirituality/religion, are still bad things, (in the larger scheme of things).

However, the problem is not just that they're asking (or expecting) donations, but the fact that most things which are said (in spirituality/religion/enlightenment), are obviously “off”/bad/incorrect/incomplete/etc, for some reason. This is true, because even the things that are true in theory, and in short-term practice, are not true in the long-term. And, the key thing to always see, is that none of this can be truly good, because all of this spiritual/religious stuff has existed forever, and yet there is still so much suffering the world.

Throughout this book, I have given examples, of why spiritual/religious/enlightenment teachings (and teachers) are saying things, that are bad. In the following paragraphs, I will give some more examples, of why spiritual/religious teachers (and teachers) are off, and/or that they do not cover certain subjects/issues/problems/etc, (which means that they will inevitably perpetuate suffering).

One of the teachings of spirituality/enlightenment/non-duality, is that that you are not “i”, but “I”. This is not only pointless, but it actually causes more suffering in the world, because people just change their belief, from believing that they are “i” (a person), to believing that they are: “I”/awareness/consciousness/etc, but they continue their life of prison/torture/slavery/rape.
-- Ie, people are being misdirected, away from seeing, that their life is prison/torture/slavery/rape.
-- And, if they were directed towards realising that their life is prison/torture/slavery/rape, then they might do something about it, and then their suffering would be reduced, (and/or eliminated).

And, if this is true, (that “i” am “I”/life/existence), then it is extremely clear, that “I” am evil, and “I” should kill/dissolve myself, (as soon as I can), (because life is cruel/evil).
-- This might sound harsh, but really speaking, it's just the same as being altruistic, just at a different level. However, this is not discussed in these spiritual/religious teachings.

Another trap, is that people have a spiritual experience, or many spiritual experiences, and this makes them think that they are enlightened/awakened/etc, but they continue to be in a life of prison/torture/slavery/rape.
-- Ie, it doesn't matter how many spiritual experiences a person has had, (whether they are of the “nothingness”/“you are everything”/“you are everyone”/“silence”/or whatever else). Nor does it matter if a person has a million insights, or experiential-insights. Because, in the long-term, if you are still suffering, (and other people are still suffering), then nothing has really changed.

The key point here, is that all that matters, is that you’re honest with yourself, and that you’re able to know whether you’re still suffering (or not).

Also, it's good to be honest enough, to admit to yourself (and others), that you might not be suffering now, but you know that if extreme amounts of torture was imposed on you, that you would suffer immensely.
-- Again, the key point is, that it's all just about honesty.

Note:
If spirituality (and/or religion), is about understanding/preventing/eliminating suffering, then the message is surely simple:

> You can immediately reduce/prevent/eliminate the suffering of other people, if you immediately stop using/enslaving other people, (as your personal-slaves, and/or work-slaves).

Or, people should be told that: You can do as you please, as long as you do not cause suffering to other people/entities.

And anyone who wants to end suffering for themselves, should not have anyone interfering (or making it difficult for them) to do this.

Unfortunately, many people will interfere, because they don't want people to be free, because it means that they will lose their personal-slaves, and/or work-slaves.
-- Indeed, parents/partners/friends/employers/governments/companies/organisations/etc, will never be able to fully encourage any of this, because if a person goes down this path (of constantly freeing themselves from all traps, then they will not be controllable, nor give them what they want, (eg: money, time, attention, energy, labour, etc)).

Eg, even if a child wants to end suffering for all, the parents will probably hate that their child wants to do that, because that means that their child will not do all the normal things that they wanted their child to do, (eg, have a: job, relationship, marriage, children, etc). Ie, all the parents want, is for their dreams to be fulfilled. Indeed, that's why they had the baby/child.

And indeed, what this means, is that even if you want to try to end all suffering for all, you can expect that many people will want to prevent you from doing this.
-- That's how upside-down the world is.

Assisted-suicide (for an old person who is not terminally ill), is illegal in most countries, probably because many companies need assisted-suicide to be kept illegal, because they know that all old people, will inevitably have to spend lots of money (eg, on medicines, special equipment, etc), and later, when they inevitably need 24/7 care, they have no choice but to go to a residential nursing home/hospice, and therefore these places can charge as much a they want.

Ie, it's hard to not see this as an extortion racket.
-- And, of course, this extortion racket only works, if assisted-suicide is kept illegal, and/or people are brainwashed/programmed to believe negative things about suicide/death/etc.

It's very noticeable, that no company (or government), have decided to make money from a service, which allows a person to walk into a building, pay their money, and then die. Ie, there is a whole niche market here, where lots of money can be made, and all that needs to be done, is to have a building/service, that a person can go to, which allows them to pay

a fee, which pays for their death (which is guaranteed to be: instant, painless, peaceful, etc).

Moreover, the absence (of this building/service), is especially noticeable, because the niche market, is very large, (because many very old people, do not want to go through the immense pain/suffering (physical, mental, and emotional), which is inevitable in old age, (and only ever gets worse).

The point is, that companies/governments/etc, usually jump at any chance/opportunity, to make money. However, they haven't in this case.

And, if the companies know that money can be made, but there is some pesky little law, preventing them from making that money, then they'll just push the government to change that law.
-- Ie, the only reason why a company would not do this, is because they know that they will make a lot more money, by keeping that law in place.

Yes, there are some companies/organisations that do help terminally ill old people (with assisted-dying), but it's not the same, because they require a lengthy process, where the person has to go through certain procedures, and the fact is, that an old person does not have the energy to go through such things). Ie, the companies/organisations that do help with assisted-dying:

1. Do not allow any person to just walk in, for an instant death (there and then).

2. Do not offer an instant service, where (after calling them) they come to your house, and help you to die.

The point is, there are many people, who want to just go somewhere and die, (or die in their home), but the lengthy process (that these current organisations enforce), are just too much (physically and/or emotionally), and therefore many old people are forced to have to continue to suffer (physically/mentally/emotionally).

What compounds this problem, is that after some time, (when their body/mind has deteriorated even more), they might then feel they want to die, however, they then won't be allowed to use the service (of assisted-suicide), because they're then deemed as being not mentally able to make that decision.

Also, these companies/organisations (that currently help with assisted-suicide), do not just allow anyone to use their service. Ie, they have some requirements, (eg, that the person must have a terminal illness).

Also, these companies/organisations, can only be based in countries that allow assisted-suicide. Ie, most countries do not allow this to happen.

Yes, some of these companies/organisations, might allow you to travel to that country, however, this is unacceptable, because most old/ill people:

1. Are in pain.
2. Have little energy.
3. Can't handle long trips.
4. Need specialised transport.
5. Would then need to ask someone to accompany them, (and they might just want to die, without involving their family, (or anyone else).
6. Etc.

The key point is, that even though these companies/organisations exist, they are not practically useful (for a lot of people).
-- And, the group of people that want to be able to die in their own home, (or go to some building to die, instantly/painlessly), is a very large group of people.
-- Ie, there are many people, who are being denied this right-to-die, and this means that they're being kept in a state of suffering, (which is extremely selfish/immoral/cruel/evil).

It's also important to note, that both methods needs to be available. Ie, the building and the service (in their own home), need to both be available. Ie, it's not acceptable, to provide only one method, because some people might only be ok with dying in their own home, and some people might only be ok with dying in a building that is not their own home.

The point is, that companies/governments want to keep these people alive (if they're: old, terminally ill, etc), because these people are needed as slaves. Ie, there are many types of slaves, but the main one in this case, is that these companies want these retired/old slaves, to now be the type of slaves, that are forced to buy things from them.
-- I use the term "forced", because old people are forced to buy things, because they need these things (eg, medicine, special equipment, etc), to avoid pain.
-- And, of course, if you need to do/buy things, purely to avoid pain, then this is a form of slavery.

Ie, a slave-driver, will force a slave/labourer to keep working, under the threat of pain. And in this case, the companies/government are forcing the old people to spend their money on things, under the threat of pain.

However, the companies/government can only do this, if assisted-suicide, is illegal, and/or is seen as something that should not be done, (for whatever reason, (eg, that suicide shows that you are weak, etc)).
-- Of course, to make people believe that suicide is bad/wrong/etc, all that has to be done, is some simple brainwashing/programming of the population.

