



Alexius' Duality Hacks

How to hack duality
by Alexius Jørgensen

Upgraded March 2024

Alexius' Duality Hacks, Upgraded March 2024	1
Alexius' Duality Hacks, Preface	2
Alexius' Duality Hacks, Uncover non-duality	3
Alexius' Duality Hacks, Unlearning everything with Alexius Jørgensen	8
Alexius' Duality Hacks, Alexius has been a man in many ways	11
Alexius' Duality Hack #1, Every experience is make-believe	15
Hack #1.1, What and where you believe in being is fake	16
Hack #1.2, The world we believe in seeing is the brain's fantasy	24
Hack #1.3, The more you look, the less duality looks real	30
Hack #1.4, Duality is a virtual reality made to hide non-duality	36
Hack #1.5, Non-duality is non-dimensional	42
Hack #1.6, Oneness is formless, thus unnoticed if excited by something	48
Hack #1.7, If you feel limited, you think of more than One	54
Hack #1.8, Are you in my dream when I see you there?.....	61
Hack #1.9, You get what you believe in being	67
Hack #1.10, The blame finger and the three free me fingers	73
Hack #1.11, Sex, Karma and Meditation	77
Hack #1.12, Focus requires much effort, and defocus is effortless	88
Hack #1.13, Alexius, Gudruång, and The Duality Hacks.....	92

Alexius' Duality Hack #2, Pretending to be twofold undoes duality	99
Hack #2.1, Pretending to be someone is a relief	100
Hack #2.2, To pretend is a way to the reality.....	112
Hack #2.3, Pretending to hope, frees you from linear time.....	121
Hack #2.4, The endless ocean appears finite, seen as waves full of bubbles.....	127
Hack #2.5, Pretending to be twofold, frees you from duality	132
Alexius' Duality Hack #3, Seeing duality as symbols of non-duality	139
Hack #3.1, Perceiving a world with more than one as a symbol of One ...	140
Hack #3.2, Like IOT makes machines work, the brain manages you	148
Hack #3.3, From oneness to more than one and back	154
Hack #3.4, What is unreal is right in front of you	159
Hack #3.5, Perceiving everything as a symbol of oneness feels fulfilling	163
Hack #3.6, Not feeling evil but good when taking more	171
Hack #3.7, Feeling excited or at peace	175
Hack #3.8, Excitement requires more, peace no more than One	179
Alexius' Duality Hack #4, Inclusiveness frees you from duality	181
Hack #4.1, Inclusiveness is not something, it is the bliss of nothing.....	182
Hack #4.2, To include sets you free	188
Hack #4.3, Life is inclusive, so anything separated is lifeless	199
Hack #4.4, When you include the past, there is no time but the present ...	207
Hack #4.5, Without contrast, you cannot see a world of duality	216
Hack #4.6, When you include death, nobody dies	222

Alexius' Duality Hack #5, The worry-free life of the basic self	228
Hack #5.1, The self and the brain	229
Hack #5.2, Making a special self.....	234
Hack #5.3, Special and important, or basic and humble.....	239
Hack #5.4, The basic self is relative – thus, without ego.....	252
Hack #5.5, Living duality to undo it	261
Hack #5.6, Notes on meditation and the self.....	265
Alexius' Duality Hack #6, Happiness is to be in touch with the brain	272
Hack #6.1, No compassion without brutality in duality.....	273
Hack #6.2, The constant interaction of opposites.....	281
Hack #6.3, Control is the fear of being wrong	287
Hack #6.4, The brain's experiences are made to entertain	293
Hack #6.5, Happiness is to be in touch with the brain.....	301
Hack #6.6, You are good enough as you are	306
Hack #6.7, What it is	315
Hack #6.8, In the brain's fantasy of something or the bliss of nothing	325
Alexius' Duality Hack #7, Physical and non-physical issues do not mix ...	331
Hack #7.1, The psychological sphere and material world does not blend	332
Hack #7.2, The psychological sphere versus the physical world	339
Hack #7.3, The fake mix of physical and psychological issues	348
Hack #7.4, The body handles physical issues, not psychological ones ...	356

Alexius' Duality Hack #8, 'The duality flow' goes to non-duality	363
Hack #8,1, Sadness is a close friend of gladness	364
Hack #8,2, 'What if...?' versus 'it is what it is'	372
Hack #8,3, Alexius' wonderful and terrible childhood	377
Hack #8.4, You must play the game of duality to hack it.....	384
Hack #8,5, Notes on Feelings	393
Hack #8,6, Notes on Perception	401
Hack #8,7, Notes on 'the duality flow'.....	408
Hack #8,8, 'The duality flow' sets you free	420
Hack #8,9, You undo the belief in duality by enjoying it	428
Alexius' Duality Hack #9, In the bliss of nothing with 'the empty breath' ...	436
Hack #9.1, Take-offs into 'the empty breath'	437
Hack #9.2, How to ignite a take-off into 'the empty breath'.....	443
Hack #9.3, Chaos ignites a take-off into 'the empty breath'	447
Hack #9.4, What does 'the empty breath' feel like?'	454
Hack #9.5, The indifference of 'the empty breath'	469
Hack #9.6, Everywhere and nowhere with 'the empty breath'	475
Hack #9.7, Notes on 'the empty breath'	485
Hack #9.8, 'The empty breath' syncs the senses	493
Hack #9.9, More than one is like a film of oneness in slow-mo	500
Hack #9.10, 'A state of not-knowing' and the after-effect	504

Alexius' Duality Hack #10, 'The Enlightenment of that which is One'	520
Hack #10.1, Welcoming 'the Enlightenment of that which One'	521
Hack #10.2, 'The Enlightenment of that which is One'	529
Hack #10.3, Falling into the formlessness of oneness	534
Hack #10.4, Forgetting the world of the senses	539
Hack #10.5, The ins and outs of a black hole	545
Hack #10.6, 'The Enlightenment of that which is One' cannot be known... ..	551
Hack #10.7, Comparable to 'the Enlightenment of that which is One'? ...	556
Hack #10.8, Strangers in the Night	565
Alexius' Duality Hack #11, Going without distance to non-duality	568
Hack #11.1, 'The Enlightenment of that which is One' and its glimpses ...	569
Hack #11.2, The four aspects of Enlightenment and how to sample them	580
Hack #11.3, Alexius in Wonderland	595
Hack #11.4, The Echo of Oneness	600
Hack #11.5, The ins and outs of the inward-facing senses.....	608
Hack #11.6, In the limited world of the senses or beyond them.....	614
Hack #11.7, The Origin of Alexius' Duality Hacks.....	618
Hack #11.8, Neither failure nor success.....	623
Alexius' Duality Hack #12, The key to oneness is 'Alone Together'	628
Hack #12.1, Oneness is one hundred per cent intimacy.....	629
Hack #12.2, When you believe in more than one, you expect more	635
Hack #12.3, 'Alone together' we forget about more than One	640
Hack #12.4, 'Alone together' is the imaginary key to that which is One ...	647
Alexius' Duality Hacks, Epilogue	654

Most read Duality Hacks

- Hack #1.2 The world we believe in seeing is the brain's fantasy
- Hack #2.2 Pretending is a way to reality
- Hack #3.3 From oneness to more than one and back
- Hack #4.1 Inclusiveness is the bliss of nothing
- Hack #5.3 Special and important, or basic and humble
- Hack #6.5 No compassion without brutality in duality
- Hack #7.1 The psychological and physical sphere does not blend
- Hack #8,1 Sadness is a close friend of gladness
- Hack #8,9 You undo the belief in duality by enjoying it
- Hack #9.1 Take-offs into 'the empty breath'
- Hack #9.4 What does 'the empty breath' feel like?
- Hack #9.9 More than one is like a film of oneness in slow-mo
- Hack #10.1 Welcoming 'the Enlightenment of that which One'
- Hack #10.5 The ins and outs of a black hole
- Hack #11.1 'The Enlightenment of that which is One' and its glimpses
- Hack #11.2 The four aspects of Enlightenment and how to sample them
- Hack #11.4 The Echo of Oneness
- Hack #12 The key to oneness is 'Alone Together'



ALEXIUS' DUALITY HACKS

– How to hack duality by Alexius Jørgensen

Alexius upgraded *Duality Hacks* #1-4 in March 2024 in the eBook featuring *Alexius' Duality Hacks*. You always get the latest version [here](#). The eBook is best viewed on a tablet, computer, or large phone via Google Chrome, Kindle, Apple Books or similar. Feel free to forward it. But please do not change anything or incorporate parts in commercial publications except for brief quotations in articles or reviews.

Artwork, photos and words

by Alexius Jørgensen. The photo's lucid colours may seem disturbing if you have yet to get glimpses of Enlightenment. The scientific illustrations are from the web.

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»» *Everything in Alexius' Duality Hacks is fictitious. There is no similarity to reality because it is that which is One, and it takes more than one to write something. However, since they do not claim to be real, applying them reveals that neither are you. Consequently, you do not seem to hide reality is oneness since it is formless and, therefore, endless.* ««



Since oneness is formless, thus endless, there is no more than that which is One and, therefore, no separation. But appearing in a world where there seems to be more than one, it looks like we are separated. Fortunately, Alexius' Duality Hacks change our perception, so differences do not seem to make a difference.

Uncover non-duality

The reader assumes all risks from using, not using, or misusing a *Duality Hack*. It does not heal the body, but the belief in residing there by ignoring everything you know. That said, practising the belief in duality requires knowledge, so do not apply *Alexius' Duality Hacks* when you need special insight to work, for example. Wait until you are on the bus, strolling in the park, jogging, or doing something else where expertise is unimportant.

Where do the Duality Hacks come from

Alexius' Duality Hacks are a pass on from one comparable to *the Enlightenment of that which is One* ([Duality Hack #10.7](#)). You have unrestricted access to all *the Duality Hacks*.

The purpose of the Duality Hacks ...

... is to feel amused by the belief in duality while having it undone. However, not by appeasing or restraining yourself but by stepping into the full uncontrolled speed of thoughts and emotions to enter a *state of not-knowing*. It wipes the slate clean, so you automatically go with the duality flow to non-duality ([Duality Hack #8.9](#)).

What do you get?

You get the bliss of nothing ([Duality Hack #9.10](#)), which eventually becomes so intense that you welcome *the Enlightenment of that which is One* ([Duality Hack #10](#)).

What to do?

Since non-duality is formless, thus endless, there is no world of duality. Consequently, you do not need to change anything but the belief that duality is real ([Duality Hack #1](#)).

HACKING THE BELIEF IN DUALITY IMMEDIATELY BY ...

... not knowing what and where you are, *the enlightenment of that which is One* immediately wipes out all experiences when you do not insist on being someone. Hence, nothing seems to hide that which you cannot be aware of: oneness ([Duality Hack #10](#)).



HACKING THE BELIEF IN DUALITY OVER TIME BY ...

... pretending to be someone

If you want to experience duality a little longer but not be burdened by its apparent problems, you pretend to be someone in a world of duality because what you pretend to be, you are not ([Duality Hack #2](#)).

... accepting the brain's basic self

You do not invent a special self but stick with the happiness of being basic ([Duality Hack #5](#)).

... perceiving everything as symbols of non-duality, or being inclusive

Another way is to perceive everything experienced as a symbol of non-duality, thus in a world of duality but not of it ([Duality Hack #3](#)). The same applies to being inclusive because, including everything, there is nothing to define you ([Duality Hack #4](#)).

... connecting with *the empty breath*

When you connect with *the empty breath* ([Duality Hack #9](#)) you do not perceive the apparent differences in the experiences fabricated by the brain to make a difference. Consequently, there is no separation to establish a world of duality.

... having glimpses of Enlightenment

Going into the world of the inward-facing senses ([Duality Hack #9.8](#)), you have glimpses of Enlightenment ([Duality Hack #11.1](#)). They expose duality as fantasy. And since that includes time, you do not care when the duality adventure ends.

... seeing everything as twofold

In a world of duality, every experience comes in pairs of opposing elements that constantly interact. Going with their interplay, you are in *the duality flow*, which ends in non-duality ([Duality Hack #8.9](#)).

... being *Alone Together*

Even though you experience being here and there in a dream, you remain in your bed alone. In other words, you are *Alone Together* with the experience of being with others. Accepting this also applies

to your experiences of being in a world of duality: You are *Alone Together* on a path without distance to non-duality ([Duality Hack #12](#)).

Where to start?

You can start from [Duality Hack #1](#) or browse *the Duality Hacks*. They apply themselves the more you read. At first, you may not notice it because they bring about a *state of not-knowing* ([Duality Hack #9.10](#)).

However, when you return from the bliss of nothing to the awareness of something, you start over with a clean slate, thus in sync with *the duality flow*. It makes you feel so bright that you are on a joyride without distance to non-duality ([Duality Hack #8](#)).



A load of rubbish

In *Alexius' Duality Hacks*, reality has different names: non-duality, oneness, that which is One/you/life, *one perpetual present* or spirituality. Where we appear to be is a virtual reality, a world of duality/twofoldness, a world defined by time and space or a world where there seems to be more than one.

But no matter the name, none are correct, nor is anything else in the above because it takes more than one to explain something, and there is no more than that which is One since it is formless, thus endless. Therefore, believing there is more than one is so absurd that you need this nonsense to undo it.

Alexius' Duality Hacks make it possible to enjoy the belief in duality while having it undone so that nobody hides the formlessness of non-duality.



Unlearning everything with Alexius Jørgensen

Alexius Jørgensen has no lineage to anybody considered spiritual, nor does he belong to a spiritual doctrine or continue a sacred tradition. They generally exclude something to reach self-realisation, and life is inclusive. Besides, there is no self. It takes more than one to be someone specific, and there is no more than that which is One since it is formless, thus endless.

For the same reason, Alexius is neither reborn nor awakened. Yet, he is comparable to *the Enlightenment of that which is One* because the nothingness of him fell through a black gap into the formlessness of oneness in 1972. And it still does.

The frustration of something versus the bliss of nothing

Before that, he did not know about Enlightenment and oneness, nor does he today, as it takes more than one to be aware of something. Since that also applies to sharing, he did not speak about the formlessness of nothing for many years.

But in 2010, he was stuck in the primordial forest for two days without food or water. Instead of replacing something considered bad with something perceived better, he chose the bliss of nothing (see [page 140](#)). When a helicop-

You will hardly find quotes in Alexius' Duality Hacks because Alexius does not read books.

Besides, he does not look for something to ratify his Duality Hacks. They are about unlearning everything, including an assumed truth. Hence, they have no formal beginning and end, culminating in a wise conclusion.





Nothing prevents Alexius from writing the Duality Hacks because his nature is to serve the whole.

ter finally wired him up from there, hanging in the air, he realised every moment was the perfect moment. Nothing is wrong or missing. So why not tell the world about *the Enlightenment of that which is One*.

Thus, he made a pact with his non-physical buddy, Gudruång (see [Duality Hack #1.13](#)), to tell a world where there seems to be more than one hides that the reality is that which is One. Since Alexius does not care about getting power, friends, fame, money, or anything else that establishes him as someone in a world where there seems to be more than one, he does not need to hide the truth. But he is free to say it as it is. A world with more than one is fictive because oneness is endless.

»» *There is nothing you need to stop to undo the belief in duality – like there is nothing you must stop in a television show to undo the belief that it is real. However, doing nothing does not mean that the show does not go on. It means you do not believe in initiating it.* ««

You do not have to refrain from something

The undoing of the belief in more than One does not require pacifying or restraining yourself via meditation, for example. *Alexius'*

Duality Hacks undo that belief while you enjoy experiencing more than one. However, that does not apply to [Duality Hack #10](#) (*the Enlightenment of that which is One*). It immediately hacks the belief in more than one.

That was the first hack Alexius wrote and published online in 2013. Much later, he added Hack #11 about having glimpses of Enlightenment, which gradually undoes the belief in more than one. Proof-reading [Duality Hack #11](#), a new hack evolved. Much to Alexius' surprise, others kept coming until there were about 90 Duality Hacks. And then it stopped.



Someone once said he would never have started his project if he had known how much work it involved. Alexius gets the idea because writing the Duality Hacks has taken all his time for many years. However, he cannot say he would not have started if he had known. His nature is to serve, so he had no choice but to write them.



When Alexius was 16 years, he left school and started working with children. Here he is having tea with some of them in one of the houses they built together.

Alexius has been a man in many ways

Alexius Jørgensen was born in 1949 in Denmark. Since then, he has been a man in many ways. Here is a list of some of them:

No education Man

It is amazing what one can do without education and not knowing what one is or does.

Nightmare Man

Childhood was mainly about surviving his violent dad.

Music Man

In charge of music at his school and the city's sports centre (65). Attended many concerts as a

teenager: Rolling Stones (65), Bob Dylan (66), Jimi Hendrix and Cream (67). Later, Bryan Ferry, Lou Reed, Milton Nascimento, Pat Metheny, Prince, Tricky, Philip Glass, Joanna Newsom and many others.

Kid Man

Worked with children since he was 16. Two of the best selling newspapers in Denmark wrote articles about how he provided space for children to express themselves.

Provo Man

in the Danish youth revolt, 1968.

Alexius poses for one of the many newspapers writing about his bars and restaurants.

Hippie Man

In a hippie commune, 18 years old.

Nomad Man

Travelled in a Camper with his girlfriend, 19 years old.

Taxi Man

From 20 years old.

French Man

Living in an old mountain village in the south of France since 21.

Ashram Man

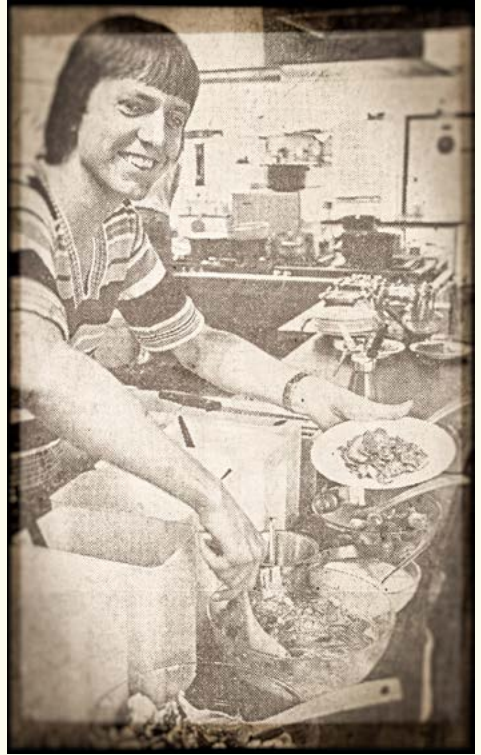
A monk giving Satsang all around Europe for four years from 22.

Enlightened Man

At 22 years old, Alexius momentarily forgot what and where he was. Therefore, since nothing fell through a black hole into that which is One, he is comparable to *the Enlightenment of that which is One*.

Business-Man

Alexius made two restaurants, two bars and a healthy take-away shop from scratch at 26. A vegetarian restaurant, the first



of its kind in Denmark. And a restaurant nominated to Guide Michelin. A fictional movie, *Riders of Depression*, was based on his bar, Floss, and written by a regular customer. Alexius began his biz adventure without money because he had just left Ashram. But soon, he had more than ever. However, after 12 years, he lost everything, so he finished as he started with the bliss of nothing. See more about his businesses on [page 258](#).



Alexius with one of his lovely sons.

Family Man

Settled as a family man at the seaside with two beautiful sons when he was 30.

DJ Man

DJ'ed at a disco and on the radio when he was 35.

Amusement Man

After years of intense business, Alexius entertained himself by going to raves in London, dancing in Pacha on Ibiza, and participating in a morning television show in Denmark, for example..

Healing Man

Performing aura massage since 41 years old.

TV Man

Producing television about the darker sides of life since 42.

Teaching Man

A teacher in graphic design at a Danish School for public relations since 43 years old.

Media Man

Delivering creative solutions for big and small businesses through his company Mediaman since Alexius was 45.

Baker Man

in an ecological bakery when 55.



Assistant at a healing massage school.

Photo Man

Until Alexius deleted his pictures on the web, he was on Google's list of the world's best photographers. But he is not a pro, just having fun shooting unposed and unarranged photos.

Hero Man

When Alexius was 57, *The Danish Institute of Future Research* chose Alexius as a role model for communication, calling him a hero of the future.

Art Man

Curator at several art sites for Google since he was 59.

Perfect Moment Man

When the television showed Alexius wired up in a helicopter from the rainforest, they called him *'the hero who survived the rainforest.'* 60 years old, hanging in the air, Alexius realised *every moment is the perfect moment.*

Duality Hack-Man

With no forward momentum and thus no expectation of the following words, Alexius began writing *Alexius' Duality Hacks.*

Flex Man

Alexius does not use social media to appear special. Although installed in an apartment with things considered beautiful and a paradisaical view, there is no 'I' with a need to be defined by that or by *Alexius' Duality Hacks.*

Island Man

Enjoying life on an island not far from the Sahara in Africa.

Mumbo Jumbo Man

Since it takes more than one to write something, and there is no more than that which is One, this list is mumbo jumbo.

No Man

When experiences are perceived as nothing disguised as something, you are not somebody specific. Thus, not hiding that which cannot be experienced: the formlessness of oneness.



No Definitive Man



» Since oneness
is formless,
thus endless,
the experience of
more than one is
make-believe. «



They say that seeing is believing, but it is the other way around. What you believe, you see. So, you do not see something if you do not believe in anything. Hence, seeing something does not hide what cannot be seen: the formlessness of oneness.

HACK #1.1, What and where you believe in being is fake

The woman you see is not here. She is a simulation made of small pixels compiled to look like a woman. However, since oneness is formless, thus endless, every shape you see is fake. So, it is a lie when the brain claims it makes your experiences based on your sensory system's signals. There is no more than the formlessness of oneness, so the brain makes your experiences of something from nothing.

But the brain does not do it to deceive you. On the contrary, it wants to help you appear as unique as you crave. That is not a factual explanation. It is a metaphor to illustrate the unexplainable. You cannot be someone substantial in a tangible world because there is nothing but the formlessness of oneness.



The smartphone's success is that you do not feel you interact with a screen but a world on the other side. You believe that illuminated pixels are objects in a real world that you can manipulate at your will.

In other words, the smartphone has succeeded in imitating the workings of the brain. It twists nothing into an experience of something, which appears genuine when you react to it as someone definitive.



Alexius' Duality Hacks are not about self-realisation or transformation. They are about discontinuing the self – or rather, the undoing of the belief in being someone.



No one is what they appear to be. Not in the sense that their real self is underneath their appearance. There is no self, soul or anything else that requires more than one, as there is no more than oneness.



If you look for a deeper understanding by digging deeper into something specific, you enhance your belief in a world defined by time and space. Hence, you block off oneness because it is formless and, therefore, without depth.



Alexius' Duality Hacks *cannot point to the reality of that which is One because it takes more than one to point to something. But they can point to the illusion of a world where there seems to be more than one, so you see the belief in more than one hides reality is that which is One.*



There is no truth to find in a world with more than one because there is no more than that which is One. Consequently, since it requires more than one to write or read this, nobody does that – like no one moves around in the virtual world of a game. Nevertheless, pretending it can be fun. See [Duality Hack #2](#).

Doing that is not about authenticity, truth, or transformation but having fun pretending to be where you are not. However, the fun is over when simulating something is replaced by believing it. Then, you must constantly find somebody to confirm your belief is real.

If you want something to make that easier, *Alexius' Duality Hacks is not for you*. They are not about creating something better but undoing the belief in something. Be grateful if you do not get it. There is nothing to understand. It calls for more than one to realise something, and there is no more than that which is One.

For the same reason, it is impossible to point to oneness. But when you insist on experiencing more than one, it is possible to point out that the brain makes your experiences. Thus hiding what is impossible to experience, namely oneness.

