

A4 book

About this book

This book is intended to be as simple as possible.
It is written in english to be understood worldwide even though the author's english is very simple.

Every topic is discussed within the span of an A4 page or less.
This book is based on simple observations – it is earthbased but space oriented.

Content:

Mind
World – good and bad
World – violence
World - true values
Mind alone
Final word

Mind

All kinds of minds are possible.

The mind is free and is chained to nothing. It can move in any direction.

The earth mind hangs in a net of natural, social and self-moving forces.

Earth minds are or should be free but a small amount of drug exposure, hormone or brain injury or illness can dramatically change this.

The mind can also be changed less dramatically and more effectively through physical or mental influence or pressure.

The mind can change itself.

The purpose of this book is to discuss the possibilities of change and to find one's own way of doing this.

World – good and bad

There is nothing good and bad in this world – except how the mind defines it

The story of a whale

A school of thousands of fish swam in the ocean. A group of sea lions attacked them. They advanced from the bottom and from all sides. They ate the fish and pressed them up towards the surface of the water. Hungry birds came from above and caught the easy victims. From the very depth of the ocean emerged a giant whale with its mouth wide open in the air and swallowed all the fish, sea lions and birds. Thousands of live beings were caught in the whale's dark stomach full of acid and slowly died.

A group of whale conservationists observed this with pleasure, as they knew that the pregnant whale mother will now gain enough fat to swim into warm equatorial waters where she will birth her calf. Here she will be able to provide her calf with safety and a lot of love and milk from her own fat. She will bring to life the next generation and continue the cycle of life.

The story of grass and cows

The grass grew in fertile soil. Cows would come and tear her body apart with sharp teeth, step on her heavily and excrete on it.

One summer the cows disappeared. The grass happily grew and grew. Soon, however, the fight for sunlight began and the roots of one grass stem began to choke the other. All the grass wanted to grow faster and higher to stay in the closest reach of sunlight. Despite this battle, the trees began to grow, as the cows did not destroy them anymore. A couple of years later the trees took all the sunlight for themselves. And all the grass died.

Picture of a cat

The cat lived in a house. Her caretakers enjoyed her company and treated her well. She was a lucky pet . . . One day they saw the cat with a bird in her mouth.



World - violence

You cannot live and not hurt anyone or anything.

The story of a man who did not want to hurt

He did not want to hurt or exploit anybody so he:

Stopped eating meat – to not kill animals
Stopped eating milk – to not exploit animals and their young
Stopped eating eggs – as they encapsulate life
Stopped eating fruit, vegetables and corn – as they are potential new beings
Stopped living – to prevent his body from killing billions of viruses and bacteria

As he died, billions of cells and friendly bacteria in his body died, as victims of the consequences of his decisions.

The world behaved in this way before man appeared on earth

There was a big opportunity to escape from this cycle as computers came and represented a new clean world serving science.

A couple of years later:

The everyday battle of viruses and antiviruses
The most popular computer games involve battles, violence and darkness
Cybertheft

Man voluntarily continues the hard way even in his own free virtual world



World – true values

There are generally acknowledged values and rules:

Not to kill
To love and protect one's own family, country and planet
To save women and children in the case of catastrophes
To uphold economic and technical growth
Science
Culture
Religion

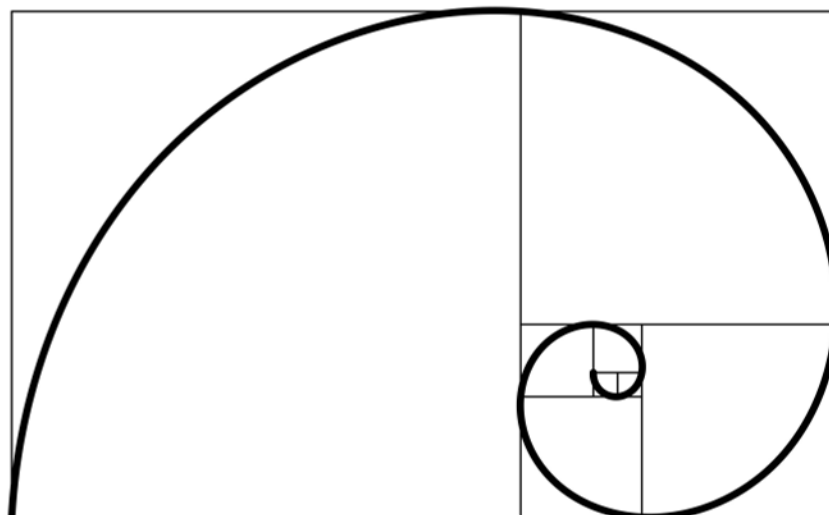
If we take a closer look – nearly all of these noble values and rules have only one purpose -
to protect and share own life

It is easy to understand that living beings without these true values simply became extinct

Even gangsters and tyrants have their values and rules – although these are more aggressive
and ego oriented. Predators are an integral part of reality.

There are only some exceptions (not helping to protect and spread own life):

Music - only a small part of it – most of the music is just transformed sex
Abstract art - only a small part of it plus calligraphy, jewelry (part of) and architecture
Pure mathematics - in its purest form should bring joy and not be used as a tool to help
conquer and rule the world
Religion - only a small part of it – greater part belongs to hygienic,
psychohygienic, genetic and other life supporting rules
Creation of independent beings
Unconditional love



Mind alone

Freedom of the mind makes it possible to imagine this:

The mind, when at its highest state of development, is...
Free of illness, pain, injuries, hunger, enemies and death
It does not need to kill or exploit anyone to survive
It does not need to help anyone because it has already helped all suffering beings

What should the mind do?

Stop and remain in the eternal state of perfection of a diamond
Create and enjoy abstract art and music
Create independent beings
Love unconditionally

Being a mind in the highest stage of development
or sitting in front of a blank paper with a pencil in hand
is there any difference?

Final word

As long as you live in this world you can only do this:

Try to minimize violence of any kind

Thank to beings who died so you could live

Try to understand and improve

Enjoy flashes of creativity, happiness and love

At the higher stages of mind there is only one real way

Unconditional love