Note:
The amount of money that old people need to spend on medicines/equipment/etc, is huge.
-- However, it's important to note, that that amount of money is extremely small, in comparison to the real cash-cow, which occurs when the old people are in extreme pain, and/or they have to have full-time care, and therefore need to be in a 24/7 residential nursing home/hospice.

Of course, without there being an easy way to kill yourself, there is no option for such a person, except to go to a home/hospice. And therefore, these places can charge extortionate amounts of money.

Ie, it's blatantly immoral to keep people alive (if they want to die), and this is even worse, when it's realised that, perhaps the only reason why people can't go to the charity/service/building (to die in an instant/painless/effortless/guaranteed way, whenever they want), is because people/companies want to make money.

Note:
Of course, these companies need to keep assisted-suicide illegal, not only for the old people, but for everyone.

And, of course, for these companies to be able to do this, they need assisted-suicide to be kept as being illegal, and one way to do this, is to make it seen as being something that is socially unacceptable, (or whatever else).
-- Therefore, they might spend lots of money, to make sure that people are brainwashed/programmed to view assisted-suicide as bad, (for reasons x, y, z).

Of course, the government will also have to be involved, since it's they who are keeping assisted-suicide illegal.

The point is, that this is just another demonstration of how people/companies/governments/etc, will do anything (no matter how much suffering it causes), as long as they benefit from it.
-- Ie, it's irrelevant how selfish/immoral/cruel/evil their actions are, as long as their desires are fulfilled.

And, when you see how extortionate the charges are (for 24/7 residential nursing homes/hospices), you'll know that these companies, will want to do whatever it takes, to keep this cash-cow going.

I'm not saying that all old people want to die via assisted-suicide. I'm just saying that it's extremely immoral/cruel/evil, to force old people to stay alive, if they want to be free from their non-stop pain/suffering.

And, what compounds this, is that it's not just about keeping them alive, but it's about keeping them alive, knowing that they have no choice but to pay extortionate amounts of money, to be kept alive.

Companies know that they can make extortionate amounts of money from younger people, as long as they can brainwash/program those people, into thinking that it's good/important (and the key to happiness) to have: children, relationships, family, friends, etc.

Before, moving onto this subject, let's briefly continue from the previous section.

It's important to see, that the companies that make these extortionate amounts of money (from medicines, equipment, hospices etc), will want to make sure that assisted-suicide is kept illegal, not just for old people, but for all people.

The key point is, that if assisted-suicide is legal for everyone, then the companies lose out twice:

- Firstly, the companies would lose huge amounts of money, which they would make from all old people, (via selling them: medicines, equipment, hospices etc)).

- Secondly, the companies would lose huge amounts of money, which they would make from all younger people.

The younger people that they can make extortionate amounts of money from, are the ones that they have brainwashed/programmed into having babies/children. This is true, because they know, that:

1. It costs a huge amount of money to raise a baby/child.

And,

2. Once the person has the child, that they will be legally forced, to keep spending money on the child, (whether this is via legal laws, (eg, child-maintenance), and/or via social pressures, (eg, pressure from friends/family/partners/society/etc)).

And, even if the younger people are not trapped by the brainwashing/programming to have children, the companies will then move onto their next trap.
-- This next trap, is to brainwash/program people to believe that relationships are good, and are the key to: love, happiness, etc.

Of course, whilst in relationships, people spend a lot of money. And, this will always, happen, because the companies will make sure that all people who want relationships (or are in relationships), are brainwashed/programmed to believe that they need to do x, y, z, to get (or maintain) a relationship.

Moreover, the companies also know, that if they can get people to form relationships, that

those relationships might then result in babies/children, (especially since contraception is never 100% effective).

And, of course, the companies do not need to care, if the babies/children are:

1. Created by force.
   -- Eg, one person pressured/coerced the other into having a child.

2. Created by lies.
   -- Eg, both partners decided to have children, but only because they were brainwashed/programmed to believe, that children are necessary to: feel love, be happy, feel like a real man/woman, be successful, etc.

3. Created by deception.
   -- Eg:
   a) A woman says that she is on the pill, but isn't.
   b) A condom is used, but it has been deliberately pierced (to have small holes in it), either to let semen through, or so that it tears whilst it's being used.
   c) A condom is used, (but later on, the lady removes the semen from the condom, and places it inside her).
   d) Etc.

4. Etc.

Of course, the companies also know, that brainwashing/programming people to have friends, is another good trap, since many people spend a lot of money, whilst with their friends.

And, of course, the companies also hope that these friends, will continue to brainwash/program each other, to believe that it's important/good/beneficial to: have relationships, have children, etc.

Indeed, when you objectively look at how the majority of the population are behaving, it seems that the companies are totally in control, and it's all going exactly as they want it to go.

Yes, there will be many arguments/excuses (that the companies can give), but the truth is, that the companies are creating (and perpetuating) a lot of brainwashing/programming, which creates a lot of suffering (throughout the whole world), and the only reason they're doing this, is so that they can:

1. Make money.

2. Control the people/countries/world.

3. Etc.

Note:
It might sound extreme to say that this allows the companies to control the world, but it must be seen, that if people did not do the activities of relationships/friends/children/families, then most of them would not go to work at their jobs, because they only work at jobs, to fund their hobbies of relationships/friends/children/families.

It's important to note, that when I say “arguments/excuses (that the companies can give)”, I do not mean that these companies are themselves making the arguments/excuses. I mean that these companies might just create other institutions/organisations/groups/individuals/communities/etc, which will do this (covertly) on their behalf.
-- Ie, this happens, whether the people involved in these institutions/groups/etc, know that they're being used, or not.

And it should also be seen, that the companies will know, that if their brainwashing/programming is successful, that this will then mean, that it's the parents themselves, who will become the brainwasher/programmer, of their babies (the next generation).
-- Ie, the companies are not only being immoral towards the adults/people, but also to babies and children.

(Although I have blamed a lot on companies, I will balance this out, in the next section.)

Although most companies are to blame (for a lot of suffering in the world), the blame must also lie with the people, because all people know that they are constantly controlling/manipulating/enslaving/using/raping other people (as their personal-slaves, and/or work-slaves).

And, on some level, all people know that this control/manipulation/using of people (as their personal-slaves), is wrong, but they're only interested in trying to keep doing this, whilst trying to create (and maintain) various laws (and social/moral norms), so that they can hide behind them.

Ie, people are thinking that they are not responsible (or are in denial about it), because they think that they can hide behind:

1. The law.
   -- Because it's all legal.

2. The social norm.
   -- Because every is doing it. Ie, it's acceptable to use other people as their personal-slaves.

3. The moral norm.
   -- Because everyone is saying that it's moral/good/etc, to have partners/friends/children/etc, (personal-slaves).

4. Etc.

It's obvious, that it doesn't matter how you spin it, or twist it, or how many layers of reasons (excuses/lies/misdirection) you put on top of it, because if the underlying action is selfish/immoral, this means that there is only one inevitable outcome, (suffering).

And, that suffering will always end up spreading everywhere, because as soon as there is one small tiny bit of suffering (wherever it is in the manifestation), it will inevitably spread, and keep spreading.

Ie, everyone (in the whole manifestation) is responsible, for every tiny bit of suffering, (that they/others do to everyone (whether: directly, indirectly, actively, passively, etc).

Ie, you might not have any personal-slaves, but if you are alive, you are probably indirectly using work-slaves, and this means that you are still responsible.

There is also another stage to this, which I will cover in the next section.

If you do not have any personal-slaves, nor any indirect work-slaves (because you're totally self-sufficient), you will (inevitably) still know, that there are other people/animals/entities who are suffering, and therefore, you are still responsible for that suffering.

Ie, if there is any suffering in the manifestation, and you know about it, you are inherently involved, (and therefore, the consequences will inherently come to you).
-- And this is true, whether you act, or don't act.

Ie, if there is suffering, and your action/inaction allows that suffering to continue, then the consequences are yours.
-- And, if you deliberately try not to see (if there is any suffering), then this too inherently makes you accountable.

Of course, what this all inherently means, is that you are responsible for what occurs in the whole of existence.
-- Indeed, this should be obvious, because whatever happens in any one tiny part of existence, will always spread to you.

And, the key word in that last sentence, was "will". Ie, it's inevitable. Ie, it's not about "if", but "when".

-- And it’s important to remember, that this is not due to mystical reasons, but because when one domino is hit, the rest will fall, and one will inevitably hit you.