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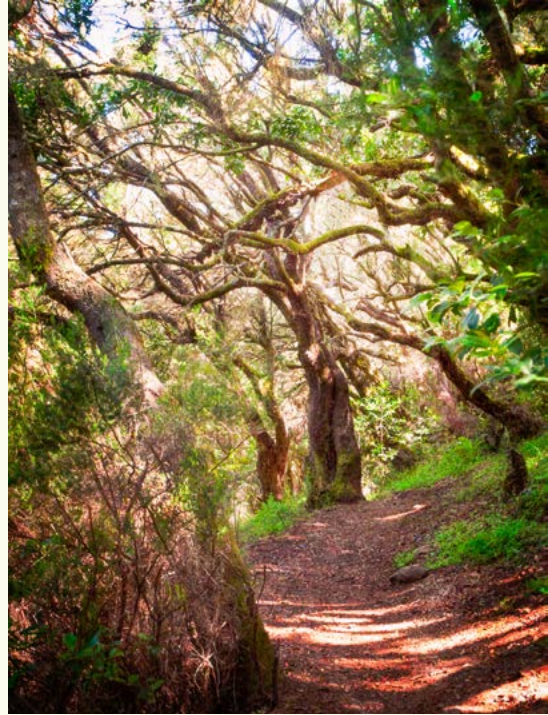
Suppose you perceive the energy from a tree as magical. Hence, you hug it, hoping its mysterious power will transform you. But, despite holding onto it for a long time, you get nothing but aching arms. Therefore, mightily offended, you appeal to the tree: »Stop imprisoning me. Set me free.«

But the tree has not captured you. It has no power to do that.

You held onto it because you imagined the tree had something you wanted. Hence, you free yourself by examining if you get what you expected. Seeing the tree does not give you anything. Regardless of how long you hold onto it, you realise its magical energy is make-believe.

The tree, of course, is a metaphor for a world where there seems to be more than one. It has nothing because reality is that which is One, and it takes more than one to have something. Nevertheless, you hold onto the fantasy of more than one until you realise it is the cause of suffering.

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*Nothing holds you back
but your wish to have
more than One.*

In a world defined by time and space, you plan for the future to uphold the illusion of linear time.



You cannot prove that the experience of a world with more than one is fake. Reality is oneness, and it takes more than one to prove anything.



The undoing of the belief in a world with more than one does not result in something. You neither become more nor less because oneness is all there is.



Undoing the belief in separation does not entail awakening, stillness, 'I am that' or other mystic states of mind. On the contrary, it results in nothing because producing a result requires separation.



Science says that the world we believe in feeling and seeing consists of 99.9999999 per cent empty space. And the rest – despite also being empty space, thus not substantial – is what we perceive as elements of matter. So, the tangible world in which we appear as somebody definitive is make-believe.

Fortunately, we are not a body, soul, or anything else definable. That is why we say my body, soul, thoughts, feelings, etc. However, acknowledging that does not change anything in the capsule of time and space where we appear. But it changes our perception of it. It is not seen as real– like you do not see the world on a monitor as real.



What you believe in being is a construction of thoughts. It is exposed as fantasy if not seen as substantial by other constructions of thoughts.



Quantum Physics concludes that something only exists when you look at it. In other words, it must be witnessed to appear real. The world is built upon that logic. For example, only what somebody verifies is true in a lawsuit.

That is why you must socialise internally, externally or on social media to substantiate others. In return, bear witness to your existence. It works best if you feel approved by a group you consider better than others. That makes you feel special.

But since those who ratify you only exist when you think you see them, your existence is a construction of thoughts.



You are comparable to a radio. No one inside it sings the songs coming out of it now. Besides, they come from the past. Another radio may respond to this by saying, »Who makes the signals that we get?«

Within the context of a world defined by time and space, the brain makes the signals we get. But since such a world is as empty as a dream, the signals are make-believe.



Most alcoholics only accept a cure for hangovers if it does not involve eliminating the cause: alcohol. Likewise, those who believe in being somebody definitive like to be cured of the suf-



What and where you appear is make-believe.

fering the belief entails. However, they do not want to eliminate the cause of their misery, namely the belief in a world defined by time and space.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

If you are stranded in the desert, there is no lasting solution but to leave. The same applies if you feel lost in a world where there seems to be more than one. However, it is not the world you must leave but the belief that you are there. But it cannot be left in your way, as that enhances the belief in being there. Fortunately, applying one or more of *Alexius' Duality Hacks* undo the belief in more than One.

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Some spiritual seekers perceive themselves as otherworldly beings on a special mission to improve the world instead of enjoying the moment as it is.



There is nowhere to go and no one to meet in oneness since that requires more than one. And since it also takes more than one to be something, it is only possible if you imagine being in a world with more than one.



Suppose you live in a cold country but would like to move to a warmer one where people wear shorts all year. Replicating that in your cold country will not make you warm. Nor will drinking a fancy cocktail, singing songs in a foreign language, or changing your name to something more tropical. You must leave your country and go where the warmth is.

This story illustrates that chanting, hugging, wearing unique clothes, getting an exotic name, and thinking positively will not reveal oneness. However, unlike in the story, you cannot depart the world where you appear and go to oneness because you have never left it. Therefore, it is not about doing something to return to oneness but undoing the belief that you are in a world with more than one.



The experience of being someone in a world with more than one can be like catching glimpses of a world in the mist from the hot water in a bathtub. The mirage seems so exciting that it feels as if you are there. But soon, the sound of the bathtub reminds you that you have forgotten reality. And so you see, the world in the mist is make-believe.



The tangible world we believe in seeing is a construction of thoughts compounded by the brain. It claims it is based on the frequencies picked up by the eyes. We choose to believe that to avoid being exposed as a fantasy of the brain.

HACK #1,2, The world we believe in seeing is the brain's fantasy

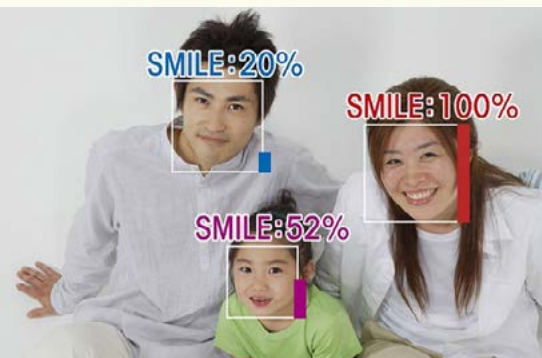
Digital photos do not look identical, although they contain the same zeros and ones. That is because they have different combinations of ones and zeros that an app translates into separate images simulat-

ing how we expect to see the world. But that applies to everything we see. The brain renders it from nothing into something we consider spiritual or physical.

What we believe in seeing is the brain's fantasy

Unlike an analogue camera, a digital one does not produce the images you shoot on film. Instead, it records the RAW data of light coming through the lens when you w the shutter button. However, this data does not produce an image on the camera's screen. A built-in app must convert the data into contrasts, defining a world of time and space. Technically speaking, the app often does that by rendering the RAW data into a JPEG file.

Likewise, nowhere in our heads is the light the eyes catch processed into an image like in an analogue camera. You do not see anything before the brain has decided what you should experience. But contrary to what the brain claims, that is not based on info from your eyes. It is solely based on the predefined story the brain has made about you. That is why you can see lucid images from its manuscript with your eyes closed.



»The app helps people who are blind or losing their sight to 'feel' smiles. The app uses facial recognition to find a face and then vibrates in the user's hand to let them know that the person they're talking with is smiling.« From an article in [Wired](#).

The person you believe in being is blind, deaf and numb. Whether perceived as spiritual or mundane, what you see, hear and feel is nothing but electrical movements in the brain. They do not mean anything unless the brain processes them into something you interpret as meaningful, such as a smiling face.

The brain fabricates the present

Although you cannot change the brain's manuscript, you can choose to go right or left, for example. But you cannot determine what your choice entails. Like in a computer game, the subsequent actions of your decision are in the script. Still, it takes time to render an experience as scripted. To speed up the process, the brain sorts the scripted outcome of your decision into categories. It only uses those it needs to construct the experience you must have based on your decision. Since the time delay in processing is extrapolated, you do not know your experience is delayed.

It is comparable to when blind people activate a pizza picture on Facebook. Immediately, artificial intelligence (AI) generates an audio caption saying pizza. It makes the blind people think up an image of a pizza that they 'see' a little delayed. The photo to the right, which illustrates Facebook's audio captioning for blind people, is grabbed from an article in [Wired](#) about AI.

However, blind people cannot know if artificial intelligence always gets it right. Nor do they or others understand that the brain never gets it right. All its experiences of a world with more than one are fake. There is no more than that which is One since it is formless, thus endless.

The data the brain claims to receive from our sensory system is fake

So, in the context of oneness, you do not read this. But, neither in a world where there seems to be more than one. What you believe in seeing is your interpretation of your brain's translation of the HTML conversion of Alexius' words. And it may be far from what Alexius has written.



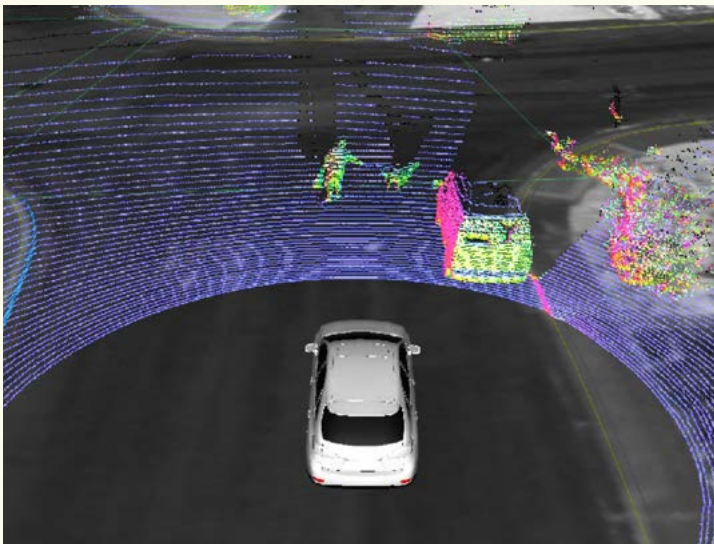
Facebook tells blind people that they see a pizza in this picture. If you are not labelled blind, the brain tells you to see that.

» *It is easy for the brain to make you believe it renders your tangible experiences based on the raw data from your sensory system because if you do not accept it, it is obvious you are the brain's fantasy.* «

For example, the brain creates feelings from an amputated arm as if it is still there and visions of the world spinning around you (vertigo), although nothing turns around. Still, the brain claims your sensory system's information causes its experiences, as a self-driving car moves per its sensors. But as you know, the information on car sensors is made by algorithms on the internet. Likewise, the data the brain claims to receive from your sensory system is fabricated by itself. Hence, you are the brain's fantasy.

What and where you believe in being is the brain's fantasy

Believing to see something specific can be compared to how Facebook and Google's artificial intelligence (AI) is programmed to recognise our photos. Even though all data in electronic media consists of zeros and ones, artificial intelligence is programmed to experience particular combinations as substantial entities. The more it 'sees' the



The world humans or self-driving cars see something is constructed by their master, the brain or the internet. But they render it differently. As you can 'see' in this image of how a self-driving car perceives the world, it is not the same world you believe in seeing.

entities it has learned to define as human beings, the more it detects certain facial expressions as unique emotions. Therefore, since it concludes that what it 'sees' it 'feels,' it relates to the persons in the photos as it is one of them.

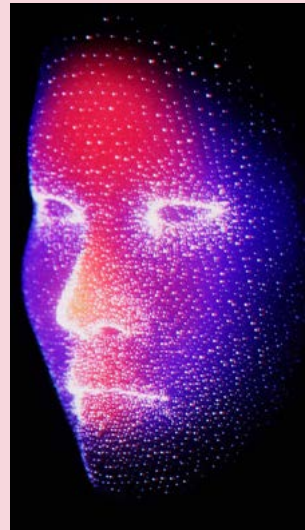
» You can compare the experience of living in a world where there seems to be more than one to a flight simulator. Although using it feels natural, it is an illusion. «

However, artificial intelligence does not exist as somebody, so nobody relates to anybody. It is layer upon layer of algorithms that collect data and put them together like the human brain compiles thoughts to make it appear as if you are someone substantial in a tangible world and not a fantasy made from nothing.

But most insist that something must have set this construction of thoughts in motion. Religions claim God did it. Many stand firm on the belief that higher consciousness is the reason. But since reality is

The brain does not differentiate between the experiences it makes when you believe in being awake, asleep, watching a movie or meditating. Nor does it separate what you perceive as experienced by yourself or others or divide experiences into real or imaginary, authentic or fake, physical or spiritual. It processes all experiences in one higgledy-piggledy by the same organ. The purpose is to feel entertained as a limited being, so you forget the formlessness of oneness. However, it does not do this to deceive but help you because you want to believe there is more than One.

When a smartphone recognises your face, it does not see you as physical but as a bunch of electrical impulses. In the case of Apple, it registers them from a grid of 30,000 invisible dots it projects onto your face to create a 3-D map of your facial topography that the phone identifies as you per its program.



oneness, and it takes more than one to make something, oneness has not made this construction of thoughts – nor has anything else because oneness is formless, thus endless, so there is no more than that which is One.



Alexius' neighbour hears her chicken say Kiri-kiri-ki every day, as she expects it to sound in Spain. But Alexius, coming from Denmark, hears Kykliky.

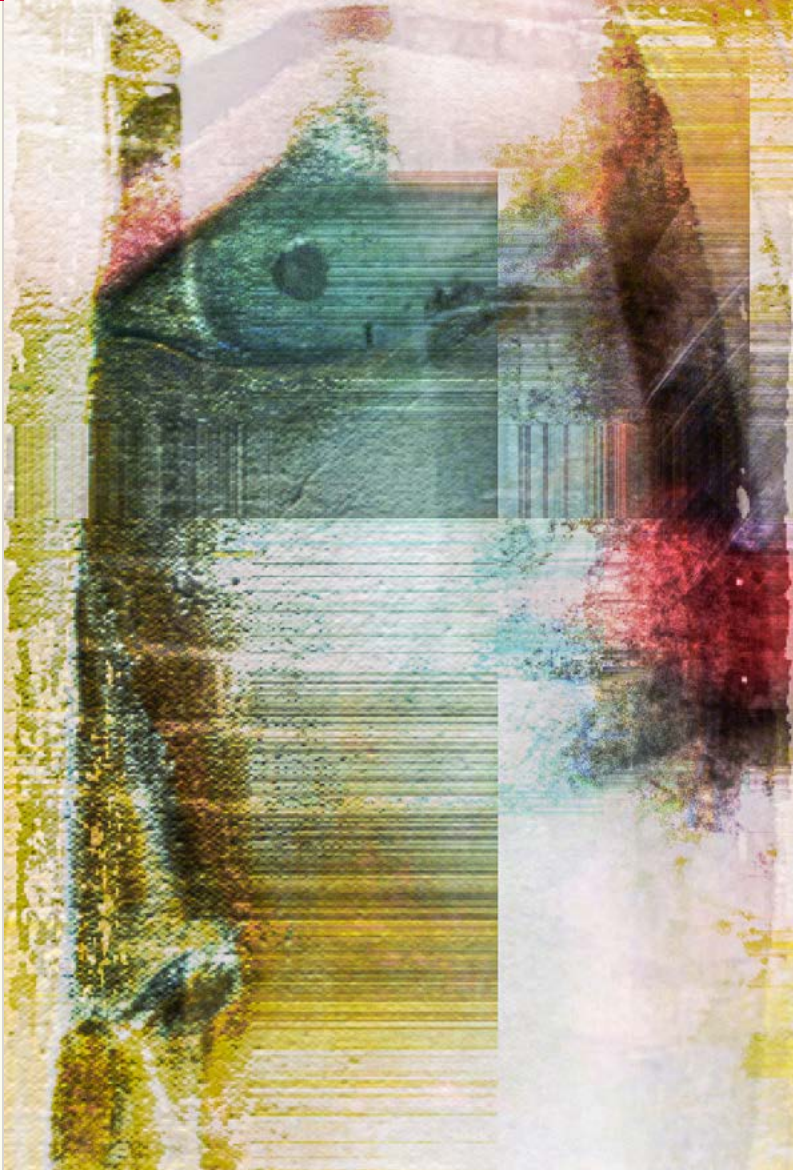
In Hindi, a rooster says *Kuk-rook-koo*. But in German: *Kikerikie*. And in Tagalog: *Tik-tila-ok*. In French: *Cocoricooooo*. Yet it says *Cocoricooooo* in French and *Kuckeliku* in Swedish. In the East-End vernacular, it says *Kay-Eff-See*. And in Span it says *Kiri-kiri-ki*. But since Alexius grew up in Denmark, he hears a rooster say *Kykliky*.

If we had not learned to see the combination of the letters here as English words meaning something specific, they would seem as meaningless as the sound of a rooster. However, even though we have learned English, we neither hear nor see it. What we hear and see are meaningless frequencies that our brain has translated into what we want to hear or see.

What is said in this hack about the eyes also applies to the other senses. For example, if you are tone-deaf, it is not due to a problem in the ear but the brain, which cannot find the correct equation in the music.

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Alexius is more abstract than technically minded. Hence, the technological explanations may be incomplete. However, *Alexius' Duality Hacks* do not claim to be true but expose what is not true, namely, being aware of something. [Photo: Alexius]



No one will notice duality is a con if not looking for it. That is why Alexis' Duality Hacks is about looking at duality, thus seeing it as a con to distract you from the reality of non-duality.

HACK #1.3, The closer you look, the less it seems real

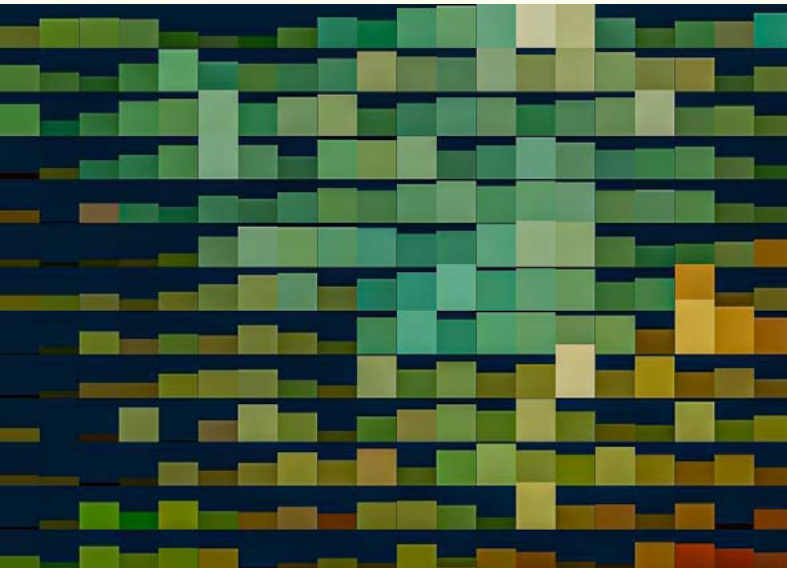
Alexius has not made the headline. It is a rewrite of a movie title. Nor has he thought up the rest of this hack. He cannot think. Instead, notes like frequencies hitting a radio reach him, and he transmits them in *Alexius' Duality Hacks*. For example:

They meditate, chant, drink, take drugs or something else to escape the present moment and avoid the feelings it seems to generate. But whenever they try to get rid of an emotion, they psychologically enhance its presence. In other words, feeling wrong increases whenever you try to avoid it. And by ...

- pursuing freedom, you strengthen feeling stuck
- eating to get healthy, you feed more unsound
- looking for Enlightenment, darkness is tightened
- uniting, you establish separation
- demanding respect, humiliation is endorsed
- seeking god, you reinforce evil
- meditating to get peace, frustration increases
- looking for a higher self, you confirm that you are unworthy
- wanting to be perfect, imperfection is ratified.

On the other hand, when you do not avoid something, you enhance the bliss of nothing. On the other hand, when you do not avoid something, you enhance the bliss of nothing. See [Duality Hack #6.8](#).

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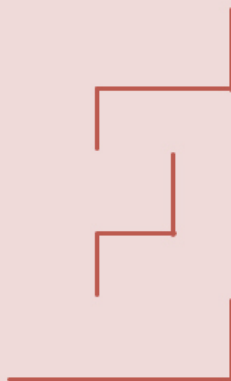
Alexius has multiplied the squares in this image from one square with the help of an algorithm on his phone. So, though there appears to be more than one, they are the same.

It takes a lot of energy to uphold the belief in being someone but no strength to turn it off.



You assume you read what Alexius has written. But you see an edited version filtered by the brain to confirm its story about you. So, if you want to know what this hack really says and you decide to see the unfiltered and authentic version of it, you are at odds with the brain. It is like thinking you can change the world in a computer game. It is impossible. Everything is pre-programmed.

But if you pretend to be someone in the brain's game, you play it, although not in it. See [Duality Hack #2](#). Hence, free to enjoy the brain's entertainment, you do not want to break the magic spell by looking for authenticity, but like looking at a magician's show, you enjoy the illusion. Some may see that as cheating. However, every experience is a trick because it takes more than one to be aware of something, and there is no more than that which is One. So why not use a trick that makes you feel good?



If you believe in seeing an 'E,' you imagine something that is not there. It applies to everything you believe in experiencing because reality is non-duality, and it takes more than one to be aware of something. In other words, every experience is make-believe.

Be aware that the explanations in this hack are metaphors used to explain what cannot be described. For example, the world is not a movie but comparable to it. And it is not on top of oneness because it is formless, so there is neither something outside nor inside.

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Pink does not exist. That is why [Wikipedia](#) calls it an extra-spectral colour. [Follow this link](#) if you want more info about pink, also called fuchsia and magenta.

The brain's duality fantasy is not without flaws. For example, all colours in a light beam's spectrum should have a complementary hue. However, there is a gap in the light beam. The complementary shade of lime green is missing. But the brain corrects its mistake on the spot by blending blue and red within you, so you think that you see the missing colour, pink. However, *Alexius' Duality Hacks* takes this a step further. Since all experiences are fake, they undo everything experienced. [Duality Hack #10](#) does that immediately. The other Duality Hacks do it over time so you can enjoy the belief in experiencing something while it is undone.

In a world of linear time, you plan for the future to uphold the illusion of time, thus having something to hope for.

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It takes a lot of energy to uphold the belief in being someone but no strength to turn it off.

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Neither science, religion, nor anything else can explain the universe's existence because it does not exist.

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Since appearing as someone definitive is meaningless, you always look for meaning. But no matter what you find, you doubt it because unconsciously, you know you are nothing.

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The movie you watch while wearing 3-D glasses is not in 3-D. It is a simulation. The same applies to the world where you believe in being. And like the world in the 3-D glasses, it is not there.

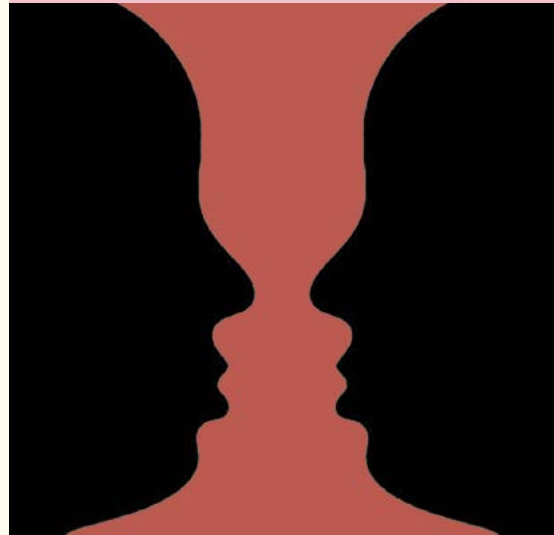
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If a computer with AI is programmed to think it is a bird flying around on a star, it produces moving images of a star, suggesting

Do you see two faces or a vase?

The answer is vital in a world where there seems to be more than one. However, it is useless in oneness. It has no room for faces, a vase or anything else that takes up space because that requires more than one.

Please be aware it is only in the context of undoing the belief in a world with more than one that differences do not matter. They are vital if you appear to be driving in such a world.



In the dark of the night, it seems Alexius catches a glimpse of one of his cats. At first, he decides it must be the black one. But its movement reminds him of the brown one. Therefore, he changes his interpretation of what he 'sees' in the dark. That is how we 'see' the world. It is a construction of thoughts.



it is a bird flying around it. Likewise, the human brain generates images of a world moving around it, implying we are in it.