However, it's not about: “You should be responsible, so that you (yourself) avoid suffering”.
-- What it's about, is:

“You should just naturally, not want to cause suffering to anyone/anything”.

A person/organisation/government/company/secret-organisation/etc, can be a “victim”, or a “perpetrator-and-victim”, but not a “perpetrator”.

Ie, any person that is the perpetrator, is also the victim.

Throughout this book, I have given many examples, where people/governments/organisations/etc, have been accused of being: slave-drivers, slave-owners, enslavers, brainwashers, programmers, etc. Although this may be true, it's important to note, that they are also the slaves/victims.

And it doesn’t matter how high up you go, (whether in a company/organisation/higher dimension/etc), because if they're doing/saying things that causes suffering (for their own selfish benefit), and they know that they're doing it, they're still just slaves/victims themselves.

Ie, any person that is the perpetrator, is also the victim.

Indeed, even if the person is doing something cruel, and they know it's cruel, they're still a victim. However, they are both a victim and a perpetrator.

Meanwhile, some people are only victims. Therefore, you can have a “victim”, and a “perpetrator-and-victim”, but not a “perpetrator”.

Some people might argue that people are never just “victims”, (they're always a “perpetrator-and-victim”), but a new-born baby, is is just a victim.

However, it's also important to see all of this, from the perspective of the sum of all of their actions.
-- Ie, it includes past/present/future, and also everyone simultaneously.
-- When seen like this, everyone is a perpetrator-and-victim.

Note: What the previous paragraph shows, is that the spread of suffering is inevitable, and that therefore, everyone will (inherently, and inevitably), be a victim of everyone's bad/selfish/immoral actions.
-- Note: This could be called “collective karma”. (I don't like using terms like “karma”, but in this case, it might help explain this situation, in another way.)

The traps are endless, no matter which direction you go in, (whether that direction is: parallel, deeper, transcendent, or whatever else).

If I were an evil dictator, I would set traps in all areas of life, including the spiritual. The result of this, is that as soon as a person sees a trap in one part of life, they'll struggle to get out of it, and when they do, they're just in a different trap.

And, these traps can be in any direction.
-- Ie, some traps are parallel (on the same superficial level), whilst other traps are from one level to the next. Ie, even if you transcend a whole level of traps, you'll just end up on another level, which has deeper/subtler traps.

Indeed, the deeper the level, the worse the traps, because the traps will be more:

1. Clever.
2. Subtle.
3. Convincing.
4. Enticing.
5. Etc.

Moreover, the key problem, is that the deeper traps, are also more dangerous (to that person, and to everyone else), because whilst at those deeper levels, people often believe that:

1. They're special, (since less people are in those levels, and because they might have other people following/listening to their advice/ideas/beliefs/etc).

2. They understand it all, (because they had a one (or many) spiritual experiences/insights/etc).

3. Etc.

Of course, all that actually happened, is that they got fooled into believing a deeper/subtler belief, but they're so brainwashed by this, that they start spreading this trap/suffering to other people.

Eg, some spiritual (or religious) people, hear all sorts of spiritual/religious reasons, why suffering is good/acceptable/important/necessary/etc, and they just start brainwashing/programming other people to believe these lies. And, because these beliefs give people hope, many people want to listen to them, and be brainwashed/programmed by them.
-- And, because many people are then seen to be listening/following this teacher, this attracts more people, and so teacher believes that they must be good/moral/right/etc, especially when that teacher also gets praise/respect, etc.
-- The end result, is that suffering keeps spreading.

No matter how deep you go, know that you're always in a trap.

If you do not remember this, you'll be blinded by your arrogance, and therefore, suffering will inevitably be inflicted on you, (and others).

Arrogance is an incredibly powerful thing, that can blind you in ways that are unbelievable.

Arrogance is easy to see, and it's in most people. It can come in many different forms (some very subtle), but their words/actions/etc, will always reveal it.

Everything is a trap, no exceptions.
-- Some people might believe that they "get" this, but most of their words/actions, will prove that they don't really get it at all.

If you do get it, then you'll realise, that what you're really/truly/deeply seeking, (the "It"/"Source"/"Home"/"That"), can't ever be found/had/attained/etc.

This must be true, because, if it could be found/had/attained, then it would be a trap, (since everything is a trap).

Most people always miss this point, in many different ways.
-- Eg, after a person realises that "I am not the mind/body/spirit", they then try to search for who they truly are. Obviously, this is foolish, because whatever you then discover yourself to be, must also be a lie/trap, (since everything is a trap).

The reason why all identities will cause suffering, (even "I am awareness", "I am consciousness", "I am That", etc), is because it's not true, and all lies (non-truths), inevitably cause suffering.

You can't ever know what you truly are, but you can know what you are not.

If you know this to be true, then you stop searching/seeking, (because you know that anything that you find/experience/etc, is a lie, (and just another trap).

Of course, when searching/seeking is seen to be foolish, it naturally stops. And, what remains, is that which is beyond "peace".

The reason for saying "that which is beyond 'peace' ", is because peace is something that exists in the manifestation, and it happens when the manifestation calms down, (but the manifestation is always changing, and therefore, that peace will always only be temporary). And in comparison to this, the unmanifest (non-existence), is always beyond peace, since it is empty/unchanging/still/unmovable/etc, and not able to be anything other than the ultimate peace/stillness/etc.

An analogy, is that if you have two pieces of paper, and one has the word “peace” written on it, and the other has nothing written on it, then the blank one, is a deeper (more transcendent) peace.
-- The blank piece of paper, is the unmanifest, and anything written on it, is the manifestation.

Perhaps a better analogy, is the cinema screen. Ie, the cinema screen is the unmanifest, and the movie that is projected onto this, is the manifestation. The point is, that even if a movie which contains fierce fire, is projected onto the screen, the screen will not be touched by this fire.

This analogy can help a person, realise that nothing in the manifestation, can help them get this transcendent peace, because nothing in the manifest, can get them to the unmanifest.

Indeed, this would help explain why there is nothing that a person can do, to get enlightened. Ie, enlightenment only happens, when the creator shifts your perspective, from having an identity (as “i”, or “I”, or “awareness”, etc), to there being no: identity, form, name, etc.

Note: There is always a risk with using analogies, because many people just cling to the analogies/theories, and they'll discuss the theories with their spiritual friends for years, and never go beyond theory. The point is, that theory will never help a person reduce the amount of suffering in their life, (in the long-term).

If there is awareness of all the levels/dreams/traps simultaneously, then there will be more freedom and peace.

In a previous section, I said that the traps will never end, and as soon as you leave one, you are in another. However, if you know that everything is just a trap, then it loses it's power over you. Ie, the key weapon to avoid traps, is to not be arrogant.

A good example of arrogance, is the fact that people think that, when they're in the waking-state (as opposed to the dream-state), they are awake.
-- This is a prefect example of pure arrogance, because how do they know that the waking-state is not just another dream-state.

Indeed, it seems obvious, that no one can ever know that they're not dreaming.
-- Indeed, if the manifestation is nothing but traps, then the manifestation is nothing but infinite dream-states (traps).

On this basis, the most that a person can do, is to just be aware that they're always in a dream. Ie, with this, will come some freedom.
-- However, the depth that they can do this at, will determine how free they are. Ie, if they're able to include their mind/body/sprit as part of the dream, then that is deeper. And if

they can include all subtle thoughts (eg, “I”, “awareness”, etc), then that will make them more free.
-- Ie, if there is awareness of all the levels/dreams/traps simultaneously, then there will be more freedom and peace.

Everything can be faked (and/or put into you), to trick/control/manipulate/enslave/use you.
-- Ie, feelings/sensations/thoughts/intuition/resonance/messages/experiences/memories/higher-self/etc, are all things, that can be put into you.

Therefore, none of these can be trusted.

These things are only ever put into you, (by some perpetrator (person/entity/alien/god/thing)), so that they can control/manipulate/enslave/use you.

Before getting to the main points, I'll go through some logical steps, as follows.

If a person is given a feeling of overwhelming bliss, (and/or overwhelming unconditional love), and then they're told that they will get this amazing/divine feeling again (when they do x, y, z), then that person will probably do x, y, z, (and they'll do x, y, z, as often as possible).
-- Ie, that's how easy it is, to control/manipulate/enslave a person.

Ie, the perpetrator, only has to make sure that the victim becomes dependant on them (for these feelings), and then they're in complete control of that victim.

Ie, it's no different, to a drug dealer getting someone addicted to a hard drug, (because the drug dealer knows, that the drug user will then do anything that they want, (just to get that fix/hit/feeling)).

Of course, for the drug dealer to make sure that they're the one that the victim comes to, they have to also ensure, that the victim is brainwashed/programmed to believe, that they're the only ones who can give them this drug.

Also, the drug dealer will have to make sure, that the victim is brainwashed/programmed to believe, that this fix/hit/feeling, can only ever come from this drug, and that it cannot be generated naturally within the body, nor can it be got from any other source.

And the drug dealer will also have to make sure, that they do not give this fix/hit/feeling, on a regular basis, because they need to make sure, that this is given as a special reward.

Of course, this is all just basic tactics of control/manipulation.

The key point is, that what I've just been describing, is what happens in in everyday life, (in most people’s lives).

-- However, in normal life, there is no need to use bliss to control people.
-- Ie, because most people, only ever experience less intense feelings (than bliss), they can be easily controlled/manipulated, by just giving them feelings/emotions of the most basic (worldly) pleasure and love.

And, indeed, most people will spend a huge amount of time/effort/money, just to feel those tiny moments of pleasure and love.
-- And, (as perviously mentioned), partners/families/parents/etc, use this control/manipulation on each other, on a daily basis.

However, let's take it all a step further.
-- What gets harder for some people to believe, is that any person can be fooled into seeing/hearing/feeling anything (that the perpetrator wants).
-- Ie, you can't trust your senses, since this is also a way to be controlled and manipulated.

Now, lets take this a step further.
-- If this can be done whilst you are alive, then perhaps it can be done, after you're dead.
-- Ie, it can be argued, that after you're dead, you can still be controlled/manipulated, to fall into a trap.

This would be so easy to do, since the perpetrator, would only have to create:

1. Images of dead loved ones.
2. Images of your god.
3. Images of angels.
4. Overwhelming sensations of unconditional love/bliss/etc.
5. Etc.

Note: Some people argue, that one of these traps, is the “white light” (that people see after death), and that after you enter the white light, then you are reincarnated back onto this planet, (and so your suffering starts, all over again).

Note:
The important part of all of this, is that if you can't trust your senses/feelings/thoughts/intuition/etc, (because all of these can be faked, and/or put into you), then you really are just a puppet/robot/slave/etc.

This might all sound extreme, but it certainly does fit in with the fact that:

1. The traps never end.

2. Everything in the manifest, is a trap.

3. The waking-state, is just another dream-state.

4. What we experience in our dreams, can feel just as real (or more real) than the waking-state.

5. Etc.

The key point is, that, if:

> “The waking state, is just another dream state”,

and,

> “What we experience in our dreams, can feel just as real (or more real) than the waking-state.”,

then,

> It's obvious, that feelings/sensations/thoughts/intuition/resonance/messages from your higher self/etc, can all be things, that can be put into you.

Ie, it really is true, that everything can be faked (and/or put into you), to control/manipulate/enslave/use you.

Since, everything in the manifestation, is a trap, to control/manipulate/enslave/use you, this inherently means, that:

> **The manifestation itself, is deliberately designed, (and is in existence), purely to to control/manipulate/enslave/use/rape you.**

Ie, existence only exists, for malevolent purposes.

This might sound harsh, but this is to be expected, because if you wanted the ultimate peace/freedom/etc, you wouldn't create existence, (because the ultimate peace/freedom, only exists in/as non-existence).

If a perpetrator can control all feelings/thoughts/etc, that are put into you, then they’re not just “controlling you”, because really speaking, they're “creating all of you”.

Let's follow on from the previous sections. One of the previous sections, focused mainly on the fact, that the sensations/feelings that are put into you, is done purely to control/manipulate you.
-- However, what is perhaps much more important to see, is that thoughts can be put into you, to control/manipulate you.

Or, moreover, what is infinitely more important to see, is that the real power, comes from being able to control all things, that are put into you.

Ie, any perpetrator, that can control all of the things put into you, (feelings/sensations/thoughts/intuition/resonance/messages from your higher self/etc), will have total control of you.

Of course, if they can do this, then its not accurate to say, that they're "controlling you", because really speaking, they're "creating all of you".

Ie, they've created all of what you are, which can include, putting into you, the thoughts/feelings/sensations:

1. "I exist", along with the sensation/knowing of "I am", and everything else that makes up "you".

2. "I am a sentient being."

3. "I have: free will, choice, freedom, etc."

4. Etc.

Ie, the perpetrator has literally created you, (so that they can enslave/use/rape you, for whatever selfish purposes/desires that they have).

Ie, in this case, the perpetrator, is your creator.

The creator of life/existence, was evil (in creating you), but in doing so, you can perhaps take advantage (of this direct link), and control the creator.

Or, more accurately, "you" and the "the creator", are the one-same-thing.

Ie, "you", "the creator", "the unmanifest", and "the manifestation", are the one-same-thing.

Therefore, this provides another option, of how existence can be ended.

It's important to see, that if the perpetrator/creator has created you, that then they're not "controlling you", because there is no "you" that is independent.

-- Indeed, perhaps a better explanation, is that “they are you”.

Indeed, some people believe, that the manifestation (and everyone in it), is an image of the creator. Or, more accurately, that there is no difference between “you” and “the creator”. Ie, there is absolutely no separation, between you, and the creator.

This would mean, that everything in the manifestation, is the one-same-thing. And, if the creator is the unmanifest, and the manifestation (which it created), then the unmanifest and manifestation are the one-same-thing.

Ie, this would mean, that: You are the creator, the unmanifest, and the manifestation.

Note: It's important to not get caught up, in this type of theory, unless it has a benefit.
-- However, in this case, the benefit is that these types of realisations, are stepping-stones, which can help you towards a deeper realisation, which will naturally transform the manifestation (to one that has zero suffering).

The next few sections, will act as stepping-stones which can help see how this all happens.

Ie, throughout this book, I have mentioned about totally changing the manifestation (at a fundamental level), and since you are the manifestation and the unmanifest, this all now seems possible.
-- Ie, I have (in previous sections), talked of other methods of how to end existence, but over the next few sections, I will explain another option, of how existence can be ended.

Ie, you are not just “connected” to the unmanifest/manifestation, but you are it, and therefore, it is possible to naturally change it.

A more basic stepping-stone, (and incorrect way to see this), is that a person might put a leash on a dog, because they want to take the dog for a walk.
-- Ie, they have connected themselves to the dog, based on the belief, that they can control the dog in this manner. However, by creating this direct link, the dog now realises, that they (the dog) can now be in control of the person/owner.

Ie, the creator was evil (in creating you), but in doing so, you can take advantage of this direct link, and control the creator.
-- Or, more accurately, “you” and the “the creator”, are the one-same-thing.

Note:
Another way to look at it, is that, in the past, you were evil, and created the manifestation. However, times have changed, and you now see how much suffering you’ve caused, and so now you want to totally change the whole manifestation.

The point is, the story is not important, all that's important, is that the manifestation is seen as something that is causing suffering, and all suffering must be ended. The following sections, will explain how this can happen.

When people hear that “you are the creator”, most of them will automatically want to believe something like:

> **“I am the benevolent creator, of this perfect manifestation, that is made of pure love”.**

Needless to say, they'll not want to look clearly/honestly at life, and then say something like:

> **“Life is full of suffering, and so if I am the creator, I must therefore be responsible for all of it. And it must also mean, that I'm inherently selfish/immoral/cruel/evil”.**

Let's continue from the previous section.

Most people do not want to see how things really are. Ie, they're willing to investigate/research/read/learn/etc, but if they find that cruel things are happening, then they'll want to find out who is to blame, and blame them. Of course, they'll look to blame anyone, except themselves.

Moreover, they'll do anything to avoid coming to conclusion, that they have been (or are) cruel/evil.

Therefore, it's inevitable, that when people hear that “you are the creator”, most of them will automatically believe that they are “the benevolent creator”, and they will then add all the other words/qualities that they would love to think themselves to be.

The result will then be something like: “I am the benevolent creator of this perfect manifestation that is made of love”.

Needless to say, most people do not want to see life clearly/honestly, especially if the conclusion (from that clear/honest seeing), is that “life is full of suffering”.
-- And, this is not going to be their conclusion, especially if they know that they are the creator.