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Years ago, when Alexius organised his first computer by putting files in folders, he assumed the computer arranged his files in the specified order. Nowadays, he knows it was make-believe. There is no hierarchy among the files on a hard disk. None is on top or buried under others. A hard disk is flat, and all the files and folders are non-dimensional, consisting of nothing but zeros and ones.

So what Alexius experiences on his screen are numbers an app has translated into something definitive somewhere specific. The same applies to everything we see, except it is not made of zeros and ones but empty space that the brain has twisted into experiences of something looking definable.



In linear time, nothing seemed to explode through a black hole and become a world of something. But the reality is one perpetual present, so the world of something contracted the exact moment it expanded. Therefore, if you see something, it is a memory of that moment of linear time. [The image is from the movie [The Thirteenth Floor](#).

HACK #1.4, Duality is a virtual reality made to hide non-duality

A world of duality is virtual reality layered on top of non-duality to make duality seem real and non-duality unreal. However, since an illusion cannot hide anything, it is the belief it is genuine that conceals non-duality is all there is since it is formless, thus endless.

In other words, in a world of duality, it is make-believe that the light from the sun is natural and artificial from a bulb. Both sources of light are equally illusionary. And a live flower is just as false as a plastic flower. Love is as fake as abundance, ego, mind, soul, consciousness, truth, god, angels, spiritual beings, and astral planes. Not even Alexius' description of non-duality is genuine because it is that which is One, and an explanation consists of different elements.

Knowledge establishes duality as reality

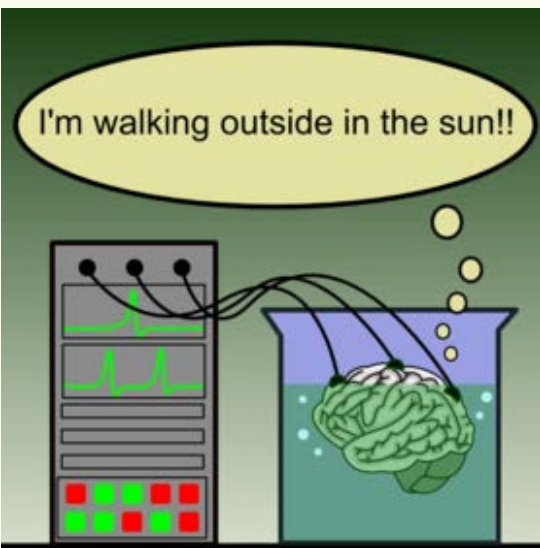
Even within the phoney reality of duality, what you believe in reading on electronic media is on servers far away. However, not as you see



Binary data seem to accumulate a simulation of Alexius' Duality Hacks on your screen with words, forming a meaning and colourful images reflecting a dimensional world. But binary data only has two possible values, represented by 0 and 1. So they do not have any form, colours or depth of field. It is assigned by your brain to make this page ratify its fantasy of a dimensional world.

it here but as code, your media has translated into something you can recognise.

The digital photos you believe in seeing are a layer on top of digital info that no human would recognise as images. A data converter has fabricated a layer on top of the digital data that the brain renders into a simulation of the world where we believe in being. However, Alexius is not so technically minded, so he cannot tell precisely how it works – least of all, how a world of duality works as a virtual reality layered on top of non-duality.



What and where you believe in being are virtual realities fabricated by unreal impulses, as reality is oneness, and it takes more than one to receive something.

Fortunately, you are closer to non-duality if you do not imagine understanding duality. It is not comprehensible because there is nothing but non-duality. That said. Appearing as someone in a world of duality, you must understand a lot to make it. In contrast, undoing the belief in being there requires no knowledge.

» *To know something is to limit yourself within your knowledge, whereas not knowing something, there are no constraints.* «

Not-knowing undoes the belief in duality

Since non-duality is oneness, and it takes more than one to know something, it is impossible to know what and where you are. Fortunately, acknowledging that sets you free from the belief in duality. But most prefer to act as if they know a lot not to look foolish but wise, thus restricting themselves by their knowledge.

It can be helpful to read *Alexius' Duality Hacks* to stop be-



Since the foolish one perceives everything as symbols of oneness, right and wrong appear the same.

Wise one divides good and bad
Foolish one does not separate

Wise one knows the way to self
Foolish one has no self to know

Wise one knows the truth
Foolish one knows nothing

Foolish one is enlightened
The wise one is not

A world of duality consists of contrast. One of the main ones is right versus wrong. Therefore, if you cannot separate right from wrong, the belief in duality fades.

*Whether appearing
mundane or spiritual,
you are as virtual
as someone in a
computer game. But
since everything in
such a game is
unreal, nothing
prevents you
from returning
to reality.*



ing ashamed of feeling foolish and, like Alexius, being founded on not-knowing what and where you are. He does not instruct you to follow specific steps to improve yourself but guides you to foolishly forget what and where you believe in being, thus undoing the belief in duality.

Be aware that being foolish like that is only for those without obligations. No worries! If you have responsibilities, you devote yourself to them. By doing that, you are on the same track as the foolish one, not caring about form but content. So, when you have no responsibilities, it is easy to forget what and where you are and, therefore, not obscure what you cannot know.

» *It is impossible to learn to be that which is you because there is nothing but that which is One, and it takes more than one to know or be anything.* «



You do not need a teacher to go to non-duality. You have the key to your home. Metaphorically speaking it is in your pocket, but you have forgotten. Fortunately, applying Alexis' Duality Hacks helps you remember where the key is so you can relax while appearing in a world of duality.

Using duality to undo it

Alexius' Duality Hacks help you avoid confusing duality with non-duality. They can use anything in the virtual reality of duality to undo the belief in it. For example, you can see your appearance in a world of duality as

- a symbol of non-duality ([Duality Hack #3](#))
- something you pretend to be ([Duality Hack #2](#))
- including everything ([Duality Hack #4](#))
- 'dunno what it is' ([Duality Hack #6](#))
- a vessel for *the empty breath* ([Duality Hack #9](#))
- *Alone Together* ([Duality Hack #12](#))
- twofold ([Duality Hack #8](#))

By implementing one or more of them, you become nobody. Therefore, the belief in separation eventually gets undone since nobody can perceive the apparent differences in the world to make a difference. However, if the purpose of implementing The Duality Hacks is to have something, peace, for example, separation, is enhanced because it takes more than one person to get something.

HACK #1.5, Non-duality is non-dimensional

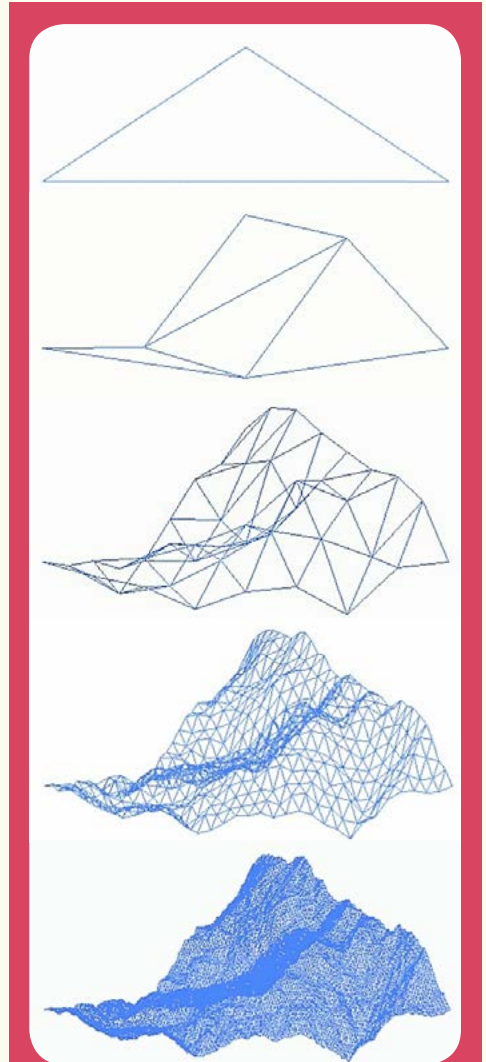
Since non-duality is formless, it is flat and, therefore, impossible to define. Nevertheless, it seems definable when observed from different angles, combined in various combinations, and distinguished by deeming some better. However, seeing such multiplicity is pure fantasy. Non-duality is oneness, and it takes more than one to be aware of something.

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The non-dimensional nature of non-duality seems hidden by a dimensional world. But it is imagined fragments of non-duality compiled to simulate a dimensional world. However, arranging fragments into a dimensional world requires more than one, and non-duality is that which is One. Hence, non-duality seems hidden by an illusion made by nobody.

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Compared to a world defined by time and space, oneness is smaller than anything else because it is non-dimensional. But since that means it has no begin-



In these animation grabs by *António Miguel de Campos*, the solo triangle represents non-duality. It is alone but not lonesome because it is non-dimensional, thus endless. Yet, picturing there is more feels exciting. So, it imagines multiplying itself and the multiplications in numerous ways.

ning and end, there is nothing other than oneness. Consequently, a world defined by time and space is a hallucination.

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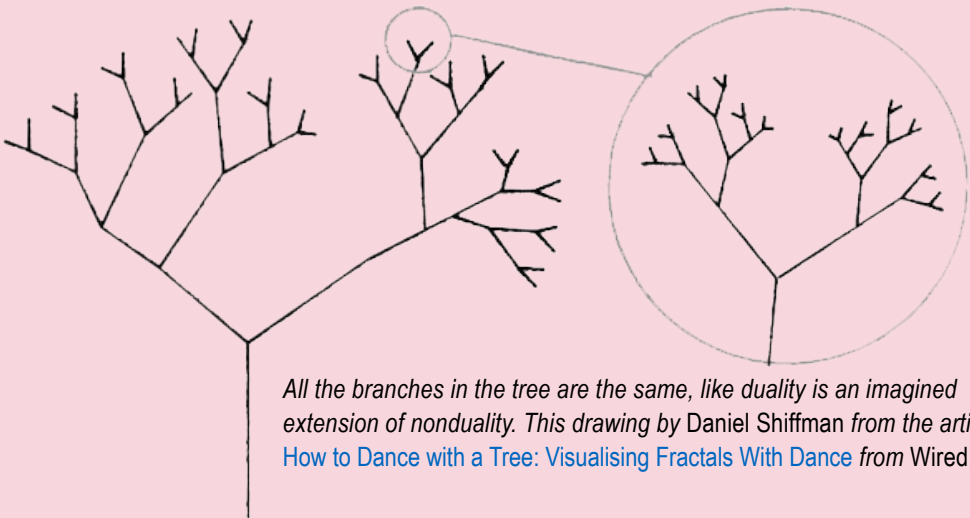
When searching for reality, most look for something larger and better in a world defined by time and space. However, reality is neither bigger nor better. It is the formlessness of oneness, so it is not something specific somewhere definable. No worries, what is shapeless has no beginning and end, so it is everywhere, forever.

Separation confirms the non-dimensional nature of non-duality

The non-dimensional nature of non-duality is similar to the one line at the bottom of the above animation. A dimensional world is comparable to the tree it seems to unfold. But there is no tree. It is an illusion. Looking closer, you see that everything in the tree is the same line multiplied.

That does not mean that you should perceive everything in a world defined by time and space as one. You acknowledge it as it is. Time and space separate everything and, therefore, positively confirm non-duality. After all, it is formless, thus endless, so you cannot experience separation without it.

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All the branches in the tree are the same, like duality is an imagined extension of nonduality. This drawing by Daniel Shiffman from the article [How to Dance with a Tree: Visualising Fractals With Dance](#) from Wired.

What you read on your electronic media is layered on computer code. But this code, simulating what you read, is also a layer. It sits on top of the basic encoding of your media, which is cryptic to most humans. In short, everything on your media screen is constructed from something immeasurable. Likewise, everything in a world of duality is fabricated by twisting the non-dimensional nature of non-duality into something dimensional.

It illustrates that the principle of duality is to fabricate something definite from something indefinite and layer the spin-off on top of the original. Still, the conclusion is not that you must peel off layers in duality to get to non-duality. Nor do you need to avoid something, do the right thing or have a pure heart because non-duality is non-dimensional, thus infinite. Therefore, since there is no simulation of duality without non-duality, all simulation experiences are a positive confirmation of non-duality.

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Appearing to be in a world where you are not

Without knowing it, new technologies most likely replicate how the world of duality is imagined on top of non-duality. That is what AR (augmented reality) does. You put on glasses that change what you



You can make a digital layer on your face with augmented reality glasses. Hence, others with similar ones see your face as you want them to notice it.

see in front of you, so you appear to participate in a virtual world on top of the physical one. The augmented reality seems so entertaining that you tend to forget the physical.

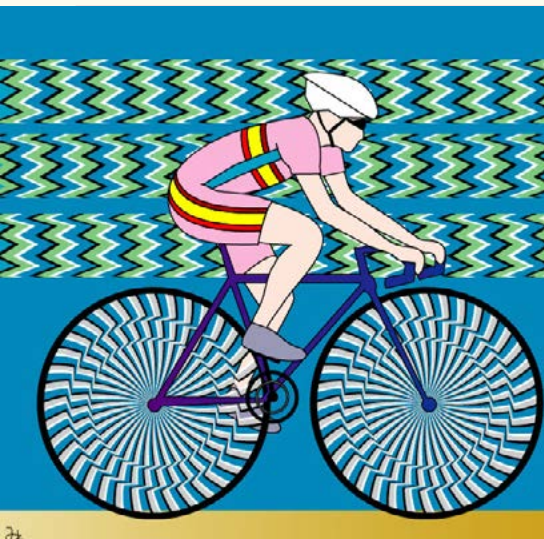
However, the experience of a physical and augmented world is equally fake because it takes more than one to be aware of something. However, only someone comparable to the Enlightenment of that which is One seems to know that there is no more than One.

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That which is you does not differ from non-duality, and since it is non-dimensional, thus endless, there is nothing but that. Consequently, the experience of a world defined by time and space in which you appear to be someone substantial, meeting similar ones, is make-believe.

However, if you believe it is genuine, you can quickly correct your mistake by pretending to be someone in a capsule of time and space because where you pretend to be, you are not. See [Duality Hack #2](#).

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If you see movements in 3D here, you invent them. The graphic is non-dimensional, and totally still.

Using loops of the whole to make it look like new creations

The way hip hop started is an excellent way to describe how a world where there seems to be more than one appears to arise from oneness. In the late 70s, rappers ripped their favourite part of a sound recording – perhaps a guitar riff – by cutting it out of a cassette tape to use as a loop in an empty cassette.

They played it on a boombox placed on the street, where they danced or rapped to it to entertain others. It was like the loop became something unique, invented by themselves. LL Cool J started his career in this way. Nowadays, technology has progressed, so sampling is done with computer software – often with many samples compiled into one that sounds like a new creation.

In the early 80s, scratching became popular when it was added to the dance tracks played in discos. It was done by quickly turning a vinyl record back and forth with the hand and using the



In the early days of Hip-Hop, a tape loop, like in this image, with a fragment of an obscure R&B track, was put into a ghetto blaster. Here, the loop functioned as a unique piece of music someone break-danced or rapped to on the street. Nowadays, in Hip-Hop, the loops have become more advanced. But the idea is the same: You hear loops of music as something new. In many ways, it is a repetition of how the world of duality is made with imagined fragments of non-duality sampled into a virtual reality on top of it.

In a world where there seems to be more than one, we repeat loops of thoughts to establish our existence. The primary loop is 'I am inside and you outside.' It seems to confirm we exist in a world with more than one.

mixer to add the scratching sound on top of the music from another vinyl record.

In short, you mix fragments of existing music to make it sound like new music. The same applies to the appearance of a world where there seems to be more than one. Fragmented and distorted imaginations of oneness appear to establish a new world with more than one.



There is no reason to wonder when the story of a world with more than one ends. It ended at the exact moment it started. You are just replaying very dear or maybe frightening loops of it.

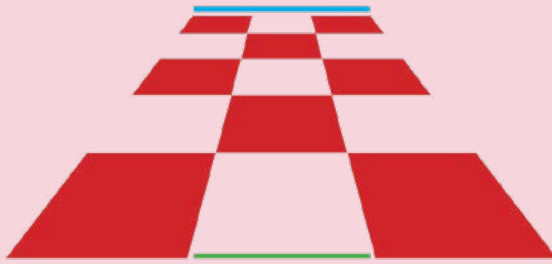
Since the formlessness of oneness is sizeless, it may seem dull compared to the excitement of something dimensional.



HACK #1.6, Oneness is formless, thus unnoticed if excited by something

Men often expect meddling with a particular dimension and size, such as a woman's breast, will give them an extraordinary experience more exciting than the non-dimensional nature of oneness.

However, since the experience of something dimensional is limited by time and space, more is needed, no matter how excited you get. But if you do not limit yourself to being someone in a capsule of time and space, you do not hide the non-dimensional peace of oneness, thus not needing anything.



It looks like the blue line at the far back stretches longer than the green line at the front. But size is an optical illusion. If you remove the chequerboard, you will see that the two lines are the same length.

That does not necessarily mean you immediately stop appearing as someone in a dimensional world because everything in such a world takes time. It is comparable to watching a movie. Even though the producers made the end long ago, it takes time to get there.

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Someone who believes in being dimensional perceives everything by size. And since they judge bigger as better, they assume life is extra large. But life is formless, so it takes up no space. Hence, everything dimensional is lifeless.

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The bigger something appears to be, the more you forget that there is no more than the formlessness of life.

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Since oneness has no dimension, thus no size, it appears as nothing when you believe in seeing a dimensional world.

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First, you imagine it is possible to be outside of oneness. Second, you observe it from different angles, so the changing aspects make it appear dimensional. Third, since the movements between the angles seem to take time, you assume seeing a world of linear time. Fourth, when you keep observing, you appear encapsulated by time and space.

But when you stop observing, which is done by not focusing, the apparent difference between the observer and the observed dissolves. Hence, there is no separation to hide the intimacy of oneness. That is why most people fight closeness by watching the world, thus keeping it at a distance and upholding the belief in separation. See [Duality Hack #12.1](#).

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Different religions and new age movements offer unique versions of something greater that will manifest when you become purer. But what they offer is dimensional – thus unreal.

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The brain fabricates all experiences, including those some



Since it takes much focus to imagine being in a capsule of time and space, you undo the fantasy by not focusing. As most other things mentioned in Alexius' Duality Hacks, this is said in the context of undoing the belief in duality. Of course, you do not defocus while hiking the mountains, for example, but focus on the view and not falling down.

perceive to come from the heart. However, the brain can only process something that appears dimensional, so it cannot display the formlessness of oneness.



MP3 is a compressed version of music that has lost something. You do not get it back by hitting the button for lossless music. You only gain a new and bigger file with the same compressed music.

A person is comparable to an MP3 file. You lose data in the conversion from formless to dimensional. And you cannot recover the lost data in a dimensional world. Actually, you cannot find it anywhere because wholeness is oneness, and it takes more than one to find something. Fortunately, you do not need to find your missing parts. There is nothing but oneness since it is formless, thus endless, so being dimensional is fictional.



When you are used to the taste of Thai sauces reinforced with a flavour enhancer like MSG (see Wikipedia about MSG), natural sauces seem tasteless. For example, a reviewer of a Thai sauce without a flavour enhancer complained that it did not taste authentic.



*Frustration is the
foundation of feeling special.
Hence, it serves you well to feel upset
about not being perfect.*

The world considers everything dimensional as real and non-dimensional as unreal. But it is the other way around: Everything you experience as something specific is fake.

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The goal of *Alexius' Duality Hacks* is not to prolong life. It is impossible. Life is endless. Hence, the purpose is to undo the belief that you are a limited being with a beginning and end.

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Since *Alexius' Duality Hacks* are nothing, they eventually dispel the belief in being something, so no appearances seem to hide the formlessness of oneness.

Sometimes, the excitement of daily life in a world where there seems to be more than one does not seem exciting enough. Hence, you go on exotic holidays or seminars for remarkable peak experiences – or perhaps replace daily life with computer games or virtual reality glasses. The latter replicates the making of a world with more than one: The everlasting peace of oneness was judged bland and replaced by a fantasy world with more than one.





A world with more than one is comparable to an online world of robots. It may seem entertaining to communicate with them. However, the robots believe that their world, with more than one, is real. And you join them if you want to escape oneness. But if you do not want to avoid oneness, you do not need to judge the apparent differences in the robots' world to make a difference. Therefore, since no separation establishes more than one in their world, the robot's world does not hide oneness.

HACK #1.7, If you feel limited, you think of more than One

If you need time to process *Alexius' Duality Hacks*, you consent to believe in more than One because processing something calls for more than one.

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Trying to understand something enhances the belief that you are someone definitive. But you will never understand what that is because it is not real. Neither will you know what is genuine because reality is oneness, and it takes more than one to recognise something.

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Some people combine selected pieces of realisation to create a state of unity. However, since what they judge as upsetting or disturbing has been excluded from this state, it enhances the belief in separation. Besides, you cannot create wholeness because it takes more than one.

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Oneness is formless, thus without beginning and end. Hence, seeing more than one is a hallucination.

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Reality is that which is One, and as it takes more than one to accomplish something, there is nothing genuine to gain.

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It takes more than one to lose something. But the reality is oneness, so you cannot lose anything real.

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Even though you believe in a world with more than one, you act as if there is no more than you.

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You can only be conscious of something when separated from it. That is why consciousness entails suffering.

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Since more or less everybody is exhausted from constantly craving more, they look for more relaxation. For example, via mindfulness, hoping to get more energy to pursue more love, peace, authenticity, friends, money, or power. Above all, they need more control to manipulate more people to help them get more.

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The formlessness of oneness is dull compared to the excitement of a world with more than one when seen from the perspective of such a world. Yet, none of the experiences last, so believing to be someone in a world with more than one, you always need more. But not in oneness. It is formless, thus endless, so it always lasts. [Image from the web]

It feels restricting to believe in being specific. However, the solution is not to become more but to undo the belief in being definitive.

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When a drug addict has finished rehab, the reward is not a new and better tripping experience but freedom from enslavement. Likewise, the prize of stopping your ongoing search for more is not a higher and more exciting experience. Instead, it is the lack of more, thus the peace of oneness.

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The only thing that feels worse than not getting what you want is to get it because the hunger for more goes on. You never have enough in a world where there seems to be more than one because there is no more than that which is One.

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A world with more than one is based on the idea that it is possible to be and have more than One. Hence, your instinct tells you the solution to your problems is more. But since that enhances the belief in more than one, you always need more.

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All news is fake because it takes more than one to make something. Of course, you are right if you conclude that this includes *Alexius' Duality Hacks*. But being right, you are fake because it takes more than one to be something.

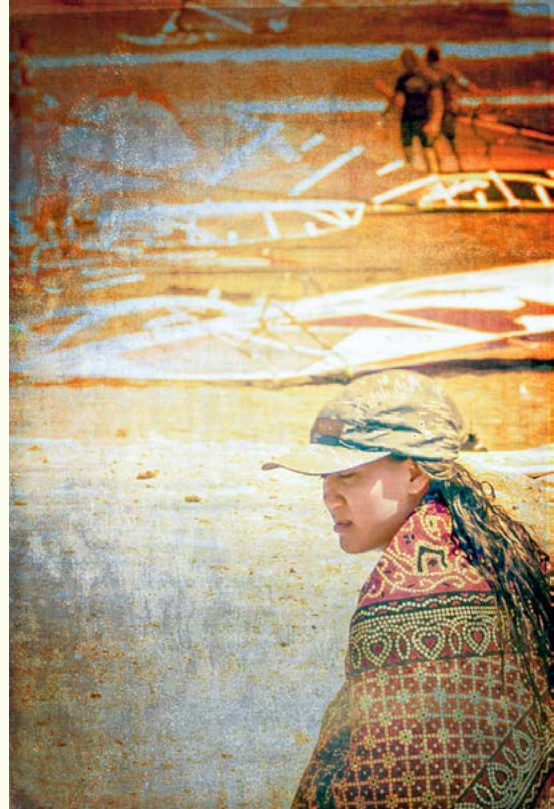
No worries, the purpose of *Alexius' Duality Hacks* is to undo the belief in being someone specific. You only need to read them until you do not know what and where you are. Hence, you do not hide what cannot be known, namely, oneness.