However, if you look at life clearly/honestly, then it's impossible to avoid the fact, that “life is full of suffering”. And, if it's true that “you are the creator”, then it's time to accept the fact that:

> “I must be responsible for all this suffering (that is in the whole of existence), and therefore, I must be inherently selfish/immoral/cruel/evil”.

Change can only ever happen, after you accept the truth, (of how the situation really is).

What this means, is that change cannot happen, unless you accept, conclusions/realisations like:

> **“Life is full of suffering, and so if I am the creator, I must therefore be responsible for all of it. And it must also mean, that I'm inherently selfish/immoral/cruel/evil”.**

No problem can ever get solved, until you examine it clearly/honestly, and accept the situation exactly as it is.
-- Indeed, this is nothing new, especially in the subject of overcoming addictions. Ie, it's impossible to overcome an addiction, until you firstly admit that you are an addict.

Indeed, this is true in all subjects. And, it's also commonly known, that unless you solve the problem at a fundamental level, it will keep recurring.

And, to solve it at a fundamental level, you need to have examined the situation at a fundamental level.

And, if there are many things that are inextricably interlinked, then you have to examine them all, (individually, and all together).

Indeed, this is why throughout this book, all the main subjects/aspects of everyday life, have been examined.
-- What is important to see, is that in every single one of them, the conclusions have been the same, which are that:

1. All things in the manifestation (even the most amazingly beautiful moments), are cruel/evil.

2. The manifestation is full of suffering.

3. The creator that created the manifestation, is inherently cruel/evil.

4. If the manifestation was never created, (and it's just a reflection of the creator), then the creator is still inherently cruel/evil.

5. Etc.

Note: Point 4 is important, because some people might argue that “the manifestation was never created”, and/or that “the manifestation never existed” (because all there is, is a pale reflection of the creator, etc). However, the point is, that no matter what excuse is given, the result is still that the creator is inherently cruel/evil.

Indeed, the key word in the previous paragraph, is “excuse”. That's all people seem to be interested in. Ie, all people want, is to find whatever excuses/reasons/arguments/etc, that will allow them to believe that they're a good person, and if they believe that they're the creator, then they must be the “benevolent creator”.

It's not important to know what to do. The only thing that's important, is to be able to be honest, and admit that you are causing suffering, and then changes will naturally occur.

Therefore, (in the case of the manifestation), it's not important to know how to change the manifestation, because all you need to do, is to be constantly honest, in your seeing of how life is cruel/evil, and then this will will naturally change the situation, from the deepest level.

After it's accepted that you're selfish/immoral/cruel/evil, things can progress.
-- It's important to note, that after any such deep realisations of the truth, the next steps are natural (and automatic). Indeed, after an addict can openly admit that they're an addict, then they will naturally start to change.

To believe that "I am the creator", can be a stepping-stone, but it's ultimately a trap (since it creates separation). Also, it doesn't need to be known, to change the manifestation (to one which has zero suffering).
-- This is true, because the manifestation will naturally change, if you know that: "All there is, is suffering", and, "All there is, is evil".

In the previous sections, I have discussed the "I am the creator" part of it. However, the last section was the key, because it states, that all that needs to be done (to end suffering in the manifestation), is to see clearly that the manifestation is cruel/evil.
-- Ie, there are many other things that can be known, without needing there to be an "I", or a "creator", or a "manifestation", or an "unmanifest".

Eg, it can be said that:

- "All there is, is suffering".
- "Suffering alone exists".

- "All there is is evil."
- "Evil alone exists".

- Etc.

The point is, that these phrases state, that only one "thing" exists, (whatever that one-thing is), and if only one thing exists, then there is no "i".

Well, you could say that "I alone exist", but this does not naturally create change.

If a statement is not powerful, then change will not naturally happen.
-- Eg, the word “suffering”, might not be enough, to naturally propel change.

However, the word “evil”, will propel change to naturally happen.

Therefore, a deeper change can happen, via the phrase “All there is, is evil”, (as compared to “All there is, is suffering”).

Option 1 =

> **If you choose to believe that**
> **“I am the benevolent creator, of this perfect manifestation, that is made of pure love”,**
> **then no change can occur to the manifestation,**
> **because this statement means that the manifestation is**
> **perfect,**
> **(and therefore, doesn’t need changing).**

Option 2 =

> **If you choose to believe that**
> **“All there is, is evil”,**
> **then the manifestation will naturally change towards zero suffering,**
> **because this statement means that the manifestation is**
> **cruel/evil/immoral/bad/wrong/unacceptable,**
> **(and therefore, does need changing).**

By breaking it down into these two options, it makes things very clear. However, unfortunately, many people will simply say, that there is no suffering, (or that suffering is good), because this will then allows them to believe things like: “I am the benevolent creator, of this perfect manifestation, that is made of pure love”.

Ie, some people will say/do/think/believe anything, as long as it allows them to be able to believe these types of things.

And, even if they know that believing in these things, will cause suffering, they will not care, (and they'll keep doing it).

This might sound harsh, but it's no different, than when these types of selfish people, decide to have a baby, despite the fact, that they know that that baby will suffer regularly (throughout it's entire lifetime).

These selfish people, will always just argue, that their “positive” beliefs, are good/important/etc, and that words like “selfish/immoral/cruel/evil”, are all “negative” words, which causes negative consequences.
-- However, it's absolutely impossible for change to happen, via their “positive” beliefs, because it's obvious, that no change can ever happen, if your belief is saying that life is

perfect.
-- Ie, if life is perfect, then you will not be naturally propelled, to change even one small bit of it.

Indeed, an addict will never change, if they believe that they're perfect.

It's just simple logic, and common sense.
-- Ie, no matter how you look at it, if you believe that something is perfect, change cannot occur.

For the manifestation to naturally change (to zero suffering), perhaps more people will need to openly accept/admit that life (the manifestation) is selfish/immoral/cruel/evil.
-- However, it's important to see, that this is not a "mystical" change, because as soon as people are honestly admitting this, then things just inherently/naturally start changing.

There is the possibility, that if only a small percentage of the population, (perhaps only 0.1%), are able to openly accept/admit that life (the manifestation) is cruel/evil, that then change will naturally happen, (towards zero suffering).

However, there is also the possibility, that this change can only occur if the percentage is larger.
-- Or, perhaps, a small percentage is enough, but then the change is slower.

The above are all "perhaps", but what is definitely clear, is that, the more people that can accept/admit it, the better. Ie, it can only help.

Therefore, people have to start to examine this subject of "life", (and all of the everyday aspects of life), so that they see the inevitable conclusion, (which will inevitably transform, the manifestation (to zero suffering)).

The belief that "I am the creator", will not allow you to make big changes in your life (or the manifestation).

The power to change, does not come from desiring/wanting, nor from asking/making/demanding change.

Change will naturally happen, only if you honestly admit/expose absolutely everything.

It's important to note, that (in the previous few sections), it was discussed how the manifestation can be changed, however, this change is not by "wanting/desire". Ie, this change is just naturally going to occur, from a clear/honest seeing, of how things are.

Indeed, perhaps this will answer people's issue, of why they say to themselves that "I am the creator", but they are not able to make any huge changes in the manifestation.

When admitting that "All there is, is evil", it must be done "openly".
-- Indeed, if you realise/know something (eg, that "suffering is unacceptable"), and you want to reduce the amount of suffering in your life, then if you do not openly admit this (eg, that suffering is unacceptable), then change will occur, but it will occur a lot slower, and it will be limited.

Ie, there will be a point/limit, where you will not be able to go beyond, until you openly admit it.
-- Ie, you will keep suffering in a particular way, until you go past that limit.

And to reduce your suffering a lot, there are a few key things to realise/know, and these all need to be admitted openly. (Examples of these key things (that need to be realised/known), are in the conclusion).

In previous sections, I have stated that after an addict openly admits, that they are an addict, only then can change start to happen. One of the key words here, is "openly".

Note: When I say "openly":

- I'm talking about being able to openly admit all the key things, (ie, openly admit the things, that are said in the conclusion of this book).

- I am not talking about people openly admitting every bad deed that they've done.

  Yes, everyone has done bad/selfish/immoral things, and the deeper you go, the more you'll realise, that you've caused even more suffering than you can imagine, (because you'll realise, that suffering was caused, even at times when you didn't think you were causing suffering, (eg, even whilst you were: having amazing times, making other people happy, helping people, etc)).

Openly admitting that "All there is, is evil", is not enough. It has to be 24/7, but not a practice, nor something remembered. Ie, when you are sensitive enough (to all the suffering that exists in the world), then you'll see suffering everywhere (all the time), and this will naturally make you be constantly aware of evil, everywhere (all the time).

Ie, it's not a choice that you are this type of person. And, you'll have no way to un-see it. It's just all naturally happening, in every moment.

Let's follow on from the previous section.

Even if the addict openly admits that they're an addict, they know that they'll never overcome the addiction. Ie, they will never be "cured". Ie, addicts are always in "recovery", for the rest of their life. Ie, they have to be aware of it, 24/7, for the rest of their life. However, this is not something that they "do", it's just how they naturally are. Ie, they're naturally seeing it everywhere, all of the time.

The point is, the situation here is exactly the same. Ie, it's no use if a person just says "All there is, is evil", but it's just a part-time thing.

And, this does not mean that they're depressive/pessimistic/etc, people. All it means, is that they're sensitive to all the suffering that exists in the world. And, since suffering is everywhere (all the time), it's inevitable, that they'll naturally see it everywhere (all the time).

Indeed, it seems obvious, that only when a person is like this, will change ever be able to happen, because from seeing life clearly/honestly (in every moment), all the right actions will naturally follow.

To reduce/prevent/eliminate all suffering for all, there's no need for super powers/abilities, nor any special skills.
-- Also, this has nothing to do with being saintly/holy/religious/spiritual/etc.
-- Also, this process of transformation, is not anything mystical, nor magical.

All it is, is clear/honest seeing, from which all the right actions will follow, (at whatever level necessary, and at many levels simultaneously).

In the previous section, it was explained, that a person just naturally sees all the suffering that exists in the world. The important point here, is that, that's all it is. A clear/honest seeing, of how life is.

Indeed, this is also true, for any practical things that need to be done. Ie, a situation arises, and if it's seen clearly/honestly, then simple rational/logic/common sense will follow, along with the right actions.

Also, these actions will naturally happen at whatever level is necessary, and at all levels simultaneously.

"Unacceptable" is your "guide".

Except, it's not really a "guide", because it doesn't tell you where to go, or what to do. Instead, it just tells you where not to go, and what not to do.

It's obvious, that the only good guide in life, is to know what is unacceptable, because:

1. If you see that something is unacceptable, then you'll naturally want to avoid it, and/or change it.

And the opposite of this, is that

2. If you think that something/everything is perfect, then you'll naturally not want to change a single bit of it.

And therefore,

3. Seeing that things are “unacceptable”, is the key, because nothing can happen without it.

If you think something is unacceptable, or you get an ugly/cringe feeling in your body, then use these to direct you in life.
-- Ie, you don't need to know what to do, but you can know what not to do, and what does not feel right.

This will simply guide you, to lead a life, where you don't do anything, that will cause you/others suffering.

Even if you want enlightenment, (whichever definition you have of it, including “ ”), non-acceptance is not going to be a hinderance.

“Suffering” is your “guide”.

Except, it's not really a “guide”, because it doesn't tell you where to go, or what to do. Instead, it just tells you where not to go, and what not to do.

The thing that is unacceptable in life, is suffering. Therefore, it can be said, that: “Suffering is your guide”.

No, this does not mean that suffering is good. To explain this, the best analogy, is as follows.

If a perpetrator (person/god/alien/entity), created a horrifically painful plague, which spread across the whole world, and then one year later, that perpetrator came to earth with a cure, then you would not be grateful to them, (because they started the plague in the first place).

The point is, that suffering is not necessary as a guide, because a guide is not needed, if suffering does not exist.

Eg, if all there is, is one realm of ever-deeper freedom/peace/love/bliss, then:

1. There is no need for a guide, since that realm is automatically going ever-deeper, and since it's going ever-deeper into something that is always wanted at a deeper level (freedom/peace/love/bliss), then there is no need for a guide.

2. There is no person/people/entities in this realm, (because there is no separation in that one realm), and therefore, there can't be a person/god/entity to guide.
   -- Ie, “guides”/“needing guiding”/etc, are all totally redundant.

Moreover, all of the above, is totally irrelevant, if there's only “That”, (non-existence).

Using “unacceptable”/“suffering” as your “guide”, is not something that is permanent. Ie, it has a definite (natural) end point, (just as crutches are useful, but then at some point, become a hindrance).

Of course, the natural end point, is “That” (non-existence).

Let's continue from the previous section, but let's go back a step.

If suffering does exist (in this manifestation), then a guide is useful. However, at some point, all suffering will inevitably be eliminated. Ie, this whole thing about “unacceptable is your guide”, is not something that is permanent. Ie, it has an end.

Some people will argue that change must always occur, and therefore, the process will never end. However, this is not true, because “change” does not need suffering. Ie, change can happen, without suffering.
-- The perfect example of this, is one realm of ever-deeper freedom/peace/love/bliss.

Moreover, suffering will never reappear, because that can only happen, if the change was in the opposite direction.

Ie, suffering, really is totally unnecessary.

Also, some people might argue that the manifestation can’t ever end. However, this argument is irrelevant, because the manifestation will never need to end, if there is one realm of ever-deeper freedom/peace/love/bliss.

The point is, people are just trying to find explanations/reasons/excuses/justifications/etc, to make suffering into something that is acceptable/good/important/necessary/vital/etc.
-- And in so doing, suffering will always continue.

The only way to reduce/prevent/eliminate suffering, is to accept that suffering is unnecessary, and then take action to eliminate it, permanently.

All explanations/reasons/excuses/justifications/etc, are lies/traps/misdirection/etc, and will cause suffering to everyone.
-- This is obvious, because all these things, are brainwashing/programming/enabling/gaslighting/etc.

Ie, all these things, will just keep creating/spreading/perpetuating suffering in the world.
-- Ie, only when the people stop believing, (and actively spreading), all this lies/brainwashing/programming, will all suffering end, for all.

In the next section, I will list many typical explanations/reasons/excuses/justifications/etc, that people think/say/use to brainwash/program themselves (and other people).
-- However, before doing that, it's important to understand, that these excuses can be said for many reasons.
-- Eg, these excuses/justifications/etc, are said (and believed) by people, so that they:

1. Trap/control/manipulate their partners/family/children/friends/community/co-workers/etc.

2. Can hide their selfish/immoral/cruel/evil actions, (whether those words/actions/behaviours, were in the past, or are in the present).

3. Make themselves feel, that their suffering, was not for nothing.

4. Make life seem meaningful/purposeful/etc.

5. Make their beliefs sound real/correct.

6. Make themselves feel better.

7. Make life seem acceptable/good/moral/etc.

8. Etc.

Note:
Most explanations/reasons/excuses/justifications/etc, are like fail-safe systems.
-- Ie, when a person breaks though one trap, they then find themselves in a new trap. And, the simplest way to make sure that a person does not get through all the traps, is to just have hundreds of the traps, because what happens then, is that even if a person manages to get through each trap quickly, they will just end up spending their whole lifetime trying to get through all traps, but they will never manage to get through all of them.

Also, whilst people are trying to get through these traps, those people might end up promoting (brainwashing/programming) these traps (to everyone else).

-- It's a clever system, and it must not be underestimated. Indeed, it has worked successfully, for thousands of years.

People are constantly trying to find explanations/reasons/excuses/justifications/etc, to make suffering into something, that is acceptable/good/important/vital/etc.
-- To make this apparent, here is a list of many typical explanations/reasons/excuses/justifications/etc, that people give:

"B" = The brainwashed/programmed person, (parent/partner/friends/teacher/guru/etc).

"C" = Challenge Everything. This will be a brief argument/comment, against the statement that "B" makes. There are many ways to challenge these statements/phrases/excuses/reasons/etc, however, I will just use a single argument, and try to be as brief as possible. The following, is a brief list of them:

B -- "Life is amazing/perfect."
C -- If anyone says this, they're probably meaning it in a positive sense. And, if so, they're being selfish, because they can only believe this if they ignore those that are suffering.
-- Alternatively, they're just narrow-minded, or are willing to accept the excuses/reasons/arguments, of why suffering is good/necessary/important/etc.
-- However, yes, "Life is perfect", if they mean it in the negative sense, because life truly is a perfect display of prison/torture/slavery/rape. So perfect, that there is no escape. I have explained this in more detail in the long conclusion.