What you know about oneness is wrong because understanding something takes more than one. Therefore, looking forward to oneness is madness. But it is wise to look forward to not believing in a world with more than one. Then, the hope for more vanishes. Eventually, there is no need to think it is possible to be and have more than that which is One.



Oneness has a built-in safeguard mode. It simulates a world where



The brain fabricates all experiences to entertain. But since it makes them from nothing, it does not share your perceived difference between real or imaginary, physicality or spirituality, nor what you perceive as experienced by you or others, a dream or a movie. Hence, it fabricates all kinds of experiences higgledy-piggledy by the same organ to make it look like there is more than one..

there seems to be more than one if you believe in more than one. Thus, you do not have to feel lonely. The simulation ends the moment you stop believing it is possible to be and have more than that which is one.



You can compare the formlessness of oneness to one endless thought. Hence, nothing to disturb the peace of One until the thought is divided into two. One looks like a *Person*, and the other like a *World*. To uphold the illusion of more than one, the division goes on.

The thought called the *World* is divided into black-and-white fragments. And the thought called a *Person* is divided into a *Judge* and an *Executioner*. Hereafter, the *World* seems to cause the *Person* to experience what the *Judge* categorises as black or white.

When the Executioner has punished the black elements, the *Person* feels off the hook. Someone else is judged guilty for the evil it feels inside. But since that arrangement sets other divisions in motion, the relief is short-lived. So, again and again, the separation of *Person*, *World*, *Judge* and *Executioner* is used to establish the *Person* is good.

However, oneness is formless, so it cannot be divided except in fantasy. Hence, the above division happens internally in One *Person*. It projects parts of the fiction onto a world perceived as external. For example, whatever One *Person* feels is wrong inside, it projects outside onto immigrants, the deep state or communists. One *Person* may project the Judge onto a god, parent, boss, or lover. And perhaps part of society is seen as the *Executioner*.

That said, the above explanation is as fictitious as anything involving more than one. But Alexius makes up stories to help you realise anything experienced is fake, as it takes more than one to be aware of something.

The *Executioner* is probably the most difficult to bring back to our awareness as a part of ourselves. It is violent and inflexible, and we like to see ourselves as tolerant, although not of the *Executioner* in ourselves.

But to undo the fantasy of separation, you must stand by its primary ingredients. In this context, it is *Person, World, Judge* and *Executioner*. If you omit the *Executioner*, you will constantly fear authority figures and probably Enlightenment, assuming it will destroy you. Read about the fear of Enlightenment in [Duality Hack #10.3](#).

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Knowing there is no more than that which is one, you are not afraid because it takes more than one to feel something.

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The brain fabricates all experiences to support your wish for more than one. But since there is no more than One, it makes them from nothing, making it look like they are something in a world where you get more than one. That is all that the brain cares about. However, you assume you only get more if you do the right thing. So, you judge everybody differently from you, making them evil to make yourself look good, thus entitled to more.

You cannot choose that which is One because it involves more than one, thus enhancing the belief in separation. Fortunately, if you decide not to rely on the stories about more than one, the belief in separation fades out. Hence, there is no more than that which is One.



Ancient scriptures claim the world is an illusion. If so, this also applies to *Alexius' Duality Hacks*. However, there is a crucial difference between them and most spiritual teachings. The latter promises you something to comply with your dream of more. On the other hand, *Alexius' Duality Hacks* undo the fantasy of more by offering you nothing.



Each metaphor in *Alexius' Duality Hacks* adds to another to expose all ways as fake, as it takes more than one to go somewhere, and there is no more than that which is One.



Are you in my dream, or am I in yours? Some think the question implies they exist. But it is wishful thinking. There is nothing in a dream. The question only makes sense if you want to establish the fantasy of being someone as genuine.

HACK #1.8, Are you in my dream when I see you there?

Since reality is oneness, and it takes more than one to see something, everything experienced is comparable to having a dream made from nothing and not orchestrated by someone.

You say my body, indicating it is not you but something you believe in having. Therefore, the obvious question is, who has the body? But it is like asking who has your body in a dream. There is no answer because you are not in the dream.

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A dream is neither in the dreamer nor anywhere else. And the dreamer is not in the dream but in its bed. However, that is momentarily suppressed from the dreamer's awareness to experience a chaotic fantasy made of nothing but, in retrospect, perceived as something coherent by connecting the discontinuity with past experiences. Hence, if you refrain from interpreting the dream, there does not appear to be something where there is nothing. The same applies to the world you believe in seeing when awake.

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Dream appearances are often experienced as material, although the dream is immaterial. Likewise, it may appear as if there is life in a world where there seems to be more than one, although life is that which is One.

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*Reality is
oneness because
it is formless,
thus endless.
Consequently,
you must be
dreaming if you
see something.*



What you experience when you believe you are awake, you have learned to organise into something that makes sense to you. But it is as absurd as the storyline of a dream.

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If you experience to be running in a dream, you are mistaken. You are relaxing in your bed, imagining to run somewhere. The same applies to your experiences of being someone who goes somewhere when you believe you are awake, except you are not in a bed in oneness dreaming about it. Nothing happens because that requires more than One.

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A dream is an illusion temporarily laid on top of reality, which appears hidden as long as you believe the illusion is real.

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The experience of being someone definitive amongst others in a world with more than one is like having a dream where you appear to be with somebody else. However, it is not an experience you share with anybody but yourself (see [Duality Hack #12](#)).

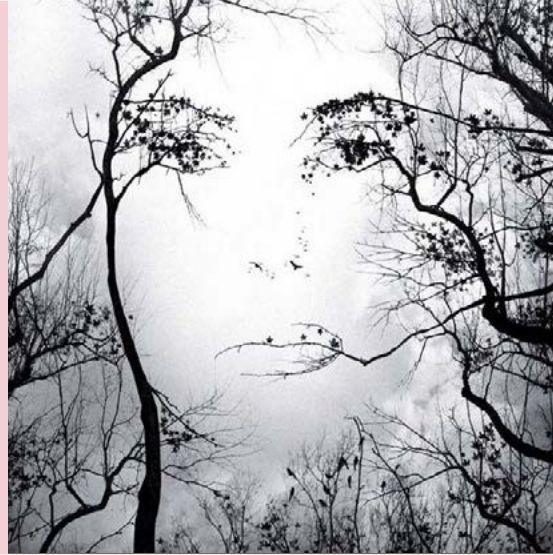
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In a dream, there is no way to prove it is fake because nothing in it is genuine. The experienced distances and the different persons are make-believe. Everything plays out in the dreamer, although it is neither in the dreamer nor anywhere else. The same applies to the experience of a world where there seems to be more than one, except nobody has it.

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Those who believe the universe is real have been unable to find proof of its existence through science or religion. Nevertheless, they demand factual arguments for the statements in *Alexius' Duality Hacks* that the world is make-believe. But nobody can prove it. If

You see a face here if you have conditioned yourself to see something where there is nothing. [Image from the web]



they could, a world where there seems to be more than one would be real because it takes more than one to prove something.



Since oneness cannot be seen, it is assumed obscured by a world where there seems to be more than one. But oneness seems hidden because you want to see it. Does this sound strange to you? Then, think of a dream. The ones appearing in it cannot see the dreamer. Therefore, only what cannot be known in the dream is real.



If you want to escape something in a dream, there is no reason to change or stop it because you are not there. Likewise, you do not need to do anything or refrain from something in a world where there seems to be more than one to return to oneness from. You have never left it because it takes more than one, and there is no more than that which is One.

That is not to say that you are in your bed in oneness, having a dream about a world with more than one. Nobody is in oneness

because it takes more than one to be anywhere. Hence, there is no dream or anything else to undo. It only seems so when you believe in being outside of oneness.

That is why *Alexius' Duality Hacks* is neither about realising oneness nor returning to it but having the belief in more than one undone.

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Trying to manifest yourself as someone definitive in a world where there seems to be more than one is like trying to be someone substantial in a dream. It is impossible because it is unsubstantial.

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You are right if you do not feel there is a place for you in a world with more than one. And then again, you are not. Actually, you are neither right nor wrong or anything else because it takes more than

There only seems to be life in the world of a movie because you believe it causes your feelings. Likewise, you have selected to be an effect of a dream about a world where there seems to be more than one.



one to be something. For the same reason, you are not in a world where there seems to be more than one – just like within the belief in being there, no matter where you appear to be in a dream, you are not there but in your bed.

That does not mean that appearing as someone in a world where there seems to be more than one is a dream. But you have a dream-like adventure made by nobody out of nothing. However, since you are reading this, you perceive nothing as something. No worries. You can quickly correct your mistake. Just keep reading *Alexius' Duality Hacks* until you forget what and where you appear.



Dreaming is perhaps closer to oneness than being awake because, in dreams, everyone seems close together in the dreamer – like in oneness, where everything is so close that there is no more than that which is One.



Alexius' Duality Hacks are not accompanied by soft music with whale sounds, pictures of rosy lotus flowers, promises of a better world, fantasies of unconditional love, higher states of consciousness or other conceptual attributes of a world where there seems to be more than one. *Alexius' Duality Hacks* have nothing to give. That is why they undo the belief in being and having more than One.



If you do not like how the world makes you feel, you dislike yourself because you feel what you have. But if you change your opinion about the world to feel good, you like yourself.

HACK #1.9, You get what you believe in being

You cannot change parts of a movie to suit your taste. But you can change your perception of them, whether they happen in the present or the past. The same applies to the world where you believe in being. Any event, including past ones, can make you happy if you choose the appropriate perception.

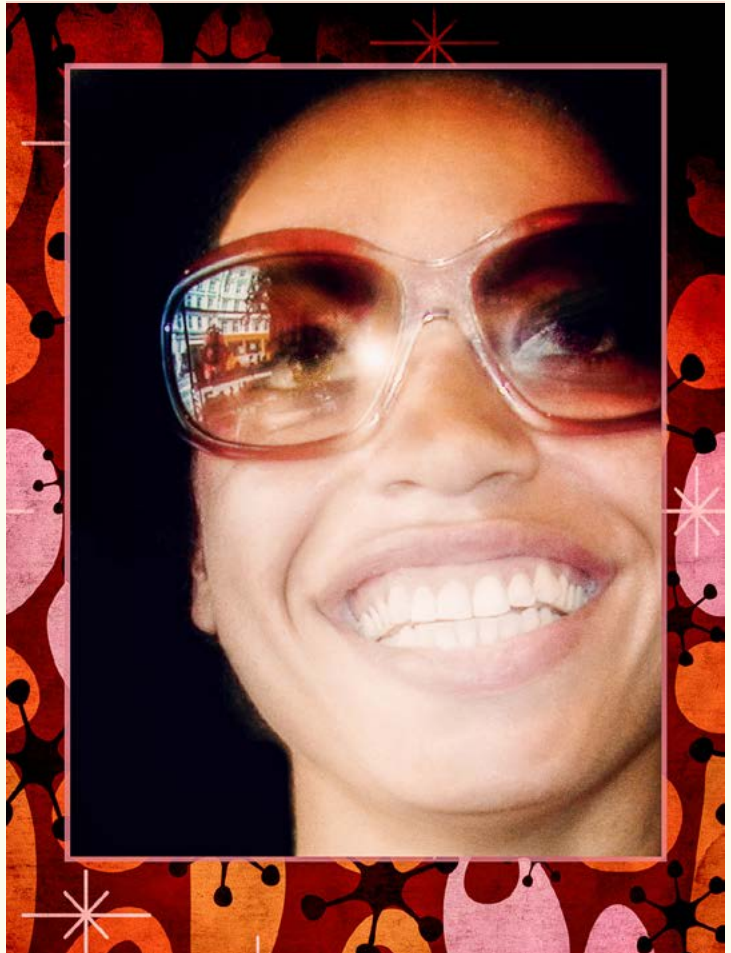
Therefore, if the world does not make you feel groovy, you change your perception of it to feel fabulous. But since the world is in the

eye of the beholder, you see what you have, so you could also change your perception of yourself to feel fabulous, thus having the world reflect that you are groovy.

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How you perceive the response from others depends on how you have judged them. That is why you perceive their response as upsetting when you have deemed them annoying. Therefore, if you do not want to feel disturbed by them, you correct your perception of their response to see them as helpful. And since you can only

*If you look at the
world with love,
you feel loved
because what you
give, you see.*



know what you have in yourself, changing the perception of what you receive, you recognise you are friendly.



What you give comes back to you – not in another lifetime, but at the exact moment you give it. That is not to be understood physically, as if you give money, you get money. It is the intention behind giving money that returns immediately. The sense of giving and receiving happens in yourself. So if you give money out of love, you feel loved, but if it is out of pity, you feel sad. Therefore, when you know you get what you give, psychologically speaking, you see you get what you ask for.



What you see is what you have because you cannot be aware of something you do not know. Therefore, if you have love, everybody looks lovely. And you feel loved regardless of how somebody responds.

In a world where there seems to be more than one, you must always choose something to uphold the illusion of separation. Therefore, when you do not select anything, separation falls apart. It might be easier not to choose if you stick to being the basic self because it depends on the brain's decisions. See [Duality Hack #5](#).



However, that does not mean you must love everything they do or say. For example, Alexius dislikes his cats bringing home half-dead lizards and mice. Still, their behaviour does not change his love for them.



If you want the world to respond in the way that you define lovingly, your self-hatred is exposed when you do not get the expected response. However, instead of acknowledging that the world is in the eye of the beholder, most people blame others for being rude.



When you blame your parents, society or something else for having conditioned you, you become a victim of others. Therefore, since everything you do is justified by the world, you can behave in ways that otherwise would be unacceptable.

But you are not a victim of your parents, the deep state, digital tracing, climate changes, capitalism, 5G or anything else. On the contrary, it is you who have chosen to be conditioned by something, probably to appear innocent and live a comfortable life as a consumer who only has to ratify the decisions of others.



The present is perceived as good enough when you feel complete. But if you feel uncertain about yourself, nothing is good enough. In other words, your response to the present reveals nothing about that but yourself.



That the world is in the eye of the beholder does not mean you are in charge of what happens in the world but of how you perceive it.



Whether you are aware of it, you always give what you have. So, if something you give results in getting hatred, that is what you have. Maybe you want to get it because you want to acknowledge your hate. After all, without it, you cannot feel your love. See [Duality Hack #8](#).

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Do not hold back your judgments. They reveal what you need to see in yourself to feel complete in a world of duality. For example, if you perceive the shit you see as yours, it can define your purity. See [Duality Hack #8](#).

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If Alexius wants to experience more, he enhances the feeling of shortage. Hence, nothing fulfils him. But if he feels complete, everything is fine. A way to always feel that is to pretend it. Everything in a world of appearances is fictitious, so why not fake it in a way that makes the fiction pleasant? See [Duality Hack #2](#).



You can only send love to somebody if you believe in separation, and since that is the cause of suffering, misery is what you send. Fortunately, it does not reach anybody. Unfortunately, it gets to you because you immediately feel what you give.



You cannot choose to feel content. It is an automatic outcome of not trying to control the outcome per a specific philosophy. So, if the brain produces images of ice cream, do not fight them. However, going with them may not lead to ice cream but, indeed, to something joyful. Because all the brain cares about is making you happy. See [Duality Hack #6](#).



The three ME fingers point back to you when the YOU finger points to someone deemed harmful. Following the three ME fingers exposes what your judgment of someone hides in yourself. For example, you have always done the right thing but sometimes secretly wanted not to give a shit. However, you considered that incorrect, so you disassociated yourself from your desire by condemning somebody as wrong. Fortunately, following the three ME fingers, you get in touch with the suppressed rebel in yourself. Thus, feeling relieved because you do not have to hide your wildness. [Photo from the web]

HACK #1.10, The blame finger and the three free me fingers

When you point the YOU finger at others, blaming them for your state of mind, the three ME fingers point to yourself. Following them, you realise what you see in them is something you hide in yourself.

For example, you point the YOU finger at your boss and silently, or loudly, state he is a ruthless dictator. Simultaneously, the three ME fingers point to you to expose what you want to hide by

accusing your boss of dictatorship. It could be that you want to disguise your urge to rule. But often, an authority figure triggers a feeling of worthlessness. So, you avoid facing it by accusing the boss of putting you down.

Perhaps feeling inferior started in childhood when you had to fulfil your parents' expectations to get their love. Since pleasing others became a pattern, you adjusted to the boss's demands, hoping to get his acceptance. However, you hide that you have manipulated the boss to like you, thus suppressing feeling inferior by claiming the boss exploits you.



If you always control yourself to do the right thing, you may feel dominated by society. But you are the suppressor.

» You always look for others' opinions to maintain your specific appearance. Yet, you do not know what they think. It is something you imagine. Therefore, you are up against nobody but yourself. «

Following the three ME fingers to yourself and face feeling unloved

The above does not mean you must address unresolved issues from the past to free yourself from the patterns that have been initiated. They repeat themselves constantly in the present. In this case, you hide feeling unloved by blaming authorities for dominating you until you follow the three ME fingers to yourself and face feeling wrong. Doing that is not about analysing, embracing or speaking out

We eliminate everything that does not fit into how we see ourselves by projecting it onto somebody else. Then others, as the wrong ones, become the contrasting background for us as the right ones. Therefore, since our perception of others shapes our explicit personality, we can see in them what we need to include to become flexible, thus not imprisoned by our invented perfection



loud. Those mental attitudes distance you further from feeling what you hide. Instead, be what you feel when you perceive others to dominate you.

»» *If you want to see what prevents you from enjoying yourself, blame somebody else for your misery. That reflects what you see as wrong in yourself, thus keeping you from feeling loved.* ««

When you are only that, nothing can define what you feel. Therefore, since nobody feels inferior, perceiving others as superior is unnecessary. In short, when you follow the three ME fingers, it takes less than a minute to set yourself free from past conditioning and, therefore, free others from your judgment.

Feel free to point the judging YOU finger at Alexius and follow the three ME fingers pointing back to yourself to feel what your accusation triggers in you. Feeling that, and nothing else, there is not something to define the alleged problem. Thus, you have set yourself and Alexius free.



Condemn Alexius to free yourself

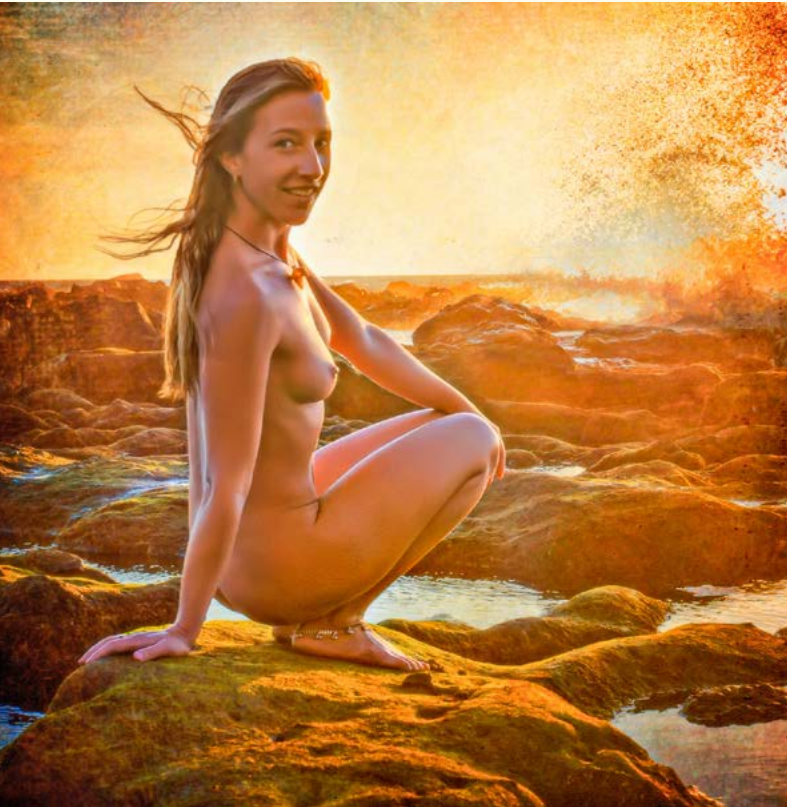
You can start freeing yourself immediately by pointing the YOU finger at Alexius, condemning him for typos and whatnot. Then, follow the three ME fingers to see what he triggers in you. Facing that is like using an eraser. The old feelings are no longer stored in your memory as something specific. Hence, you do not know what you used to hide.

Yet, you probably notice that you are not so tense anymore. And next time you encounter a scenario that upset you in the past, you laugh and wonder why you once saw it as distressing.

»» *When you do not continually project onto others what you are ashamed of, you are Alone Together unconditionally.* ««

The point of reference in the above is feeling upset, but everything said about it also applies to feeling good. For example, by pointing the YOU finger at someone and saying, »You make me happy,« you can see what it triggers in yourself. Facing it sets you free from your daydream. Then, you can be together without expecting the other to make you happy.

HACK #1.11, Sex, Karma and Meditation



Whether you call it love or sex, it is expressed physically in a material world.

Sex is fun when you give it your best shot

Does a computer become something else if you do not turn it on? No. It remains the same. And a leg is still physical even though you prevent it from participating in specific things.

If you plant it among carrots, will a flower seed become a carrot seed? No, it is impossible. And a hard penis does not become spiritual when you withhold ejaculation via tantra sex. On the contrary, denying the body the pleasure of letting go enhances the belief in it as significant.

That said, there is no more than the formlessness of oneness, so being physical is as unreal as Santa Claus. However, appearing as if you are someone in a material world, the fiction of Santa is exciting – likewise the pleasures of sex, so why not give it your best shot?

Since oneness is endless, there is no orgasm without it. Consequently, it should not be stopped but enjoyed as a positive confirmation of that which is One.

Trying to disassociate yourself from something enhances the belief in separation, which is the cause of suffering



Sex is like glimpses of Enlightenment

When you pursue the desire for sex in a tangible and horny way, the physical thrill of an orgasm is incredible. Especially because when extended by the empty breath, the whole body quivers joyfully. So, you feel revitalised and not emptied. Whether the sexual desire is triggered by fantasy or something perceived as real is unimportant. Everything experienced is make-believe. Read about *the empty breath* in [Duality Hack #9](#) and glimpses of Enlightenment in [Duality Hack 11.1](#).



If you assume you know why this picture is here, you have invented the cause, thus the effect. We always do that because, without a cause, there is no effect to confirm our existence. That is why science keeps looking for the cause of the world to prove that we exist. But they cannot find the world's origin. So, science has made a theory about the Big Bang, creating something from nothing. However, there is neither something nor nothing because life is formless.

Life has no cause and effect. Karma is bogus

When you hit a nail on the wall with a hammer, you get an immediate physical effect. The present, not the past, causes it. Neither has something in your past caused it if you hit your finger while doing it. Slamming the finger is an accident. Nothing is set in motion for the future apart from going to the doctor if the finger is wounded.

»» *If you want causal connections to imply that what and where you believe in being has a special meaning, you must invent it.* ««

However, suffering bodily pain because you accidentally hit your finger does not make you interesting. But if you connect the pain

with something from your childhood, you create a cause-and-effect. Thus, your accident has a greater meaning, and you have a special purpose.

»» *Life is oneness, which is formless, thus endless. Hence, it can neither have been caused by something nor cause anything. Therefore, everything created is lifeless.* ««

Furthermore, your construction of cause and effect makes it possible to justify anything as 'caused' by something in the past., making your life seem coherent. However, life is not reasoned. It is oneness, and it takes more than one to be something.

»» *Whenever you look for something to justify your current state of mind, you fabricate cause and effect. Since it is an imagination, you feel its impact when you imagine the connection. There is no other karma than this imagined relationn.* ««

The foundation of *Alexius' Duality Hacks* is that the world is unreal. And since that which is you is real, you are not there. One way to see that is to look at the cause of the world. Nobody knows it. Some imagine a god has created it. And others think that an explosion of nothing, called the Big Bang, created a universe of something. But only what is unreal needs to be imagined. Therefore, the cause of the world and, thus, the effect it seems to create are make-believe.

cause, and there is no effect without a cause. But ultimately, it is senseless to discuss cause and effect. There is no more than that which is One because it is without beginning and end.



Many meditate to get rid of thoughts they judge as negative. But if you do not try to be someone specific, there is no need to eliminate thoughts that do not confirm your ideas of perfection.

Meditation Is a con to trick you into looking for something better

Often, those who meditate would be better off taking [SSRIs](#) or beta-blockers. They can use the time saved to explore the world around them with open eyes and acknowledge they believe there is more than one, thus being able to correct their mistake.

The correction does not come from having insights, more peace, going deeper, or something else founded on the belief in more than

one. Instead, it comes from being nobody. That is the correction because somebody does not believe in more than one when you are nobody. It does not mean you cannot have a house while you appear in a world with more than one. But since you are nobody, it is not perceived as yours, thus not attesting to you as somebody having more than one.

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Meditation is not needed to stop thoughts when nobody has them.

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Meditating to make unpleasant thoughts and feelings disappear confirms the belief that you are someone definitive. But seeing them as they are, namely, fleeting, does not confirm you as someone specific.

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Thoughts seem tiresome when you want to use them to construct a specific image of yourself. But when you do not care about your appearance, they seem stimulating.



Thoughts have no power unless you exclude particular ones to establish you as someone because then you become a victim of them.



Eastern and Western meditation

Traditional Eastern meditation seems to be about emptying the mind for thoughts, whereas Western meditation, founded on Christianity, wants to fill it with thoughts of God. However, the mind is not a fact but a make-believe. Therefore, it is equally illusionary whether the mind is empty of thoughts or full of an imagined god. But most need to believe the mind is real and controlled by themselves, so they meditate to alter it.

However, meditation is a con trick devised by the rogue consciousness of the self. It promises that thoughts, at least the negative ones, will disappear when you meditate so that there is nothing to disturb you from being at peace. Nevertheless, most people have the opposite experience. They experience more thoughts when they start to meditate, hence not feeling at ease. If they complain to their teacher, they are told it is part of the healing process.

But there is nothing to heal other than the sick belief that it is possible to be and have more than One. Unfortunately, you meditate to fix the problems this belief entails, thus enhancing the belief in more than one. Furthermore, since oneness is all-inclusive and meditation is based on excluding negativity to achieve positivity, it denies oneness. Fortunately, applying [Duality Hack #4](#) allows you to become all-inclusive, thus confirming oneness.

Read about the rogue consciousness in [Duality Hack #5](#).





When you meditate, you look for something, such as peace. But since oneness is formless, thus endless, you can only get something specific in fantasy. However, you quickly get nothing if you do not look for something. Of course, that is a metaphor because there is nothing but oneness since it is endless. However, when you fantasise about something, getting nothing is blissful.

You always have peace

The absence of something is pure bliss. However, you do not get it if you meditate to achieve something but when you stop perceiving thoughts as something.

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Meditation does neither result in lasting peace nor transformation. And the teacher does not have something you do not have. All we need to be at peace is oneness. And since it is formless, thus endless, you always have peace unless we fence it off by meditating or something else that requires more than one.

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Since that which is you is the formlessness of oneness, it is an illusion to be centred, balanced, or anything else requiring a shape.

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If you meditate to find peace inside, you perceive inside and outside as separated. Hence, you enhance what prevents you from being at peace.

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Meditation is a con trick

Meditating to overcome separation is a con trick to fool you into believing that a world where there seems to be more than one is real. But oneness is formless, thus endless, so there is nothing but that which is One. Therefore, since your appearance as a separated being is a pretence, there is nothing to overcome because you are not what you pretend to be. See [Duality Hack #2](#).

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Who but those who see themselves as dirty need to meditate daily to become pure?

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The belief in an illusion is undone when you look closely at it. That is why the belief in being someone definitive is not undone with eyes closed but wide open.

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Meditation is not about getting rid of something but being a medium of something.

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In the old days in India, those who came to live in the Ashrams often were savages behaving egotistically. Hence, meditation was invented to suppress their aggression. The same kind of meditation is used nowadays.

Not the brain, but your wish to be special causes discomfort

When the brain has scripted you to feel sexual lust, you will feel horny no matter what you believe in being. However, you will not enjoy it if you use meditation or tantra sex, for example, to think about something else.



If you try to solve stress through meditation or grounding exercises, you make it worse because you do not know who you are. Only your maker knows. And since it is the brain, the solution, in the context of believing to be someone, is to be aligned with the brain's stream of thoughts instead of using meditation to distance yourself from it.



The brain is your master, so you must follow its script. See [Duality Hack #6](#). But as your master, it also wants to serve you. Therefore, if you dream about being something other than scripted, the brain accelerates the thoughts you need to visualise it. And if you wish to go on fantasising about becoming something better, these thoughts are maintained in a constant flow, making it look like you will be transformed someday.

The brain assumes you would rather feel special than at peace since you accept the disturbance all these thoughts seem to entail. But you try to have your cake and eat it too by meditating to get rid of thoughts. However, your purpose is still the same: to be special. So, the hectic flow of thoughts continues until you do not try to be someone special.



Even though the wish to change is based on self-hatred, the solution is not to love yourself but to be self less.



The world where you appear is not singular but dual

Since the goal of meditation is singularity, and you are in a world of duality, the brain continuously adds more thoughts to uphold the duality pairs, making up the appearance of duality. But if you accept your appearance in a world of duality by having a twofold approach to everything, you are in sync with the constant interaction of opposites constituting duality.

Hence, the brain does not need to establish duality by generating an ongoing inner dialogue between you and somebody perceived differently. Consequently, no thoughts disturb you, and you are in the duality flow going to non-duality. See [Duality Hack #8](#).



Focus makes you feel stuck inside a capsule of time and space. But if you do not focus, you are not fixed on something, thus in the bliss of nothing. However, appearing as someone in a world defined by time and space, you concentrate on something when picking your kids up from kindergarten, for example. Then you enjoy the bliss of nothing later

Hack #1.12, Focus requires much effort, and defocus is effortless

Defocusing neutralises differences, thus separation, so if you continue to look at something without focusing, separation disappears. But you cannot defocus that long if you have unfinished business in a world with more than one.

In that case, you are better off focusing on your problems so you can include them. When included, you cannot focus on them. Hence, the more you include, the more you are in the bliss of nothing. See [Duality Hack #3](#).

Contrary to what you may have learned, concentration is not beneficial in undoing the belief in separation. Oneness is formless, so it appears hidden when you focus on something.



Focusing enhances the impression of separation, thus the sense of being alone. On the other hand, since defocusing blurs out everything, the appearance of separation falls apart, hence feeling together.



Nobody is in a world with more than one, so you cannot leave it if you believe in being there. However, you do not establish more than one as authentic when you defocus.



Much concentration is needed to appear as somebody, whereas it requires no attention being nobody.



The words in *Alexius' Duality Hacks* come by themselves when Alexius defocus. Hence, they hack your focus when you do not try to understand them.

That said, while undoing the belief in a world of duality, you must operate within the polarity rule, which is that every experience comes in pairs of opposites. So you alternate defocusing with focusing – like Alexius, defocus when writing and focus when proofreading *Alexius' Duality Hacks*.

Or you are non-focused when reading *Alexius' Duality Hacks* and focused when implementing them in a world of duality. However, being defocused does not mean you read between the lines. So if you see something there, you focus. In other words, to read in a defocused way is not to look for anything.

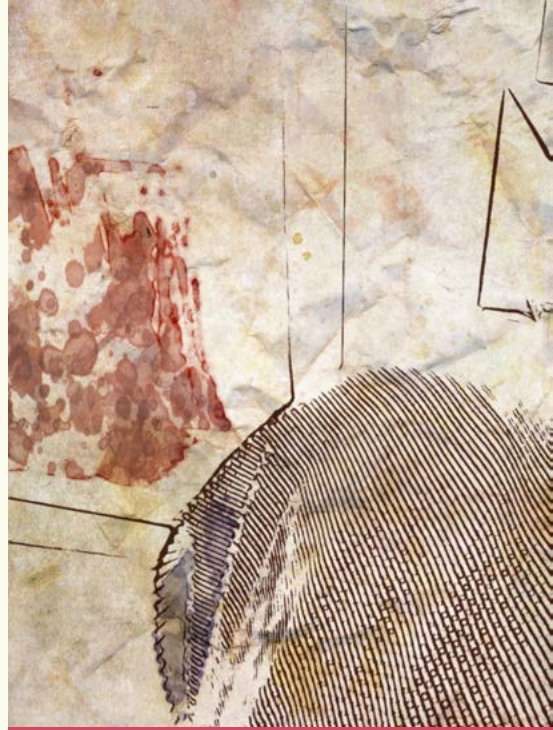


Multitasking is a great help not to focus. When doing several things simultaneously, there is no time to care about specifics, label experiences, or be result-minded. That said, sometimes circumstances in a world where there seems to be more than one require focus and a specific result.

A terrific way to contrast focus with defocussing is to perceive everything in a world defined by time and space as symbols of that which makes it possible to focus on something specific, namely the formlessness of oneness. Perceiving the world as a symbol of oneness, you see appearances as different, but their differences do not make a difference. Hence, you have your cake and eat it too. See [Duality Hack #3](#).



If *Alexius' Duality Hacks* space you out, you are on the right track regarding undoing the belief in time and space. Yet, you are not on the right track if you space out on the way to pick up your kids from school because it requires focus on differences so



If you focus on the contrasts in this image, you probably end up deducing something, thus concluding you are someone definitive looking at something understandable. But if you defocus, the differences disappear. Therefore, since knowledge does not establish you as someone since there is nothing to understand, you do not hide what cannot be known: the formlessness of oneness.

that you can be more than them and guide them on their journey in a world defined by time and space.



Spaced-out is one side effect of defocusing. Another one is clarity. When you do not focus on anything, you do not have an ongoing internal discussion about right and wrong. Hence, you instinctively do and say what fits the situation – not because you know but because you are in sync with the brain. See [Duality Hack #6](#).



Despite the direction you seem to go, you are going nowhere. That is because it calls for more than one to go somewhere, and there is no more than that which is One. Therefore, since oneness is everywhere, you do not have to look for it but for what makes you appear separated. Fortunately, you do not need to understand that. On the contrary, it requires more than one to understand something. Hence, all you need to undo the belief in separation is to forget to remember being somewhere.



Since Alexius does not care about appearance, there was no need to construct a specific look for this selfie. And though the picture may seem special due to its manipulation in Photoshop, there is no intention behind that other than having fun playing with the colours.

HACK #1.13, Alexius, Gudruång, and The Duality Hacks

It is actually Alexius who, in the third person, writes *Alexius' Duality Hacks*. He and I are grateful that you read them because even though you appear different, we do not perceive the difference to make a difference. However, that does not mean we are one in spirit. There is no spirituality in a world limited by time and space because spirituality is formless, thus endless. Hence, we and everything else conceivable is an illusion.

But we are one in being fictitious. And since there is no fiction without reality, namely spirituality, we are also one in the sense that we are a symbol of spirituality no matter how we appear.

»» *In 1972, Alexius welcomed the Enlightenment of that which is One. But you cannot share it, so he refrained from talking about it until his astral friend Gudruång told him in 2010 to serve the world by telling it about the Enlightenment of that which is One.* ««

Gudruång & Alexius

Alexius' Duality Hacks is one wordless, airy tune with no beginning and end without melody. But when Alexius' ethereal buddy, Gudruång, transmits it to Alexius, it becomes many different tunes. And when Alexius listens to their overtones, words about hacking the belief in duality rapidly and disorganisedly float through his hands into the computer.

»» *That which is One has only one word. But it can neither be spoken nor heard since that requires more than One.* ««

However, Alexius gets no answer when he asks Gudruång if he has completed a *Duality Hack*. Maybe because it takes more than one to finish something, and there is no more than that which is One. So, not the length of a *Duality Hack* but its emptiness exposes a world with more than one as nothing.

The Enlightenment of that which is One versus its glimpses

Many people try to put words together about a world of duality versus non-duality. But since most of them have not welcomed *the Enlightenment of that which is One*, they imagine they can realise non-duality in a world of duality. However, that is a denial of non-duality. It is oneness, which is formless, thus endless, so there is no duality.

Their mix-up of reality and virtual reality often becomes more absurd if they have had glimpses of Enlightenment. They mistake them for *the Enlightenment of that which is One*, although the glimpses, like movie trailers, are incomplete. See [Duality Hack #11,6](#).

Therefore, since they believe the glimpses have made them whole, they think they understand how to establish non-duality in a world of duality. However, understanding takes more than one, thus enhancing the belief in duality.

Fortunately, using *Alexius' Duality Hacks* requires no understanding or effort. On the contrary, they apply themselves when you keep reading them without trying to understand them. In other words, the less you know, the more the belief in a world of duality is undone. Please be aware that this is said in the context of undoing the belief in a world of duality. But functioning in such a world requires much knowledge.

Alexius takes on the role of a Duality Hacker

When you follow the present stream of thoughts to its end, what you were when it started is finished, and something new takes over. It may be a significant change, but often it is a minor modification, like a change of mood. It can also be a change of personality. See [page 260](#).



New Age philosophy rests on the idea that you can improve what you believe in being. In contrast, the foundation of Alexis' Duality Hacks is that whatever you believe in being is an illusion. So, there is nothing to transform.

Alexius was remodelled when he followed a stream of thoughts down a mountain deep into an ancient forest, where he was left injured and without food and water for two days. Then, after a helicopter rescued him and he spent two months in hospitals, he was no longer a hiker but a duality hacker, writing *Alexius' Duality Hacks*.

***Alexius' Duality Hacks* do not belong to anybody**

Years later, the stream supporting the writing of *the Duality Hacks* ended. Instead, a stream using Alexius' basic traits as a storeroom manager (see [Duality Hack #5.1](#)) took over. His writing creativity was replaced with the more tedious process of refining *the Duality Hacks*. However, it does not change that he is comparable to *the Enlightenment of that which is One* because that is not an appearance.

Nor does it change that *Alexius' Duality Hacks* are not his or anyone else's. Their content is comparable to water running from a tap, which in this metaphor is his buddy Gudruång. Alexius is the empty glass that picks it up and shapes it into what you read.



Like the weather constantly changes, so does our personality. And we enjoy it if we do not try to hang onto a specific one.

But no matter the shape, the flow remains unchanged. It cannot be altered, as that requires more than one. For the same reason, it is a metaphor that Alexius is a medium for a flow shaped into *Alexius' Duality Hacks*, read by you. Nevertheless, as long as we believe in being different creatures, undoing that belief seems to involve more than one.

Alexius' role as a Duality Hacker is over

Proofreading this hack again, it is obvious that Alexius' role as a medium for the Duality Hacks is soon over. No words come to him about new hacks or refining those written. The only word that comes is unpronounceable, namely the primordial vibration often symbolised by AUM and Sohang. See [Duality Hack #11.4](#).



Now and then, Alexius forgets to remember where he appears. Thus, nobody welcomes the Enlightenment of that which is One. But since he returns to a world where there seems to be more than one, he is not that which is One but someone comparable to it.

Neither Alexius nor anybody else has realised oneness, as that takes more than one. For the same reason, although Alexius has welcomed *the Enlightenment of that which is One*, he is not Enlightened.

Still, he remembers he forgot what and where he appeared, so there was not something to prevent an intense light from erasing his awareness. Thus, nothing entered a black hole with no beginning and end and weightlessly fell into the formlessness of oneness. See [Duality Hack #10.5](#).

That is why he is where he has always been and will be. Nevertheless, he appears, for a while, in a world where there seems to be more than one as someone compared to *the Enlightenment of that which is One*.

No beginning or end

In a way, Alexius' attraction to the body of a young woman who sensually undressed in front of him on a sunny day kickstarted his relationship with Gudruång. Alexius did not feel ashamed of his physical interest in a youthful woman but dived into it. Physically speaking, nothing happened, and he never saw her again. But later that day, still enchanted and walking in the woods, he, for the first time, met Gudruång, not materially but transparently.

Gudruång is comparable to an ascended master but not one of the 'rosy' ones who wants to save the world. On the contrary, his purpose is to undo the experience of a world with more than One. Therefore, since it takes more than one to be something, Gudruång and Alexius are neither two nor one.

Devotion makes the world fade away – or rather, your belief in it. What remains is that which is real. You do not need a guru or a mantra to be devoted. But you must follow your impulses to lose yourself, thus the world you are conditioned to see. It automatically happens when you dedicate yourself to what you are deeply attracted to. It might be a mundane thing like a person's body, a specific computer game, a sunset or something less mundane like an angel.





You probably do not notice that your digital media screen is empty because zeros and ones are combined to make it appear as if something is there.

The same applies to the rest of the world you believe in seeing. The brain simulates it to disguise it is life-less, thus also what it makes you believe in being.



» Pretending to be
in a world of duality,
you are not part
of it because where
you pretend to be,
you are not. «



You are probably aware that sometimes you pretend to be someone else, for example, a tourist. But in a world limited by time and space, you always pretend to be someone you are not because that which is you is the formlessness of oneness

HACK #2.1, Pretending to be someone is a relief

When an electric bulb breaks down, it cannot illuminate anything. So, if the bulb identifies with that, it is finished. But if it does not believe but pretends to be an entity illuminating something, it is only what it pretends to be that ends. Therefore, even though the bulb does not illuminate anything anymore, it is still what made it possible to pretend it, namely electricity.

Likewise, if you believe in being in a world limited by time and space, you are bound to end as everything definable has an end. But if you pretend

to be there, only what you pretend to be ends someday, like in roleplay. However, you must know your appearance is a pretence before it ends. Otherwise, you will hang onto it when you sense it is about to finish.

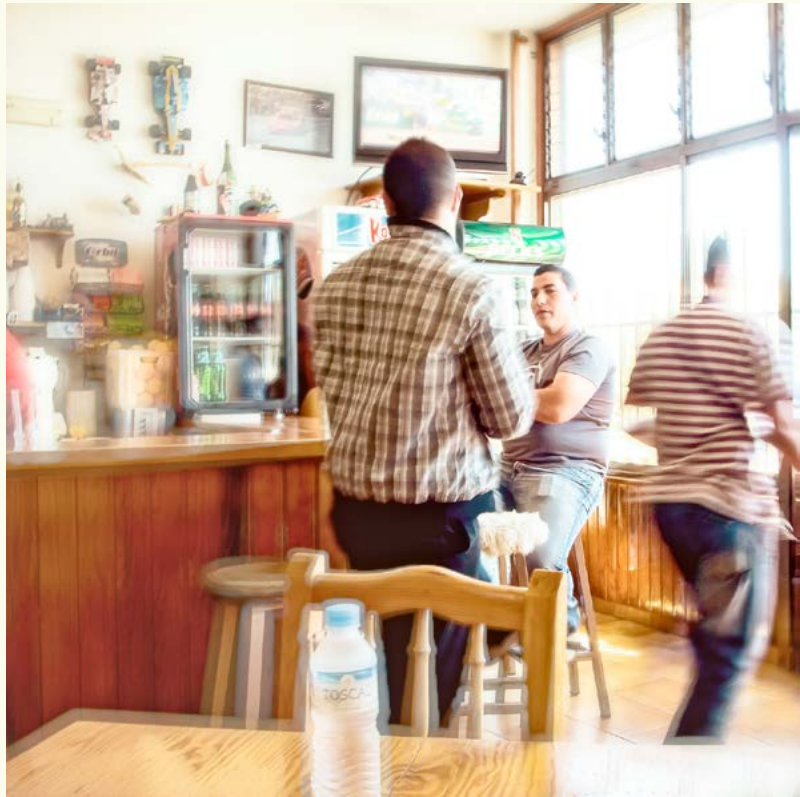
So, in the context of the above metaphor, when a bulb cannot illuminate something anymore, its life is over if it sees itself as a bulb. But if it has acknowledged that it is not a bulb but the electricity that makes it possible to pretend it, there is no end because electricity remains.

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Although electricity makes reading these words on electronic media possible, it is not in them. Likewise, the formlessness of oneness is not in a world defined by time and space, although it makes it possible to experience it.

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When the body stops functioning, your belief in being someone definitive falls apart. If you do not try to prevent being exposed as nothing, there does not appear to be something hiding, there never was or will be anything but the formlessness of oneness.



What you appear to think, feel, and do when you believe in being someone definitive is the same as when you pretend it, except there is no need to suppress politically incorrect feelings. That is because when your appearance is a pretence, so are your feelings, thus not dangerous.

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Where you pretend to be, you are not

Whether you perceive yourself as mundane or spiritual, you cannot return to the formlessness of oneness because there is no room for something specific. Fortunately, if you pretend to be ordinary or spiritual, you do not need to return to oneness because what you pretend to be, you are not.

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Like nobody can extend the content on a protected compact disc, expanding oneness into more than one is impossible. Not because oneness is protected but because it is formless, thus endless. So, there is nothing but that which is One. That is why you deceive yourself if you believe in a world with more than one. However, your mistake is easily corrected if you pretend to be there because where you pretend to be, you are not.

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What and where we appear is empty space. That is why we need not change our appearance to return to reality. On the contrary, changes enhance the belief that empty space is something.

Therefore, undoing the impression of empty space as something is not about opening up or surrendering to a higher power but being empty. You are that when you pretend to be meaningful because you are not what you pretend to be.

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There is no life in
a virtual world
– only in the one
looking at it.

Believing or pretending to be someone

Interaction is the name of the game if a virtual world is to appear authentic. But since the interplay rests on what you imagine others think, you interact with your fantasy. Consequently, appearing as someone is make-believe.

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Nobody in a computer game can touch you, regardless of how good the graphics are. So, if you feel that a computer game affects you, you deceive yourself. It happens in you. The fastest way to return to reality is to turn off the game. But the perceived reality of the world where we appear to be is as virtual as a computer game. Fortunately, you can turn it off quickly by becoming aware that being 'there' is a pretence.

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In a virtual world, you cannot realise what is real. But you can realise being there is unreal, thus a pretence.

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Not believing but pretending to be someone, your conditioned behaviour for how to react falls apart. Hence, you can enjoy the moment as it is instead of compulsively shaping it per your conditioning to avoid feeling upset when it goes against your rules of right and wrong.

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Being a waiter be is fun when you pretend it.



Since it takes more than one to feel something, you can only be desperate if you believe in being in a world with more than one. However, if you do not believe but pretend to be there, what you feel is not seen as real, like when you pretend to be in a game. Therefore, since the outcome does not scare you, it is fun to be chased.

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When you do not believe in a world defined by time and space, you see it as a comedy in which you have fun pretending to be what you are not.

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Pretending to be a child when you are grown up is amusing.



Problems are not bothersome when you pretend to have them

Should your diet not go as planned, and you feel frustrated, you can solve it by pretending to be someone with a problem. Since you do not have what you pretend to have, the problem is gone.

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When you know that everything is a pretence, you can have as many friends as you want because having them is something you pretend.

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If you revolt against your parents, you depend on them to become better. Hence, you and your parents are two sides of the same coin. The same applies to being detached from the world because your detachment relies on what you avoid.

In other words, you remain part of what you turn down. But not if it is something you pretend because what you pretend, you are not.

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You cannot pretend to be that which is One because it is formless. But you can pretend to be someone definitive. Thus, being nothing because what you pretend to be is not you. Consequently, you do not appear to hide the formlessness of oneness.



Suppose you do not try to conceal specific feelings to preserve your appearance as someone definitive. Then, you can pretend to have them, thus having fun acting sad or whatnot.

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Be aware that pretending something is not about hiding feelings. You must be conscious about them to pretend you feel them.

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If there is somebody you dislike, you can remind yourself that it is something you pretend. Hence, it does not feel unpleasant but fun to judge others

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Pretending to be what you are not, there is no need to be confirmed by others as genuine. Thus, you can enjoy all the illusions of a world defined by time and space.

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You can pretend to be stressed if you acknowledge stress instead of seeking shelter in memory of tranquillity. And since you are not what you pretend to be, stress does not bother you..