B -- "Life is perfectly imperfect."
C -- Some people argue that "Life is perfectly imperfect." To explain this, they say that: "Life is actually perfect, because everything you do in life, is never enjoyed in the long-term." Ie, life is showing you, that nothing in life, is "It", and therefore, everyone is being directed/pushed/forced towards "That".
-- This is flawed in two ways:

1. Why not go instantly straight to "That". Ie, the suffering is unnecessary.
2. After you see that everything in life is prison/torture/slavery/rape, life will still not show you the way "out", whether by transcending life, enlightenment, or whatever else.

B -- "It's perfect, if you see it in the right way."
C -- For life to be "perfect", life should cause no suffering to anyone. Surely, this is the definition of "perfect".
-- Ie, if this phrase is said to a person, then that person must be suffering, and if even one person is suffering, then it's not perfect.

B -- "You can't comprehend god's plan. No one can comprehend god's plan."
C -- There's absolutely no need to comprehend god's plan, just the results. And, the

results of this plan, can be seen by looking at people's lives.
-- Ie, upon a clear/honest observation of people's lives, it's seen that everyone suffers regularly, throughout their entire lifetime. Therefore it can be concluded, that god's plan, is to cause suffering. This must be true, since suffering is absolutely not necessary.

B -- "Suffering is necessary/important/good/etc."
C -- I have covered this issue, in the long conclusion.

B -- "You chose to be here (on earth), but you are just not able to remember why you chose to come here."
C -- I have covered this earlier on.

B -- "After enlightenment, you will be amazed by the depth of the mystery of life."
C -- There is no "mystery" to life. The only thing that you'll be amazed by, is the depth of the cruelty/evil, because it really is ever-deeper. Somehow, there really is no end/limits to it.

B -- "Do you really think that you can do better than god (at creating this life/manifestation)?"
C -- Yes, it is extremely easy to think of a better creation (that this manifestation). For starters, there would be zero suffering. And, there's even two good options, which are: non-existence, or one realm of ever-deeper freedom/peace/love/bliss.
-- Ie, when people say this question to you, it's basically just said, to try to shame you.
-- However, there's also a massive assumption/misdirection behind this question, which is that, they're inherently stating, that creating a manifestation, is good/important/necessary/vital/etc. Ie, when you know that this is just an assumption/misdirection, then it's easier to see/realise, that non-existence is the only good/wise option.

B -- "Be positive."
C -- This is what many people try to do, because they do not want to see/admit how selfish/immoral/cruel/evil life is. Ie, they're trying to escape reality, by creating a delusion for themselves.

B -- "Suicide is the worst thing that someone can do."
C -- Most people fear suicide, for many personal selfish reasons. One of these reasons, is that they fear that one of their personal-slaves might commit suicide, and this is especially bad for them, because they have put so much time/effort/energy into making that person their slave, (and therefore it would be devastating to lose that, and to have to start all over again).

B -- "Everything is made of love."
C -- If this is true, then this type of "love", is cruel/evil.

B -- “Love is the goal.”
C -- This can’t be true, because after thousands of years, the world is still full of suffering.

B -- “Everyone's soul is pure.”
C -- If everyone's soul was pure, there would be no suffering.
-- Also, they probably haven't even considered the possibility, that the “soul” might be something bad, (eg, a parasite).

B -- “The manifestation (life/existence), is god's reflection/image, therefore the manifestation (life/existence), is pure.”
C -- The manifestation (life/existence), might be god's reflection, however, if it is, then it shows that god must be cruel/evil. I say “must be”, because the reflection is just a reflection. Ie, reflections don't lie.

B -- “Synchronicity is something that proves, just how amazing/wonderful/intelligent/etc, life is.”
C -- “Synchronicity”, is where (good) things in life, just happen, at the right time, and place. Therefore, synchronicity, is just like a cure that is given (by the creator of life), for a disease that the creator created.
-- Ie, if you take all of the bad things, out of life, then there is absolutely no need for synchronicity. Moreover, if all the bad things in life were eliminated, then the idea of introducing synchronicity, is a ridiculous one, because synchronicity would create new problems (where there were none).

B -- “All you need to remember, is that: “This too shall pass”.”
C -- Yes, it's true that all things will pass, and therefore that the suffering (that you're going through) will pass. However, this doesn't really help at all, because you also know that, after the suffering passes, there will only be a brief rest (from suffering), before you're suffering again.

B -- “Your soul-mate (or ideal partner), will appear at some point.”
C -- I have covered this subject earlier.

B -- “How a person looks, is superficial.”
C -- Yes, but so is everything. Everything is superficial, and so if you want to care about something, why not care about looks. Beauty can stop your thoughts, which is potentially much more beneficial, than: conversations, intelligent discussions, most spiritual teachings, etc, because these things are often just superficial sentences/phrases/statements/arguments/etc, used to make a person feel better about themselves, and make all their subtle/sly ways and tactics acceptable/good/clever/impressive/successful/moral/etc.
-- Ie, looks is perhaps the only thing, that can’t be lied about. Yes, you might be able to see

how the person has enhanced their looks, but you know that these enhancements are temporary.
-- Ie, the deception of looks, is never as bad as the deception of words, (whatever type of words are used).
-- Moreover, the deception of words, is infinitely worse than the deception of looks, as is proven by the fact, that everyone in the world is suffering, and most of this, is caused because people are using words against each other, (via brainwashing/programming/controlling/manipulating/etc).

B -- “Life is a game.”
C -- Life is not a “game”. This is true, because most games allow you to stop playing, and walk away from them. There is absolutely no such instant/painless/effortless/guaranteed/permanent way, to walk away from this “game” of life.

B -- “If you allow suffering to happen, you will transcend it”.
C -- Yes, this can happen, but this will not work in the long-term. No technique/practise/system/way/etc, will work in the long-term.

B -- “Love is a gift.”
C -- Love seems to be more like a hard impure street drug (like heroin). Ie, it's a bad thing. A very bad/negative thing. This is true, because life gives people a short dose of this drug (called love), but life will then take it away, knowing that that person will spend all their time/energy/effort/money/etc, just to try and get that hit/fix/experience again.
-- Ie, this thing called “love”, that the creator gives people, is more like a tool/tactic/weapon, to control/manipulate/enslave/rape a person.

B -- “If life was cruel/evil, it would not provide people with moments of: true happiness, pure pleasure, pure joy, etc.”
C -- See the previous explanation, (for “Love is a gift”).

B -- “Experiences of god, and spiritual experiences, are a gift.”
C -- See the previous explanation, (for “Love is a gift”).

B -- “Physical pain is necessary/good/important/etc.”
C -- No, this is not true, as can be proved by the fact, that dreams can be so vivid, that they feel more real than when you are awake. Also, some people temporarily die (medically/technically), or are in a coma, but when they wake up, they say that they have had all kinds of experiences, which were more real than this physical world.
-- Therefore, there is absolutely no need for physical dimension to exist.

B -- “A body is necessary to experience.”
C -- See the previous explanation, (for “Physical pain is necessary/good/important/etc.”).

B -- “Life needs to create physical bodies, so that it can experience itself.”
C -- See the previous explanation, (for “Physical pain is necessary/good/important/etc.”).

B -- “There is no good or bad.”
C -- I have covered this subject earlier.

B -- “'Cruel' and 'evil', are just concepts.”
C -- I have covered this subject earlier.

Etc.

This list could go on forever. These are just a few of them.

All of them are lies, and are there only to deceive you, and keep you as a slave.

Note: I have demonstrated a few more of these sentences/phrases/statements, (except in a different way), in an earlier section, and in the long conclusion.

And in some of these instances, the best example to use, was that of a conversation, between a perpetrator and a victim, (where the victim is imprisoned in the perpetrators basement, and is being raped and tortured on a daily basis).

Indeed, (as mentioned before), then best way to know if a sentence/phrase is truly useful to you, is to put yourself in the position of this victim (who is being raped/tortured every day), and see if those sentences/words/phrases help you.
-- And, if these sentences/phrases are not of any use (in that scenario), then those sentences/phrases are just designed to brainwash/program/control/manipulate/enslave you.

However, most people are wanting to brainwash/program themselves, and everyone around them.