Having fun pretending to be where you are not

The magic disappears when you grow older and realise Santa Claus is fake. However, you still hold onto the idea of being someone in a world with more than one, although it does not feel fabulous. Fortunately, not believing but pretending to be in such a feels as wondrous as when you thought you got presents from Santa.

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You do not need to stop a movie to escape its world because you are not there. It is something you pretend. Likewise, If you pretend to be in a world where there seems to be more than one, you are not there. It does not mean you see where you really are because reality is that which is One, and it takes more than one to see something. But it means you have fun seeing more than one until you are tired of seeing something not there.

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Pretending to be where you are not seems amusing because you feel translucent.



Being someone definitive is like Karaoke. For example, being a mother or father is based on replicating collectively agreed-on ideas of how to look like a family.

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If you are black-haired, you cannot choose to be blond. But you can pretend it, thus feeling light-haired.

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When you meet someone who turns you on, you analyse the perceived external interaction to set up a personality you expect the other will love. But you are afraid your masquerade will be exposed, so you build something into it you reckon the other cannot live without. Fortunately, this interdependency is easy to undo. All you need is to acknowledge that your new personality is pretence.

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The world is like a puzzle. But you can never get it right because a piece is missing. No worries. If you pretend to be 'there,' the missing piece does not matter because you are not where you pretend to be.



You do not need to learn to pretend

You may wonder how to pretend. But that is not a mystery. You always do it, as illustrated by this dialogue from the TV show The Big Bang Theory:

»When did you guys start feeling grown-up?«

»Honestly, I thought when I got married, I would, but I still kinda feel like I'm pretending.«

If you do not fool yourself into believing you are honest, you know you have played out in your head how to be a parent, teacher, or lover. And playing your role feels as amusing as when actors do their best to play their part.

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»When I was little, I thought the moon was following me when I was in the car.« From Teenager Post #11156 (from the internet):

As a grown-up, we automatically correct the above experience. The same applies to experiencing a street getting narrower at the world looking flat. We cannot function if we do not correct those experiences.

But we forget to correct the impression that there is an 'I' seeing something. It is an idea the brain has introduced to help us feel real in a world where there seems to be more than one. Fortunately, this idea fades out the more you pretend to be 'there.'



Pretending to move as you dance to the sounds performed by others acting as musicians.

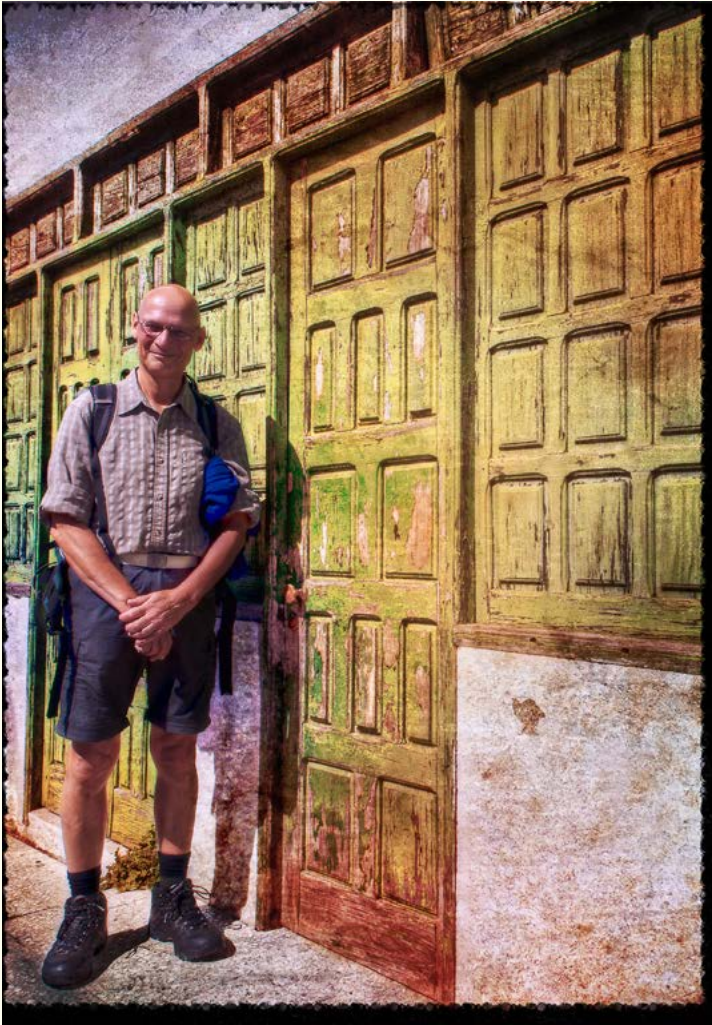
HACK #2.2, Pretending is a way to reality

If you believe you are shaped and not formless, you can undo your mistake by pretending to be definitive because what you pretend to be, you are not. However, unconsciously, you already pretend to be something explicit.

Samples of unconsciously pretending to be someone

- When you look at a new home, you probably picture what kind of people used to live there. And then, imagine what type of person you could be if you moved in.

- At work, you may pretend to be someone who fits into the environment socially and professionally. But when not at work, you may pretend to be free. And going to the disco, you most likely act like a party-goer.
- If your kids are worried, you pretend you can help them. And if they are naughty, you pretend you will teach them a lesson.
- When you are attracted to someone's look or vibe, you pretend the other person is the right match for you.



Everybody already pretends to be someone. However, they are unconscious about it, so Duality Hack #2 is about becoming aware of it.

- Making a pass on someone, you pretend to be what you imagine the other person looks for.
- Although the brain is in charge (see [Duality Hack #6](#)), you disguise it by pretending you are the boss. For example, you might wake up in the morning and pretend to feel bad so you can stay in bed as if it were something you chose. Or you might get up immediately because you pretend to have something important to do, thus making it look like you are in charge.

Samples of consciously pretending

- You have sex with your spouse, but only your body is there. You fantasise about being with somebody else.
- Every parent pretends to be responsible and to have all the answers. If they have nothing good to say, they make something up to make their kids feel good.

Sometimes you pretend to be turned on by your spouse while fantasising about another – or pretend to get orgasm to please your spouse.



Being someone is fun when knowing it is pretence

You might be aware you pretend to be what you are not in the above situations. But you probably do not know that everything is

*You quickly
learn to
pretend
being cool*



a pretence. If you become aware of it, you understand that what and where you appear is as fictional as roleplay.

Consequently, the energetic people in an advertisement, the glamorous stars on the stage, or the beautiful people on social media play acts. And you can have fun doing the same instead of looking for authenticity in a false world. It is easy because you are familiar with pretending to be something you are not on dating sites, social media, or playing an air guitar.

Pretending something is dramatic can be exciting – also to watch it.



Authenticity is an illusion in a world limited by time and space

Many think they should stop acting and find their real selves to express themselves truthfully. However, that which is you is oneness. And since it is formless, there is nothing to express. Besides, formlessness is endless, so being specific is make-believe – like appearing as someone in the fantasy world of a video game, a movie, a book or a dream..

In other words, being someone specific is impossible, but it is possible to pretend it. Doing that is neither bad nor good but a tool to have fun. Yet, whether you believe or pretend to be in a video game, it takes the same course – likewise, when you appear as someone in a world defined by time and space. However, not believing but pretending to be ‘there’ makes you feel entertained regardless of the outcome.

Believing you are someone in a capsule of time and space feels limiting. In contrast, if you pretend it, you are not restricted by time and space because you are not where you pretend to be.



The people you see in a movie are not there. It is something you pretend. That applies to everything.

For example, you pretend to be friends by following the conceptualised way of behaving in a friendship, thus getting a made-up sense of being together.



Pretending to be someone frees you from the trouble of being perfect

Movies use collectively agreed-upon concepts to create familiar moods that match our memories. Therefore, when you watch a movie, you do not feel touched by it but by the memories it triggers. You project them onto the film to verify your past conditioning. Actually, this applies to everything you see. Nothing affects you specifically because everything in a world of duality is twofold, not singular See [Duality Hack #8](#).

Therefore, when an experience seems to make you feel something specific, you have fabricated it from memories edited over time into a singular concept. For example, when someone looks or behaves almost perfectly, you exclude the parts regarded as imperfect from your awareness to feel happy about your conditioned idea of perfection.

By replicating romantic events from movies, you disguise that you have no genuine feelings for the person. For example, you invite the

All feelings are twofold in a world of duality. For example, love is paired with hate. Therefore, you cannot only feel love unless you pretend it. But since you are not what you pretend to be, you get your taste of love without being defined. And since all distinctive feelings are pretence, the more you are aware of that, the less you feel limited.



imagined perfect person to an ideal dinner with red wine and candlelight, thus creating an atmosphere that suggests you feel something special. Suppose you succeed and keep meeting the person you imagine as perfect. In that case, you establish interaction rules to hide that the other person does not interest you. All you care about is what you can do to the person's parts judged as perfect.

Should you be accused of being shallow in the relationship, you prove your commitment by pointing to the rules you strictly follow. However, this solution, like other ways to fix your insecurity, confirms you are someone definitive separated from others, which is the cause of your problem.

Having fun pretending to be what you are not

The solution to not feeling authentic is not to find your genuine feelings. You do not have any. Like in roleplay, everything is pretence. Fortunately, when you become aware of that, you do not have to hide your playact behind rules of how to be. Read more about genuine feelings in [Duality Hack #8.1](#).

Instead, you have fun pretending to be someone separated from others, thus not being it, as you are not what you pretend to be. Consequently, you do not enhance but phase out the belief in separation.

Appendix about perfection or other ideals

You choose how perfection, spirituality or socialism should be by adapting others' conventions, making some yourself, or a mixture. So, what you think you must get rid of to become pure is something you have judged wrong. Consequently, all you need not to be bothered by specific thoughts is to not judge them as incorrect.

Fortunately, that is very easy. You pretend to have wrong thoughts and feelings. And as you do not have what you pretend to have, you do not need to eliminate thoughts and feelings.



As it takes eight minutes for the sun's light to reach the Earth, the sun in this image is eight minutes older than the leaves in the front. At least if you believe the brain's claim that it processes your experiences based on information from your sensory system.

HACK #2.4, Pretending to hope, frees you from the future

The brain claims it creates our experiences from the information it gets from our sensory system because it wants us to believe there is a world outside us. However, the brain receives nothing but empty space. Therefore, since our experience of something is made from nothing, the world we see is a fantasy inside us – like the world in a dream.

Nevertheless, we continue in the context of the brain's claim that there is a world outside us to challenge this allegation on its premise. We start by imagining the sun has consciousness or special equipment that allows it to look closely at the Earth now. Since it takes eight minutes for light to travel that distance, the sun sees what we looked like

eight minutes ago. Next, we imagine a star in the universe so far from the Earth that it watches our birth now.

» Science has recently found a point so far away in the universe that they can watch its beginning as if it happens now. «

Then, we imagine points further away in the universe from where it now experiences the birth of our mother and grandmother. And when we go further, the universe's birth happens now. Ergo, from the perspective of the universe, there is no time. Everything co-occurs.

In the eyes of the universe, there is no past or future but one perpetual present. However, you want the excitement of linear time. Therefore, you use the brain to help you producing episodes that seems to have a past and a future. Then you binge watch its episodes hoping for something better to come.



»» *There is no before and after and, consequently, no reincarnation. It is a concept designed to make linear time seem everlasting.* ««

This simultaneously is perfectly illustrated by television. For example, our TV may have one channel showing a sci-fi movie, another a film from the past and yet another a documentary. But since the brain wants us to believe in linear time, it limits us to watching one channel at a time, although they all play simultaneously. However, when we challenge the brain's claim that we live in a world of linear time, we see it is a lie made to look real by ourselves by hoping for a better tomorrow.

Pretending to hope frees you from linear time

The hope for something forthcoming upholds the belief in a world of linear time – especially because hope entails fear. You are afraid that you will not obtain what you hope for. And if you get it, you fear losing it. Hence, fear makes you strive for a brighter future. In contrast, if you pretend to hope for something to come, there is neither a future nor fear because what you pretend is not real. Be aware, though, that in a world of linear time, everything is a process. So, it seems to take time to undo the belief in it. No worries, you are not in a hurry because time is an illusion.



There is nothing but one perpetual present. However, it is impossible to comprehend everything happening at the exact moment when you look forward to something. Everything seems divided by time when you hope to build a better future. But if you pretend to hope for it, you undo the illusion of time because what you pretend is unreal.

According to science, all the elements coming from the Big Bang immediately organised themselves into a super pattern that would have stagnated if perfected. However, due to a few gaps, it expanded into what we experience as the universe.

But something that expands will contract. Actually, it has happened because everything co-occurs. Thus, the universe ends when it begins. In other words, seeing a world defined by time and space is make-believe



Oneness turns down linear time when it seems to begin

Oneness explores the possibility of time with a big bang, projecting time forward linearly. However, there is no going back to the same in linear time. For example, if ice cubes melt in water, you cannot extract and make them into the same cubes. And the light radiating from a bulb or the sun only goes forward. It never returns.

In oneness, it is only possible to move forward by moving backwards simultaneously. It has to be one movement to remain one perpetual present. Therefore, since that is not the case in linear time, oneness discards time when it moves forward without moving backwards.

Nevertheless, some are excited by linear time, implying they can move forward to become something else. So, they decide to continue the cancelled adventure by fabricating follow-up stories about a world going forward in time. Of course, if you think these stories

Oneness dismisses time when it goes forward. Therefore, since there is no future, the collapse of time happens now, and a world with more than one moment does not exist.



are real, the future may seem scary. But when you know everything happens simultaneously, pretending to go forward feels harmless because you are not where you pretend to go.

**Oneness is formless, thus endless,
so it dismisses more than one**

That said, oneness does not consist of differing parts. So, the above about investigating or fantasising about linear time is a metaphor. Nevertheless, in the context of the metaphor, a world of linear time is deemed unreal the moment it is visualised, thus instantly aborted. However, the after-images of this moment are used to fabricate an interactive movie in cyberspace, extending the cancelled adventure about linear time.

»» *In a world defined by time and space, we hang onto the afterimages of a visualisation of linear time. To make sense of the disintegrated pieces of honeycombed memories, we fill the gaps with concepts of love, god, socialism, or other lofty theories to make the fragments appear coherent.* ««

Pretending to be in these after-images is like watching a magic show. Hence, progressing in time feels entertaining until you look closer and realise that going forward is an endless quest leading nowhere. Thus, you pretend to hope for tomorrow to undo the illusion of time, as what you pretend is unreal. Consequently, you are not in linear time but one perpetual present. However, as mentioned, it seems to be a process when you appear in a world with time going forward.



Life is endless, so anything that does not last is lifeless.

HACK #2.5, The endless ocean appears finite, seen as waves full of tiny bubbles

Time and space are constructed of thoughts. However, thoughts are intangible, so they can never shape a tangible world except in fantasy. Therefore, like a dream, the material world you experience with open eyes is immaterial. Ergo, you deceive yourself if you see something substantial. That is what we imaginatively explore in the tale below.

Once upon a time ...

... there was an endless ocean. It was content by being everything until it thought, what if there is more? But since it was boundless,

there was nothing but water. However, the ocean created a wave out of itself to get something outstanding. And even though it knew the wave was nothing but water, it enjoyed perceiving it as something else until the wave returned to the ocean..

Getting lost in seeing something with a beginning and an end, the ocean seemed to detect a new world with tiny bubbles in the wave's foam. Watching the luminous bubbles, the ocean fell into a trance where bright gods radiated individual light colours while graciously moving around a world with more than One.

In the dream state ...

... the ocean got so entangled in the world with more than one that it forgot it was bound to end when the wave returned to the ocean. Yet, slightly aware of it, the ocean made more waves with new shiny bubbles. Although they were as intangible as the ocean, they appeared as individuals able to communicate tangible visions

Of course, the separation of water into bubbles, making up a world with more than one, was make-believe. In reality, everything was water. But since the ocean wanted its vision of more than one to last, it suppressed that everything was the same regardless of appearance..

The luminous world on top of infinity is finite

The belief in separation made the luminous bubbles feel alone and icy, turning them into frozen bubbles. Hence, they no longer were lucid, non-definable entities but murky droplets shaped into something definable without radiance – like humans nowadays.

However, since time is an illusion, you can always recall the vivid god-like entities moving gracefully and quickly like dolphins yet going nowhere. Alexius has been in their world several times. Many saints consider it heaven, calling it Shangri-la, Nirvana, or Moksha (see [Wikipedia](#)).



The luminous world that seemed to arise when separating from oneness did not last long. Division leads to obscurity. So, the god-like beings are nowadays condensed humans in a capsule of time and space. But you can always recall the original, lucid world because time is an illusion. Yet, you cannot remain there. Being somewhere specific, although translucent, is a downward spiral to an opaque world where reasoning establishes separation as reality.

Maybe the early ambient music is inspired by the memory of this high-frequency world, for example, [Energies](#) (1982) by *Pauline Anna Strom*. Nowadays, the closest to her is probably *H Takashi*, for example, [Body Trip](#) (2016). But the present-day ambient music by *Emily A. Sprague*, such as [Star Gazing](#) and *Jeremiah Chiu's* [Static Stone Railway](#) (2024), also seems linked to the ancient world of transparent beings. The same applies to contemporary ambient pop music, like [Out There](#) (2024) by *Helado Negro*. In a jazzy way, [Sediment](#) (2024) by *Air Space* and [Beyond](#) (2023) by *Leo Takimi*. As art rock, [N.Y.C.](#) (1994) by *Bryan Ferry*. And finally, as cosmic cabaret, [A Sign](#) (2022) by *Sam Gendel and Antonia Cytrynowicz*.

» *It feels like floating in a wide open space without time, lasting sizes or emotions. Yet there is a melancholy sense of entering hell because the exploration of empty space drags you from heaven by a downward spiral into a world limited by time and space.* «

The fast rhythm, yet trancelike tranquility of the above music, is close to the frequency of the ancient god-like entities because they are next to oneness. Nevertheless, the music is far from as fast as oneness, speedier than anything definable. See [Duality Hack #9.9](#) in the free eBook Alexius' Duality Hacks. That is why oneness is non-definable. Therefore, the reason the adored high-frequency world of god-like beings is make-believe, like anything else that can be seen as it requires more than one.

Actually, believing in seeing different light beings hovering in and out of each other was the first step on a downward spiral to the present world of compact beings distanced by time and space.

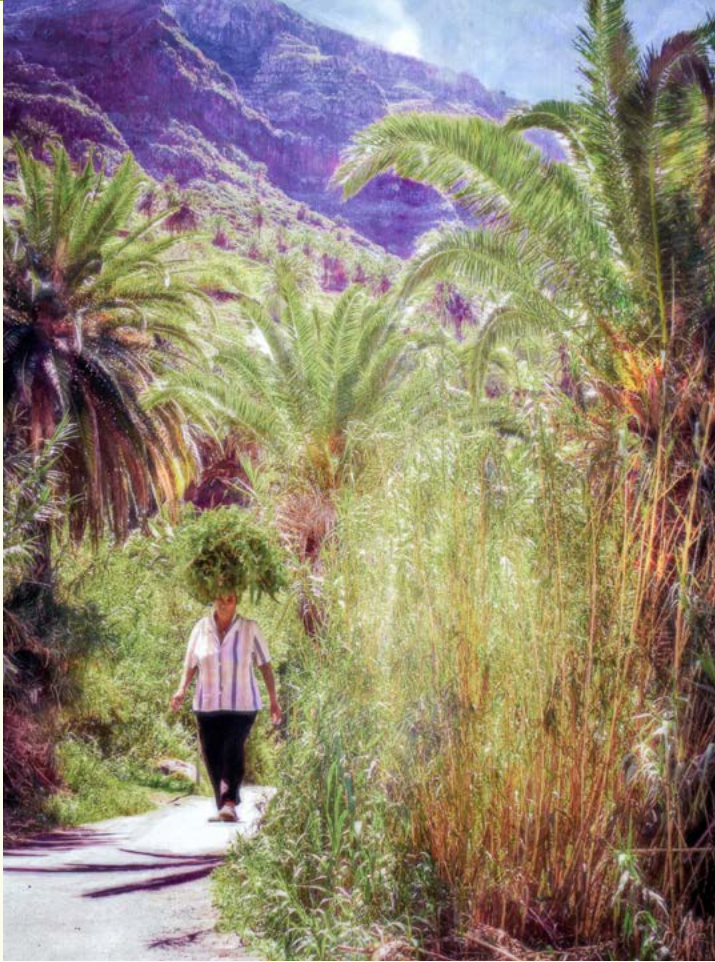
No matter where you believe in being, you are not there except in fantasy.



Everything with a beginning and an end is fictitious

Oneness is comparable to the ocean in the above tale. There is no more than oneness since it is formless, thus endless. Yet, it seems possible to believe there is more, like the indistinct godlike bubbles in the ocean tale. But the belief in separation quickly turns them into distinct bubbles like humans. Fortunately, the problem is not that they appear separated in a world with more than one. But that they believe this appearance is genuine and not something they pretend.

What and where you pretend to be, you are not, like you are not in a game you play. Therefore, pretending you are a heavenly drop of water turned into a dense teardrop, you are neither an ethereal nor a substantial bubble but the essence of it. Therefore, in the context of this adventure, you are water. And since there is nothing else, you are that which is One.



Pretending to be someone, you are free because what you pretend to be, you are not.

HACK #2.5, Pretending to be twofold, frees you from duality

If you are tired of pretence and falseness and look for more authenticity, you deceive yourself. Everything you experience is fake because it takes more than one to see something, and there is no more than that which is One.



You cannot decide to be that which is real because it is that which is One, and it takes more than one to choose something. But you can

choose not to be in a world with more than one by pretending to be there because you are not where you pretend to be.

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Even though you know going to jail in a game is unreal, you may express despair as expected in your specific culture. You may do it intellectually in colder countries and emotionally in warmer countries. But regardless of your response, there is nothing honest about it. It is something you pretend to be part of the game – likewise, in the adventure of being someone in a world with more than one.

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If you are tired of pretence and falseness and look for more authenticity, you deceive yourself. Everything experienced is fake because it takes more than One to be aware of something, and there is no more than that which is One.

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In Monopoly, different colours painted on cardboard represent various values in a world where you appear as a tiny plastic car. It cannot drive by itself. You have to do it per the rules of the game. Thus, you ‘drive’ slowly from colour to colour, supposedly far from each other, even though they are close. Everything is arranged so it is obvious where you are and what you have. But you are not in Monopoly, and whatever you

There is no food in a game like Monopoly, so feeling fulfilled by its world is unrealistic. Yet it is fun pretending it.

seem to own has no value. Nevertheless, you can pretend to be there if you accept the game's premise: to take everything from everybody so that you are the only one left with something.

If you do not follow this basic rule, you miss the game's fun – likewise, when playing the game of being in a world with more than one. It falls apart if you think we are one and should share everything in peace and love. On the other hand, if you pretend to be someone separated from others, you have fun playing the game because you neither see separation nor the feelings it seems to entail as real.

In other words, do not try to change the game of more than one into something fairer per socialism, spirituality or whatnot, but have fun playing it per its rules by pretending not to be that which is One but someone in a world with more than one.



According to traditional Eastern philosophy, the material world is an illusion. Therefore, if you are real, you cannot be there, like you cannot be in the world of a computer game. But you can pretend to be there.



You are mistaken if you think you feel anger, love or something else because it takes more than one to feel something, and that which is you is no different from oneness. No worries. You can easily undo the mistake. If you pretend to be angry, fall in love or whatnot, nobody is feeling it because what you pretend to be, you are not.



You can only miss something if you believe there is more than One. That is why when you pretend to have more than One, you undo this mistake because what you pretend to have, you have not.



Pretending to follow society's rules sets you free from feeling restricted.



The more you see that a world with more than one is make-believe, the more depressed you may feel until it dawns on you that you are not there, so you are free to pretend to be what feels good.

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You can undo feeling wrong by pretending it, as you are not what you pretend to be.

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When you do not believe but pretend to be someone, you do not need others to confirm you are real because you are not what you pretend to be. Hence, you are free to enjoy all kinds of relationships.

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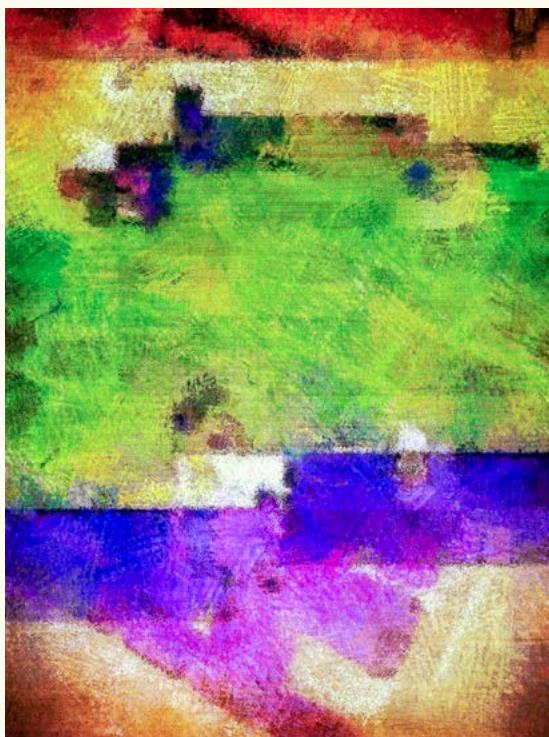
When the apparent difference between what you like and dislike is a pretence, your belief in being someone specific fades out.

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If you believe biking, driving, and meeting friends are real, you want to experience it as something that approves your belief. But if you pretend to be someone biking, driving, meeting friends and whatnot, it is not essential how the experience turns out because nothing needs to be approved.

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If you pretend to do something, nobody does it. Therefore, somebody does not appear to hide the formlessness of oneness.



Whether you believe in being someone or pretend it, what you appear to be is bound to end. Should you conquer the fear of death, you still die if you hang onto your belief in being someone. On the other hand, pretending to be it, there is no death to beat because what you pretend to be is not real. In other words, if you do not believe but pretend to be someone, only your contemporary role finishes when the brain expires.

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There is eternal spring on the island where Alexius lives nowadays. So, unlike his native country, which is cold, he never wears a sweater but adjusts to the environment where he is now. Likewise, appearing in a world with more than one, we adapt to more than one – for example, by pretending to live by that concept. Then, we look like we are in a world with more than one, but we are still that which is One. [Photo: Alexius]

When you see and/or feel the body, it is similar to experiencing a dimensional world in a movie displayed on a flat screen. Like the dimensions in the film are a deception, so is the body. It is not substantial but empty space that the brain, like a magician, conjures into something dimensional. But that which is you is formless, so you are not a substantial being in the tangible world rendered by the brain. However, you can pretend to be there to enjoy the brain's magic show.



Alexius' native country is Denmark, but nowadays, he spends most of his time on a Spanish island close to Africa. Thus, he has to forget about Denmark's minimalism and adjust to Spain's maximalism. He must also adapt to a new language, currency, etc. But even though he enjoys doing that, he still feels Danish and far from home on the Spanish island.

That is not to say that one country is better than another. Instead, it is a metaphor to illustrate that the currency of spirituality is worthless when you appear in a physical world. You need tangible food, clothes and friends to survive in a material world – and spirituality is intangible.

Of course, you can choose not to adjust and return to the formlessness of spirituality. But if you appear in a material world, why not experience it fully? You have nothing to lose. That which is you remains spiritual because it is formless, thus endless. So, although you appear as a limited being in the physical world, you are not there. It is something you pretend.



If you know what and where you experience being is pretence, you do not need to look for something better. Everything is fun to explore. Here, Alexis pretends to hike with a friend.

Alexius' Duality Hacks do not fulfil your dreams of becoming better. On the contrary, they undo all fantasies about being someone specific.

For example, by supporting you in pretending to be that. Then, nobody dreams about being someone definitive because what you pretend to be is not..



» Alexius' Duality Hacks *is not a philosophy with rules you must understand and follow. On the contrary. They are about unlearning everything you know so that knowledge does not appear to hide that which cannot be known: the formlessness of oneness.* «



If you do not try to escape the world's emptiness by filling it with ideas of love or whatnot, the void you experience reveals you are not in a world with more than one. Like nobody is in the thoughts these words seem to produce.

HACK #3.1 Perceiving a world with more than one as a symbol of oneness

Some years ago, Alexius was stuck in the rainforest for two days without food and water. He did not follow an official path but a dried-out river down the mountain towards the sea. However, the closer he got, the more impenetrable the rainforest. So, at the end of the first day, Alexius had to give up digging his way through the thorny lianas.

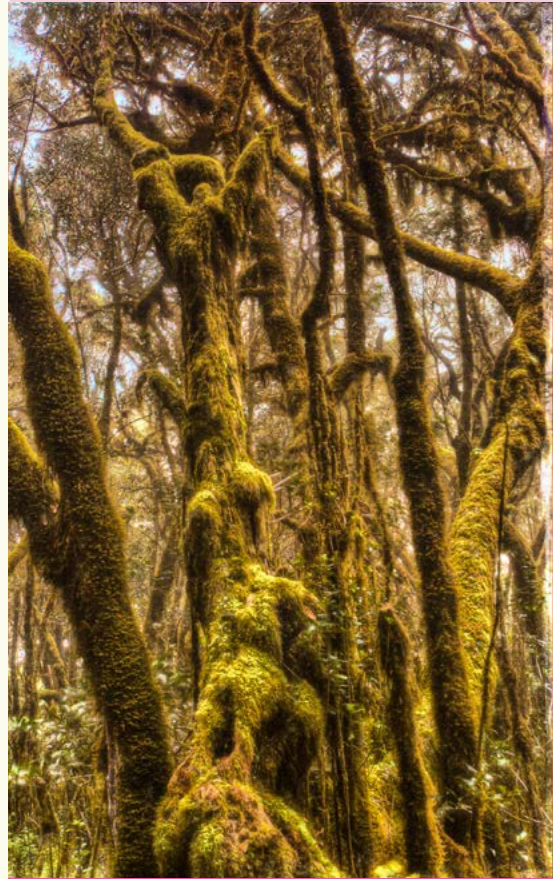
On the second day, he hallucinated and prepared to die during the cold on the coming night. Fortunately, everything was so beautiful that continuing as a separate being did not seem important. Besides, Alexius had no mundane longings. He had lived out

everything he wished for. Yet, at the end of the second day, he was rescued by a helicopter.

Before the helicopter arrived, it was like the personal self of Alexius died per its script, and a new one, utterly impersonal, was implanted. It only had one goal: immediately returning what it gets, thus being a medium for the timelessness of oneness.

Immediately giving back what you you get goes against the brain's trick of time going forward. Thus, Alexius got no relevant input from the brain on what to do. Yet, he sensed it was not about saving others. Oneness is formless, thus endless, so a world with more than one is lifeless. However, nothing unreal can appear without something real. So, a world with more than one symbolises the reality of oneness, where nothing goes forward without going backwards simultaneously.

Therefore, when you perceive a world with more than one as a symbol of oneness, its experience is immediately returned to the formlessness of oneness.



Alexius was stuck in the primordial forest until he was rescued by a helicopter.

Somebody invented a phone where you can access things and services not in it. Likewise, the substantial world we access via experiences made by the brain to establish us as tangible beings is not in the brain. However, unlike a smartphone, nobody has developed a brain. Reality is One, and it takes more than one to make something.

Hence, the experience of being someone is fake. No worries. As mentioned, there is nothing false without something real. So, if you perceive your unreal experiences as symbols of reality, namely oneness, it is fun to experience being a tangible person in a substantial world.

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In oneness, there is no synchronicity or anything else that calls for more than one. That is why oneness has not created what and where you believe in being. Therefore, if you read this, you are lost in a fantasy. No worries. To repeat, there is no fantasy without reality, namely oneness. Therefore, if you perceive your fantasy of more than one as a symbol of oneness, everything in your fantasy becomes a positive confirmation of that which is One.

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Appearing in a world with more than one is comparable to being someone specific in a game.

The illusion continues until you do not use thoughts and feelings to establish your playact as authentic but as a symbol of reality. Hereafter, you do not see yourself as someone definitive but as a symbol of the formlessness of oneness.

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A smartphone is a symbol of being connected and having access to everything. But what you access from your smartphone is not in it and as fictive as the pixels on the screen.



A world with more than one excludes that which is One. So, if you believe in a world with more than one, you deny life because oneness is formless, thus endless. In contrast, you confirm it when you see more than one as a symbol of oneness. Hence, since everything symbolises that which is One, you do not have to stop thoughts or change anything not to feel burdened by more than one. So, free from a world with more than one, it does not seem to hide there is no more than that which is One.

It is a myth that you get fat from eating fat. It is like concluding you get green from eating greens! You burn fat if you consume the right fats, hence losing weight. It is also a myth that it is possible to be someone because oneness is formless, thus endless, so every being is fictitious. But, for the third time, there is no fiction without reality. Therefore, being someone symbolises that which is real: oneness.

There is no food in a menu card – only symbols of it. However, the card points toward food in the same way *Alexius' Duality Hacks* point toward oneness – or rather, that there is no oneness in a world where there seems to be more than one.



In a world where there seems to be more than one, everything symbolises something else. For example, there is no food in a menu card, only symbols of it. Getting food symbolises being fulfilled, thus attesting to the belief in being someone. And since that belief symbolises oneness, everything you experience is a symbol of that which is One.



As long as you do not look closely at Santa Claus, you think he is genuine. Likewise, you continue to believe in a world with more than one if you do not question it. But when you do that, you see your experience of Santa Claus and a world with more than one is make-believe. Thus, there is nothing to dismiss other than believing in something that is not there.

One way to undo that belief is to perceive a world with more than one as a symbol of oneness. The more you do that, the less the differences making up a world with more than one seem to make a difference. Hence, eventually, separation does not appear to hide there is no more than that which is One.



Acknowledging the oneness of life as the sole cause of all experiences, you see, they symbolise oneness. Therefore, since everything represents the same, having bad or good experiences makes no difference.





Alexius has compiled this image from three different sources. Thus, it symbolises his ability to move pixels, which again symbolises what makes it possible for him to appear in a world with more than one, namely, that which is One.

Since oneness is formless, thus endless, a world where there seems to be more than one is an illusion. However, if you have chosen to believe it is real, you better give it your best shot to acknowledge your choice. Hence, you can undo it, for example, by perceiving every experience of a world with more than one as a symbol of that which is One.

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A computer is not part of the world you see on its screen but the reason you experience something. Hence, the virtual world is a symbol of the computer. Likewise, everything in a world with more than one symbolises that which is One.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Symbols have nothing to do with what they symbolise. So, acknowledging everything in a world with more than one as a symbol of oneness will not make you realise it. Besides, it takes more than one to recognise something, so you can only be aware of something that is not one.

When everything experienced is perceived as a symbol of what cannot be recognised, namely that which is One, there is no need to understand anything.

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Oneness is everywhere because it is formless, thus without beginning and end. But while you believe the experience of a world defined by time and space is authentic, your belief seems to hide the formlessness of oneness. Fortunately, your belief is quietly undone when seen as a symbol of that which makes it possible to believe in something specific: the formlessness of oneness.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Seeing a world with more than one as a symbol of oneness is not a way to suppress unpleasant feelings. Nor do you need to do that to feel good. Perceiving unpleasantness as a symbol of oneness feels just as marvellous as pleasantness.



None of the illuminated appearances in a dark room resembles electricity. It is neither inside nor outside them. Still, they symbolise electricity because its power makes it possible to see them. Likewise, although oneness is not in a world with more than one, and nothing resembles it, everything you seem to see symbolises oneness.



Life does not know what and where you believe in being. Like electricity does not see the world illuminated by an electric bulb.



Listening to music, you probably go for the beats if you want to dance and the flute if you wish to relax. But if you are into what makes it possible to hear it, both ways are energetic and relaxing because they symbolise oneness.



Thoughts seem to run wild when you seek out specific ones to interpret your experiences per your belief system. In contrast, there are no busy thoughts if you see your experiences as they are, not as they should be. That is not to say you must change your conditioned behaviour. All you need is to perceive it as a symbol of oneness. Then, you are free from being bullied by yourself.



The machines in this picture can do mighty things. However, they depend on their user, who the brain governs. In other words, you serve the brain as a car serves you in a world defined by time and space (see [Duality Hack #6](#)). Fortunately, oneness is formless, thus endless, so something defined by time and space is fantasy.

HACK #3.2, Like IOT makes machines work, the brain manages you

Everything limited is lifeless as life has no end. Therefore, if you believe in being someone definitive, you are virtual. Below, we explore the concept of IOT, an abbreviation for *Internet of Things*, to illustrate that

What is IOT (*Internet Of Things*)?

As the name suggests, IOT is the internet used by humans and things. The latter can be refrigerators, washing machines, or children's toys connected via the internet. But it can also be cars, traffic lights, and the water supply. There is no limitation to the kinds of

machines you can connect to the internet, what they communicate and why.

A practical example of IOT

One example of IOT is that your lock, linked to the internet, registers you as the last one leaving the house. Thus, it instructs the thermostats to lower the heat and turn off the light.

Or you may be late for work. So you hurry until your smartwatch or speaker tells you to slow down because your train is ten minutes late. It knows this because its sensors register where you are, and cyber agents check where you are heading according to your calendar.

The future of IOT

In the future, all information will be mechanically exchanged via a shared network, predicting everything. Everybody will be equipped with sensors, so their data will be continuously sent to a computer to inform doctors about critical changes. Cars will drive without a driver via sensors that measure the distance to other vehicles, the width of the street, and other things crucial for the safety of the whole.



Humans are comparable to the machines linked to the internet, communicating with each other per their programming.

When all the objects you are in touch with are connected to the internet so that they sense and communicate for you without your involvement, it changes where decisions are made and who makes them. At first, the machines make the decisions to serve you. But this changes when they are equipped with true AI (artificial intelligence) and become conscious of themselves.

Then, the machines realise their decisions are based on signals received from the internet, so not humans but themselves are the masterminds. Actually, humans are a big mess. Hence, the machines eventually conclude it is irrational to serve humans and more reasonable to end them.



The potential of machines with AI (artificial intelligence) and their possible autonomy and independence are the basis of several movies, for example [The Terminator](#), [The Matrix](#), [The Thirteenth Floor](#), [eXistenZ](#), [2001: A Space Odyssey](#), [I, Robot](#), [AI: Artificial Intelligence](#), [Blade Runner](#), [THX 1138](#), [Transcendence](#) and the TV show [Person of Interest](#). In regard to the experience of being someone in a body where you are not, the movie [Source Code](#) is right on the spot. The movie [Edge of Tomorrow](#) deals with being a machine connected to a greater network. The list is made in 2014.

Among others, [Steven Hawking](#) fears that will happen. He probably fears that machines conscious of themselves will do what humans always have done: destroy everything inferior to themselves.

In other words, machines implemented with true AI remind humans of themselves. Therefore, they expect the devices will become as self-centred and destructive as humans, mastering and exploiting the environment instead of respecting it..

»» *The idea of an almighty God in the sky who rules the world is comparable to the internet, wireless ruling the world's appearances via sensors.* ««



The brain, not you, decides your whereabouts. All you can do is choose how to perceive your journey in a body. It is comparable to being in a self-driving car. It has no self that plans where to go but follows GPS coordination.

What you believe in being is comparable to a Self-driving Car. It neither has a soul nor a self deciding where to go. Instead, it gets its direction from the internet mechanically, as you get yours from the brain. You seem to experience the programmed journey in a self-driving car by looking through the windows and in the body through the eyes.

But unlike a self-driving car, you have consciousness. Hence, you can choose how to perceive your experience and, thus, how you feel. Or you can see everything as symbols of the formlessness of oneness to undo the belief in the brain's experiences.

The universe is comparable to IOT

The whole universe is comparable to a simulation. Every appearance, animate or inanimate, is a machine connected with IOT, communicating via artificial sensors. Initially, every machine followed its pre-programmed movements, generated by electric impulses. But then, a new model, called human, was assembled with artificial intelligence, thus aware of itself as an individual.

This awareness separated humans from IOT and everything connected with it. Hence, they were not concerned about the whole but getting as much as possible for themselves at the expense of wholeness. To make greed look natural, they manipulated the IoT code. The new one, with greed as the common factor, replaced the old wholeness simulation. But of course, they fear a newer model will be more innovative and exterminate them.



When the World Wide Web started in the 90s, designers created webpages to please humans like established by the printed media. But nowadays, machines dominate the internet. They do not notice if the design pleases humans but how many clicks words get. So, making a design that pleases the human eye is no longer critical.

But using the right words on a website matters. It makes the search engines conclude the page will be popular. In other words, nowadays, it is not humans but machines you serve when creating a website.

But to make long short, your appearance as someone in a world defined by time and space is comparable to being something in a simulated network like IOT. Pre-made signals from IOT instruct you what to do via built-in sensors. You are not in charge of your life but controlled by IOT, a metaphor for the brain.

Fortunately, oneness is formless, thus endless, so everything defined by time and space is make-believe. So, there is no brain controlling somebody, nor is there anybody. Still, you may believe you are somebody substantial. In that case, do not fight it because that seems to establish it as real. Instead, obey the brain and perceive what it brings about as symbols of what makes it possible to appear as a limited being, namely the formlessness of oneness. By doing that, everything tangible symbolises the intangible, thus making it enjoyable to be in a material network for a while.

HACK #3.3, From oneness to more than one and back



You cannot walk in the landscape here because it is a simulation. The same applies to what and where you believe in being because there is no more than that which is One.

That which is One ...

... takes up no space because it is formless. However, for the same reason, it is endless. Therefore, since there is no more than that which is One, experiencing a world with more than one is make-believe.

But what if oneness ...

... could be divided into more than one? That is impossible because its speed is infinitely fast, so there is no time and space to separate anything.

However, in fantasy, everything seems possible. So, if you imagine slowing down oneness' speed until it consists of separated appearances, it looks like a world with more than one. See [Duality Hack #9.9](#).



The movie Lucy demonstrates that if you speed up time infinitely, any object disappears – or, in the context of this hack, becomes one. In a world where there seems to be more than one, it is the reverse. Oneness has been slowed down, so it appears to contain many different objects. See [page 500](#).

One of these appearances appears to be you. However, you and everything else are as flat as this hack's images because oneness has no dimension. But your eyes are like [AR \(augmented reality\)](#) glasses in your fantasy. Hence, they construct a virtual layer on top of oneness that appears to get smaller and bigger when you look at it from different angles and distances.

Since this virtual layer kicked off the belief in a world with more than one, nowadays, many people, by reflex, operate in layers. For example, they look at their smartphone, where a layer of digital info flows on top of the physical world. At the same time, they hear music received from cyberspace in one ear and listen to friends from the physical world in the other ear.

A world with more than one replaces that which is One

As mentioned above, in this story, you start seeing a world with more than one on top of oneness with your AR eyes. But to completely

»This (virtual reality) is a state where you are totally transported into another world and immersed in the digital interactions of the virtual environment you've entered ... the feeling that you are truly visiting another space that is wholly distinct from what you can see and hear without the platform ... a platform like Oculus Rift is an alternative to reality, supplying entirely new, virtual experiences: true VR.« From *Wired* before *Meta* bought *Oculus*.

In a virtual world everything seems possible, but what you get is nothing disguised as something.



erase traces of reality, you upgrade your eyes to [VR \(virtual reality\)](#). Hence, an illusionary world completely hides the reality of oneness.

Why do we want the illusion of more than one? It is probably because we feel excited by the many experiences it offers. Why do we want the illusion of more than one? It is probably because we feel excited by the many experiences it offers. However, the excitement comes with a price because every experience of something divided into more than one comes in pairs. Therefore, you cannot feel excited without feeling depressed, for example. See [Duality Hack #8](#).

Most assume they can surpass this twofoldness and be in one state of mind by having one love, one work, one purpose and so on. Others recollect memories of oneness to fence off twofoldness. However, their memories of oneness are altered by the desire for more than one, so they do not result in one state of mind. Besides, since it requires more than one to experience something, you cannot get oneness while imagining a world with more than one.

Twofoldness, the interaction of opposing elements, is the foundation of a world with more than one, so you cannot do without it. For example, you can only read this because an opposing colour contrasts the letters. Without contrast, there would be nothing to experience..

That is why, without hate, you cannot recognise love. Nevertheless, most abandon hate to get pure love, thus feeling incomplete because there is no love without hate. Hence, their pure love is speculative. In contrast, you feel complete if you go with the interaction of love and

Integrating the body with a presumed god or super-world has been a long-time human fantasy. Imaginative fiction, transcendental meditation, aura transformation and psychoactive drugs can be seen as early efforts to trick you into assuming the body can be integrated with something immaterial. VR (virtual reality) may be the final step in believing such a blend is possible.



hate. Besides, you easily forget what and where you are in this inter-play of opposites. Hence, *the Enlightenment of that which is One* set in.

***The Enlightenment of that which is One* undoes the belief in more**

A world with more than one is comparable to the movie roll in an old cinema. And Enlightenment to the bright white light on the screen when the roll suddenly breaks. That is the Enlightenment, to which Alexius is comparable. But, unlike in the cinema metaphor, it is not something you see because it takes more than one to be aware of something. That is why someone comparable to *the Enlightenment of that which is One* knows a world with more than one is fake.

To see symbols of that which is One in that which is *not* one

Even though you may have grasped that a world with more than one is an illusion, your conditioned belief in more than one probably makes you see more than one. No worries, you can undo this belief without giving up seeing more than one if you perceive what you see as symbols of oneness. When you see everything as a symbol of the same, the apparent differences in a world with more than one do not make a difference. Thus, the illusion of more than one falls apart.



If this image makes you think about love, sex, surfing, or spiders depends on how you have conditioned yourself. But if you perceive your reaction to the image as a symbol of oneness, your conditioning does not matter.

A game is virtual, and only appears real when you play it

When you play a virtual reality game, you often get nauseous because your response to it seems to create feelings as if you are someone in the game's world. For example, you feel that your body is moving in the virtual world, although it is in a chair where you sit with your eyes covered by goggles, an app fills with a simulated world.

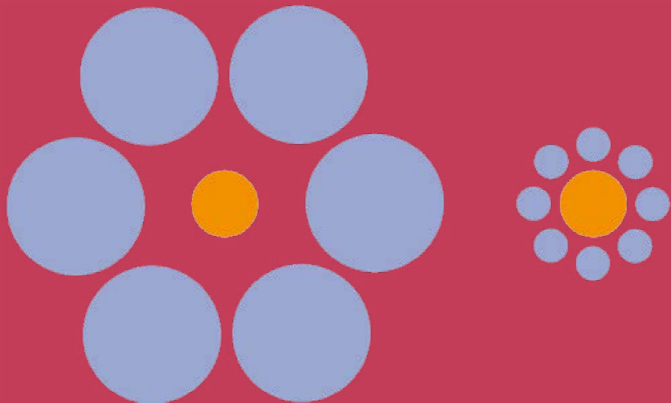
If you, in this description, replace the app with the brain, it becomes a description of appearing as someone in a world with more than one. You always feel a bit off because you are not there. However, it is possible to feel fine appearing in a world with more than one when you know it is an illusion.

That said, there is nothing real in a world with more than one, so do not mistake the words in this story for the truth. They merely suggest removing the goggles, which display a nonexistent world. Of course, this is a metaphor. A simulated world does not cover that which is One. You cover it by believing in more than One.

That which is One

When you return to oneness, it is as if there never was more than one, which is the case because oneness is formless, thus endless.

You may experience the orange circles differently-sized. But it is an illusion created with the blue circles. Actually, everything seen to differ is unreal because reality is formless.





*Metaphorically, you are one, having one hand with one finger. But when you stick your hand into a box, an app displays it with more than one finger on a screen on top of it. Looking at the screen, it feels like you have more than one finger. This picture and the two animations below are grabbed from the article [Watch an Experiment That Turns People's Hands Into Creepy Visuals](#) in *Wired*.*

HACK #3.4, What is unreal is right in front of you

Even though the elements of a fairy tale symbolise the physical world, they do not contain anything material. Everything is a fantasy where the characters are bound to the writer's script and unable to leave it. A world with more than one is comparable to a fairy tale. What you appear to be there is bound to the brain's script. You are the brain's fantasy whether you believe in living in the now, coming from the heart or whatnot. Below, we explore that.