Many people have been brainwashed/programmed to believe that:

- **All the “positive” words (good/important/moral/perfect/etc), are allowed to be used to describe life.**
  -- Therefore, you are allowed to say: “Life is good/perfect”.

- **All “negative” words (cruel/evil/bad/immoral/etc), are not allowed to be used to describe life, (because these words are just concepts).**
  -- Therefore, you are not allowed to say: “Life is cruel/evil”.

This is a very similar situation, to the previous section. Many people will argue non-stop that: “'Cruel' and 'evil', are just concepts”. However, this is just another fail-safe trap/belief.

Ie, people are brainwashed/programmed to believe that “'Cruel' and 'evil', are just concepts”, so that if they ever get to the stage where they examine life (and realise that life is cruel/evil), they then feel that this conclusion is wrong, (since cruel and evil are just concepts). However, it must be brainwashing/programming, since they're ok with believing that: “Life is good”, “Suffering is necessary”, etc.

Needles to say, all words are concepts. Ie, you either use them, or you don’t.
-- Ie, don’t say you can use some words, but not others.

It’s also notable, that some words are brainwashed/programmed into people, in a much deeper way. Indeed, this should be a warning sign. Ie, the more ingrained something is, the more you should examine and challenge it.

Indeed, it's always suspicious when a word is so deeply ingrained into people, (especially if it’s ingrained as being bad). Indeed, this is true for the word “suicide”.

The word “suicide” is a very good example, because it’s obvious that suicide is perhaps a good thing. Indeed, it can be argued, that after hearing that a person has died, there can be a great sense of happiness for them, since they are free from this world of suffering.

People link words (consciously/subconsciously/unconsciously) all the time, and they do not question it, (usually because it's suits their selfish/immoral ways).

However, the result is always the same, (suffering for themselves, and everyone).

There are many things, that most people are brainwashed/programmed to believe, but these things are too hard for most people to recognise. The reason why they're hard to recognise, is because they are “positive” traits/qualities.
-- Eg, many people are brainwashed/programmed to believe that it's good to:

1. Overcome/persevere/fight/etc.
2. Succeed.
3. Stay alive.
4. Etc.

And you know when the brainwashing/programming is complete, because the people will not know, that these are just beliefs/ideas/stories/fairy-stories/etc, (and nothing more than that).
-- Ie, most people just think that this is fact.
-- Ie, the belief “succeeding is good”, is not even something they would say, because

“succeed” means “good” to them. And it's at such a deep level, that this is not something that is even questionable to them.

Indeed, people link words (consciously/subconsciously/unconsciously) all the time, and they do not question it. And this is what leads to them think/doing things, without questioning, and it inevitably leads to their suffering, (and also the suffering of other people).

Eg, most people just hear the word “baby”, and equate this with the word “good”.
-- Of course, if you say this previous sentence to a person, they might think that this is not true. Therefore, the only way to prove it to them, is to turn it around.
-- Ie, you know that they don’t hear the word “baby”, and equate this with the word “bad”, because when they hear that someone is pregnant, they say “congratulations” (in a good way).
-- This type of brainwashing/programming, means that these people will want to have a baby, (because they believe that having a baby, is a “good” thing). Ie, the person never stops to question, whether “baby” equates with “bad”.

Moreover, they'll then link the words “good” and “selfless”, and then believe that “having baby is selfless”.

The point is, that it's not just the words that need questioning, but all these links between words, because they too compound the suffering.

And, they're not able to see this any other way. And, then people start to link all the “positive” words, without questioning what they're doing. Eg, people will link the words “baby” and “good” and “selfless”.

Arrogance and selfishness, is what is blinding you (from seeing what is causing your suffering).
-- Therefore, your suffering will inevitably continue, until you examine it.
-- Therefore, only you can free yourself (from your suffering).

It's clear, that most people are arrogant. No one has to admit this, because it's just easy to see this everywhere, in everyday life. You don't have to listen to a person, just look at their life and actions. Eg, the failure rates of marriages (and any type of relationship), is really poor, however, due to arrogance, people in a new relationship will think: “we're different”, “we're not like that”, “we're not going to be like that”. And inevitably, as the relationship progresses, they encounter all the same problems that everyone else has.

The point is, that their arrogance is so strong, that they do not learn at any stage.
Eg, they move in together, and yet again, they encounter all the same problems that everyone else has. So, to combat this, they get married, because “we're not going to be like that”, and yet they fall into the same problems and traps (that everyone else has). So, to combat this, they decide to have a baby. And so the lessons are never learnt, because the arrogance stays strong.

In the above example, it should be noted, that the failure rate (of marriages/relationships) does not include those people that are in marriages/relationships, that are only still happening, because one/both of them can't easily escape, (but one/both of them will as soon as an opportunity arises).
-- Or, it's common that relationships continue, only until one of them them meets someone else, who is more: attractive, sexual, affectionate, funny, alive, etc.

If you want to help someone, say something, but know when to move on. And after moving on, always keep moving on, because otherwise you will stagnate at a certain level, (and not question at an ever-deeper level), nor try to implement the solution (to end all suffering for all) at an ever-deeper level.

If a person wants to help someone (reduce the amount of suffering in their life), then they have to realise, that there's only so much that they can do.

So, if you want to help a person, you can say something to them, but after that, you have to remember, that it's only they that can make the change. And you also have to remember, that even if they have seen what is causing them suffering, they might want to keep that situation as it is, because the implications of changing it, are too much for them, (and so they might never do it).

So, to help someone, you can say things to them, (if it's believed that it might possibly help them), but after that, move on. And keep moving on.

Indeed, the deeper you go, the deeper the level from which you can help end all suffering for all, and help everyone get ultimate freedom/peace/love/bliss, and “That”.

See “Extra notes” (below), on the next page.

Extra notes

The pdf of this book, which is available from the main website (everdeeperhonesty.com), will always be the latest version, (ie, the original publication, plus some minor corrections made to it, (eg, spelling errors, typos, formatting, etc)).
-- And this is also true, for the pdf that is available via BitTorrent Sync.

However, the pdf that is read/downloaded via any of the other sources, will either be the original version of the book, or some other versions, which may (or may not) be the latest version.

It would have been nice if it was all simpler (from one source), however, the situation has dictated that it all be done this way.

And the same is true for the words “ever deeper honesty”, because it would have been nice if they were the same everywhere, however, the situation has dictated that they are in a slightly different format (in different situations), eg:

ever-deeper honesty -- Is the format used in written text, and it refers to the process of being honest in ever-deeper ways.
-- In written text, a hyphen is needed to join those two words. This is needed for many different reasons. One reason, is because it allows other words to be joined to the word ‘ever’ (in a similar way). Eg, ever-deeper, ever-worse, etc.
-- The hyphen is also good, because it joins the words, whilst still emphasising each separate word, (‘ever’, and ‘deeper’). Ie, the emphasis on each word, does not happen, if it’s said as one word, (‘everdeeper’).

Ever Deeper Honesty -- Is the format used, when referring to the title of this book.
-- It would have been nice to keep the format the same (ie, hyphenate ‘ever-deeper’), however, the title looks/feels wrong if a hyphen is used.

ever-deeper-honesty.pdf -- Is the format used in the file name, (eg, when downloaded).
-- Filename formatting rules, advise that there should ideally be no spaces between words, and no upper case letters, and that hyphens are used (because hyphens make it easier to read the filename).
Side note: Another way to directly find the book, is by typing into a search engine: ever deeper honesty pdf

ever-deeper-honesty -- Is the format used in the folder name, (for BitTorrent Sync).

-- Filename formatting rules (as mentioned above), also applies to folders, (apparently). I thought that I should mention, that this is how the BitTorrent Sync folder will look, because some people associate multiple hyphens with things that are: fake, copy, spam, bad, etc.

everdeeperhonesty.com -- Is the format used in the domain name.
-- With domain names, no spaces are allowed, and ideally no hyphens are used (because many people associate hyphens with websites that are: fake, copy, spam, bad, etc).

If this domain name is seized, (or needs to be changed (for whatever reason)), then I will say what the new domain name is, by adding that information on page 1 (and also on this last page of the book).

And similarly, if the email address needs to be changed (for whatever reason), I'll add that information on page 1 (and also on this last page of the book).

If either of these things happen, I will release an updated version of the book, via all of the sources (as detailed on page 1).

Latest version of the book (includes minor corrections): v04
Verify via: 437304
1193