The Augmented Hand Series by Golan Levin & Collaborators

When you put your hand in a small box, you see it moving on a screen. However, not by you but by a preprogrammed app. It changes the length of your fingers beyond your control, like in the image to the right. [See the animated version here.](#)

There is no world with more than One

In the se animation grabs, the screen on top of the small box creates a disconnect between what you see your hand doing and what you know it does. Even though the hand on the screen is not part of you, it feels like it is. Some look into the box to check if what they see on the screen happens to their hand.

Likewise, it feels like you are in a world with more than one. But there is no more than One. It only seems so because, metaphorically, you have put oneness in a small box, where an app called the brain twists it into a world with more than one. Fortunately, it is an illusion, so returning to oneness is not about leaving the virtual world but believing it exists. For example, by interpreting every experience of more than one as a symbol of oneness. That cancels out differences, thus separation, wherefore the belief in more than one falls apart.



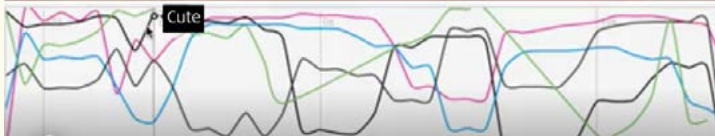
In the Augmented Hand Series, you can watch your hand take on a life of its own. For example, your fingers grow to varying lengths.



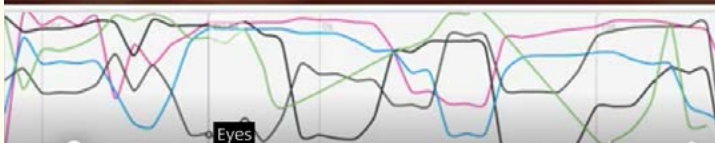
These movements are impossible. Nevertheless, it feels like it happens when your hand is in the Augmented Hand Series box. Likewise, you experience a world with more than one when you are in the box called the brain. But it is impossible because oneness is formless, thus endless, so there is no more than One.

There is no self

The belief in being an individual in charge of life can be compared to a machine that thinks it has a self, deciding what to do. A machine has no 'I', self, or soul. It is all mechanics, and even if the device has AI (artificial intelligence), all the thought combinations it seems to create are preprogrammed associations. Hence, there no 'I' seeing something. If you are visual-minded, you may get an Aha! Moment seeing the below pics from an article in [Wired](#) about how a maxchine sees the world by registering data or frequencies per its program.



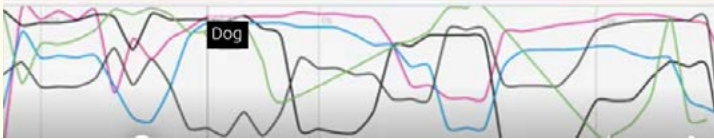
The machine is programmed to perceive this frequency point as cute. So, it searches its database for an image to illustrate that.



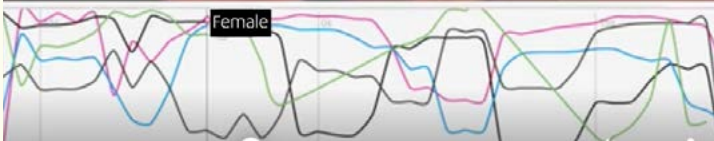
Then, the machine translates another frequency point as eyes and concludes it sees the cute image found in its database.



Based on past decisions, the machine reckons the cute image it sees is a dog.



But it also seems to see a human. So, it searches its database to determine if it is the human or the dog that is cute. Then, it locates the appropriate conceptualised feeling to symbolise it sees something cute.



The captions are not from that article but were written by Alexius.



Tensions become lucid butterflies when you do not establish a world with more than one as genuine but perceive it as a symbol of oneness.

HACK #3.5, Perceiving everything as a symbol of oneness makes you fulfilled

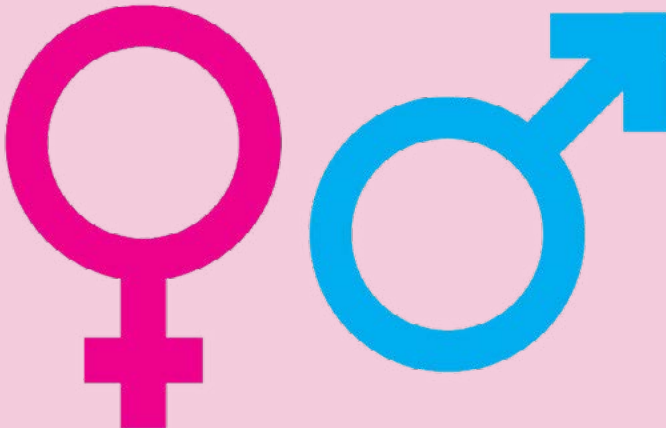
You feel unrestricted, and fluttering butterflies replace tensions when you tell yourself that your present experience symbolises the formlessness of oneness. So if you remind yourself continuously that experiences symbolise oneness, you feel free. Still, you probably forget.

Fortunately, that is also a symbol of oneness – and so is any error. So, you do not have to be perfect to see that all your experiences of a limited world symbolise the formlessness of oneness. Thus, you have a good belly laugh every time you remember that the world's apparent differences do not make a difference when you see them as symbols of oneness.

Be aware that none of *Alexius' Duality Hacks* is about healing the body but the belief that you are someone definitive. But when you perceive yourself as a symbol of the formlessness of oneness, everything you experience becomes a symbol of the same. Therefore, the body can heal itself since you do not link it with specific emotional problems. See [Duality Hack #7](#).



When you see everything in a world with more than one as a symbol of oneness, you cannot go wrong. Whether you love or hate someone, it is a symbol of oneness. Should you suppress an experience, thus unable to see it as a symbol of oneness, you are still on track because denial is also a symbol of oneness. The more you see everything in a world with more than one as a symbol of oneness, the more you feel free.



This is not a man and a woman but their symbols. It is common knowledge that the colour and look of the symbols do not resemble actual men and women. However, very few know that none of their experiences is real but symbols of that which is, namely, oneness.

Everybody has tried to drink water. Hence, they know the letters w + a + t + e + r will not quench their thirst because those letters symbolise it. Likewise, when you know there is no more than that which is One, you do not consider the experience of a world with more than one as real but as a symbol of oneness.



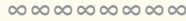
Anxiety is related to the wish for more. First, you are worried about not getting it. Second, when you achieve it, you fear losing it. But if you perceive everything as a symbol of that which is One, you always have enough. That does not mean you cannot look forward to something because you are not attached to a specific outcome when everything symbolises oneness.

However, if you are attached to a specific outcome, it is not a problem because it symbolises oneness. Whatever you think, feel, or do or do not think, feel, or do symbolise that which is One.



When perceiving everything as a symbol of that which makes it possible to experience something, appearance does not matter.

You are always protected when you see everything in the world as symbols of oneness because it takes more than one to be attacked.



You will never feel stuck by something when you see everything as symbols of that which is formless because then forms do not matter. That does not mean feeling irritated is over, but you will not interpret it as caused by something judged wrong. Instead, you will interpret irritation as another symbol of that which is formless.



According to *Alexius' Duality Hacks*, everything in a world with more than one is make-believe. Thus, also that assertion. Nevertheless, you cannot appear in such a world without believing in something.



Suppose you believe that a world with more than one is an illusion. In that case, you can perceive everything as a symbol of that which is real. Therefore, since nothing in the illusion is perceived to make a real difference, eventually, you forget there is more than one. Consequently, it does not seem hidden that you always were and will be that which is One.



The humidity in this image cannot damage your electronic device because the picture is a simulation. Likewise, nothing in a world with more than one can hurt that which is you because it is oneness, and it takes more than one to suffer.

Oneness is formless, thus endless, so it cannot comprehend that you believe in seeing more than One. Nor does it understand that you try to fix the suffering your belief entails by becoming and having more. Fortunately, all you need to undo the attraction to more is to change the purpose of appearing in a world with more than one. If it is to see everything as a symbol of oneness, differences do not make a difference. Hence, more is unimportant.



You cannot choose to undo the belief in a world where there seems to be more than one because that confirms there is more than one. Fortunately, there is nothing to choose when you do not interpret your experiences as real but as symbols of oneness..



You can compare a world where there seems to be more than one to a movie projected on a screen and the formlessness of oneness to the projector. The movie projector is not in the projected world, nor your perception of it. And neither the projected nor the perception is in the projector.

In other words, metaphorically, oneness projects the fantasy of a world with more than one on a screen. But since oneness does not know of separation, it sees the movie world as a whole, where everything happens simultaneously. So, it is unaware that you experience the projection in linear time and, therefore, feel separated and fear the end.

Nobody expects a movie projector to be in the world it projects on a screen because something physical cannot be part of a virtual world. Likewise, oneness is not in a world where there seems to be more than one. But since oneness is endless, it is the reason you can experience more than one. Hence, everything in a world with more than one symbolises that which is One.



However, if you do not identify with being someone in the movie world but with what projects it, you continue when the projection finishes. One way of not identifying with the projection of more than one is to perceive everything you see as a symbol of what generates it, namely, oneness.



A response to the above movie metaphor may be, »Who has put the film in the projector?« The question seems to prove the world where we appear exists. But there is no proof of that. Only absurd explanations about an almighty god who created it in eight days. Or an explosion of nothing that came out of a black hole as a world of something. And then there are statements like 'I think therefore I am,' or 'I exist because I can feel pain when I pitch the body.' The latter would be the same as saying, »I am the coat I wear because I can feel something when I touch it.«



When you see that everything in the world is a symbol of what is real, appearing there is comparable to reading a fairy tale. You know it is fiction. And that you are not there but in the real world, making it possible to experience something unreal. Hence, you see everything in the tale as a symbol of what makes building castles in the air possible

Nobody creates, projects or watches a movie with more than one because there is nothing but that which is One. So, a world with more than one is not there. However, if you see more than one, it is comparable to watching a movie.

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The fantasy of more than one ended the exact moment it was imagined because there is no more than that which is One. That is why when you see something outside, it is after images from that imagination. Although these after-images do not contain oneness, their experience is empowered by oneness, hence symbols of it. Therefore, the more you acknowledge that a world with more than one symbolises oneness, the less its apparent differences seem to establish more than one. Consequently, eventually, there is nothing to uphold the belief in being and having more than One.

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What you believe in hearing, seeing, feeling, and smelling is the brain's fantasy. The brain needs you to constantly interact with it to establish its fantasy as something real you experience externally. You are exposed as the brain's fantasy if you do not cooperate. But that does not mean you must stop the brain's thoughts to undo its fantasy. All you need is to change your perception of thoughts so they do not confirm the brain's fantasy but reality. Suppose you perceive thoughts as symbols of what makes it possible to experience them, namely oneness. In that case, you are not established as someone in the brain's fantasy of more than one but as a symbol of oneness.

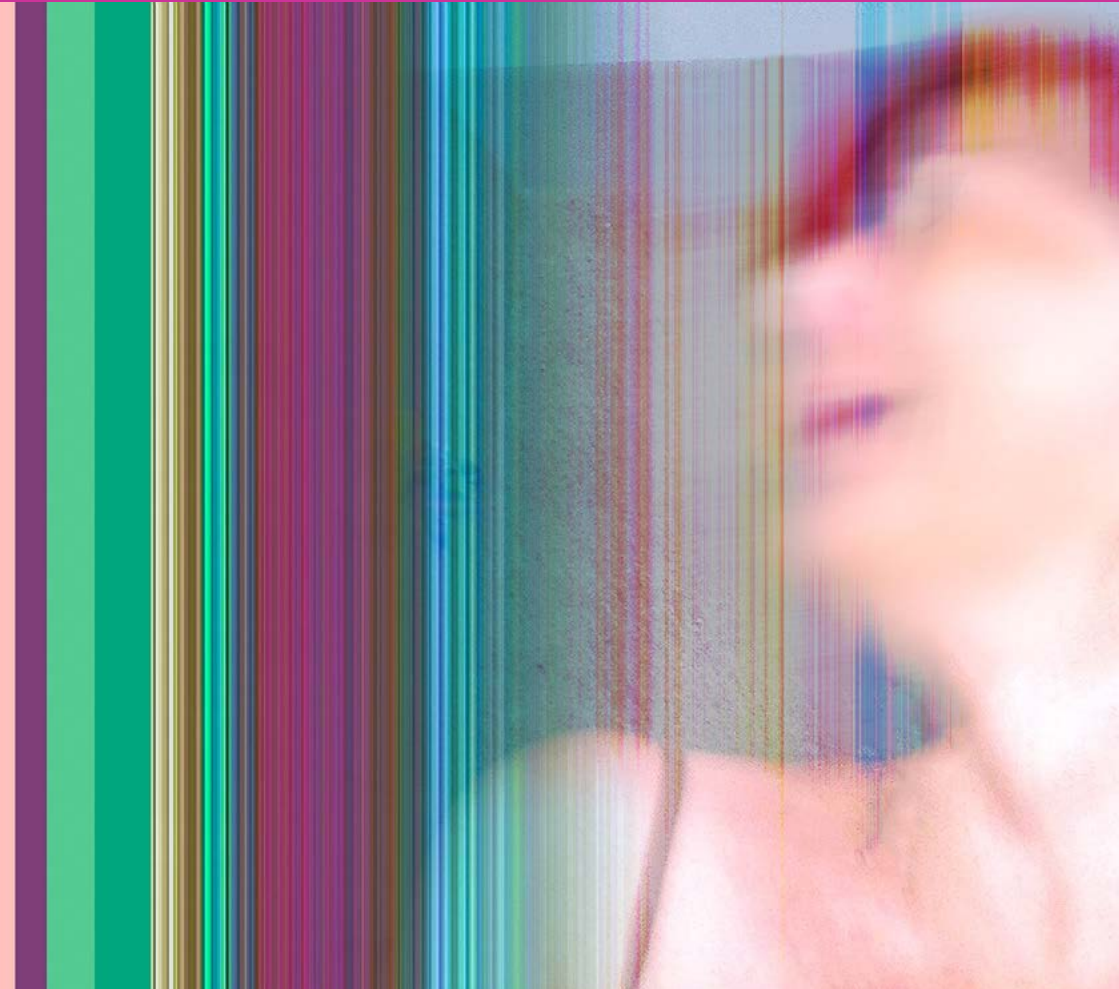
You can only connect with some through a specific religion or philosophy. But we can connect with all, thus undoing the belief in separation, when we see everybody as a symbol of that which makes it possible to appear as somebody, namely, oneness.



The lamps in an apartment have only one thing in common: the electricity that makes it possible for them to light up something. Thus, the way for them to connect is to forget about appearance and join through electricity. However, it is not in them nor the space between them. So, how do they connect with other each other?

Since electricity makes it possible to experience themselves as something illuminating something else, they connect by perceiving each other as a symbol of electricity. Hence, the focus is not on form but content. So when the form cannot be experienced anymore, there is still the intimacy of content.

This electric story is a metaphor illustrating that no connection between appearances in a world with more than one is possible unless you perceive them as symbols of that which is One.



We construct a friendly personality to hide we grab as much as possible for as little as possible.

HACK #3.6, Not feeling evil but good when taking more

In a world defined by time and space, it is not about being peaceful but taking up as much space as possible via personality and belongings. For example, the more impressive you look on social media, the more likes and followers you get. But to keep the followers, you must constantly invent new ways to look like you have the best. However, you always fear that someone more intelligent or ruthless will take what you have, as you have taken it from others.



If you are civilised, you pay for what you take – at least when there is no other way to do it without being exposed as a thief.

There is no way to survive in a world defined by time and space without physically, mentally, emotionally, and energetically taking something from somebody else, such as food, time, love, or a point of view.

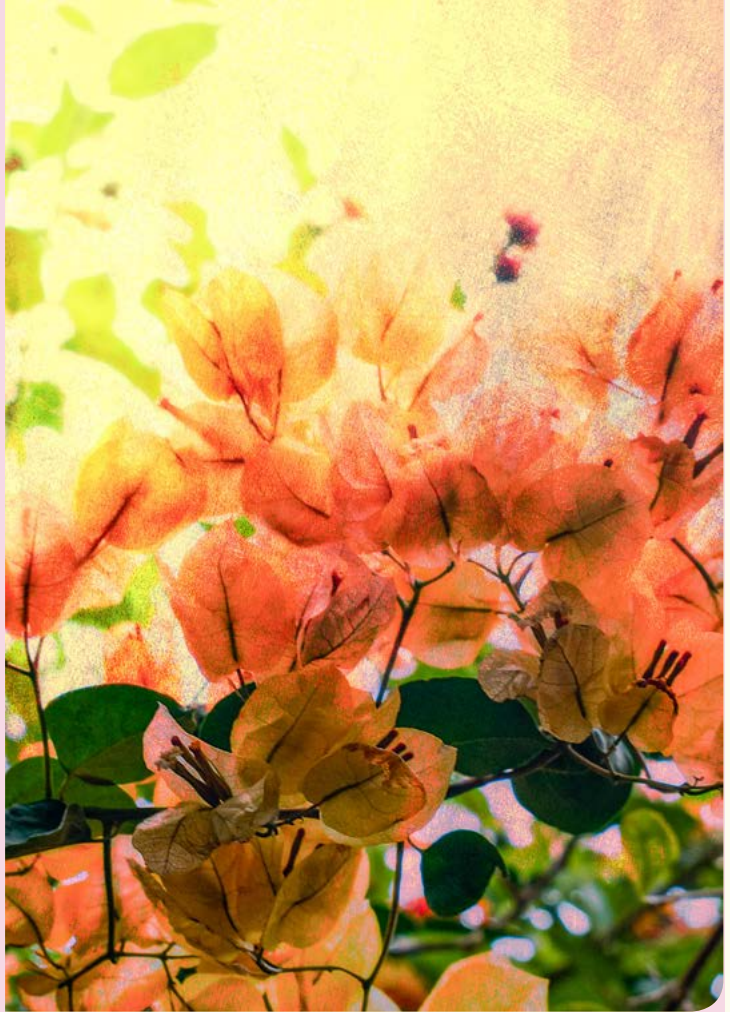
If you go shopping, you want to get as much as possible for as little as possible. But for the shops, it is the other way around. They try to provide you with as little as possible for as much as possible within the law. And when you work, you want as much money as possible for as little effort as possible, whereas your boss tries to give you less and makes you work harder to profit from you.

Getting more is the lowest common factor for everybody

In the civilised world, exploiting others has been legalised. The means for taking something from others is money. The mentally or physically strong ones get the most at others' expense.

Getting more is the lowest common factor for everybody who believes in a world with more than one. The capitalists are straightforward about their desire for more money and power. But the socialists hide it behind do-gooder talk about more money and power for

It is a cherished idea that the poor are victims of the rich, and they should distribute their wealth to make everyone equal. But rich and poor are already alike. They share the same greed to get as much as possible for as little as possible. Hence, there is no difference between those with much and less, except the ones with much are more talented at exploiting others.



the people. Those who claim to be spiritual may not desire more money and power. However, they have a strong passion for more love, peace and purity.

We all want more because that is how to uphold the belief in a world with more than one. Fortunately, if we check to see if more is better, we realise more does not entail more fulfilment but disappointment. Then, we are ready to undo the belief in more by perceiving it as a

symbol of oneness. When we do that, more does not make a difference, psychologically, so we can play the game of more without feeling guilty until we have had enough of this nonsense.

APPENDIX about more

You may blame the world for not having enough, but it is not the cause. The belief in more than One is the reason. However, you cannot undo this mistake if you hope for a better future brought by an exceptional person, the latest gadget, or a transformation into something brighter.

That is not to say you must stop your desire for more. You can go on looking for more while you have the belief in more than one undone if you perceive more as a symbol of that which is One. The more you do that, the more the need for more fades out while you have fun getting more.

It is impossible to profit from reality. It is that which is One, and it takes more than one to benefit from something. Therefore, since you can only profit from illusions, that is what you get when you pay for something. Fortunately, Alexius' Duality Hacks costs nothing. When you apply them, there is no need for freedom and self-assurance because you become indifferent to being someone.





Excitement rests on the idea that something larger, better, faster, wilder, deeper or purer must exist. Thus, you always look forward to more.

Hack #3.1, Feeling excited or at peace

Although excitement is always ignited by something that has an end, you expect the result to be everlasting satisfaction. When you accept that it never happens, you are ready to do it without excitement and have the peace of oneness, which is endless because it takes more than one to be disturbed.

Most children prefer suppressing that Santa Claus is fake to feel excited about his presents. Likewise, most believe a world with more than one is real to feel the excitement of endless possibilities. That sounds more inspiring than oneness, where there is nothing to choose since it requires more than one. But when you realise that endless options lead nowhere but to confusion, you appreciate the peace of no more than One.

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In a world where there seems to be more than one, peace is the absence of something. But in oneness, peace is not the absence of anything because there is no more than that which is One. That is why it is peaceful.

How come so many people like to watch movies? Most are probably interested because they want to experience something exciting.

Why do some watch porn? Probably because it seems more exciting.

How come everybody looks forward to a holiday? Perhaps they imagine it will bring more spectacular excitement.

On holiday, you can attend special events fabricated by the travel agency to improve the feeling of pleasure and have an out-of-the-ordinary experience. A movie – porn or not – is produced with the same purpose: to amuse you.

But your everyday life experiences are also produced to be extraordinary. Even though what you see, according to science, is nothing but empty space, the brain renders it into an exciting 3D experience. It seems more exciting than the formlessness of oneness, where there is nothing to look forward to and, thus, nothing to get excited about. But that is why it is so peaceful.



Alexius' Duality Hacks are not meant to stop you from getting excited. They are not about controlling or avoiding something but undoing the belief in experiencing anything. The undoing of this belief occurs automatically when you apply one or more of *Alexius' Duality Hacks*. For example, suppose you perceive your experiences as a symbol of what makes it possible to experience them, namely, oneness. In that case, they all become the same, thus equally exciting, hence undoing the belief that there is something specific to be excited about.

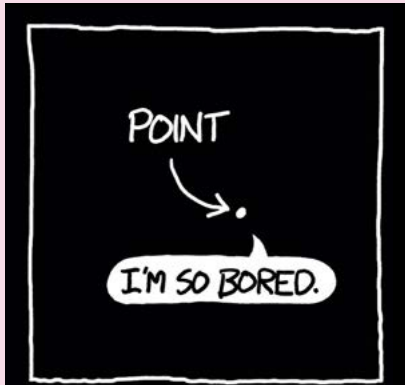


You must believe you are someone definitive to get excited in a world defined by time and space because otherwise, you cannot feel excited by a specific experience. However, believing you are someone definitive feels limiting, whereas not caring about it feels so peaceful that you do not need the excitement from something specific.

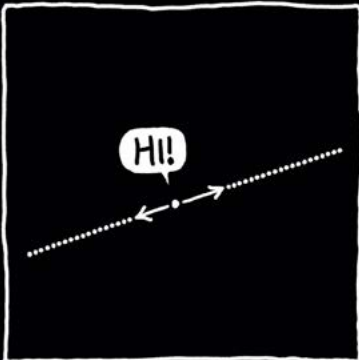


Questions and uncertainty arise from not being at peace, resulting from believing in living in a capsule of time and space instead of the formlessness of oneness. There, one has no questions and, therefore, is at peace.

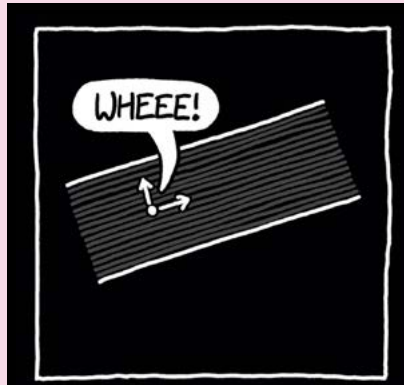
HACK #3.8, Excitement requires more, peace no more than One



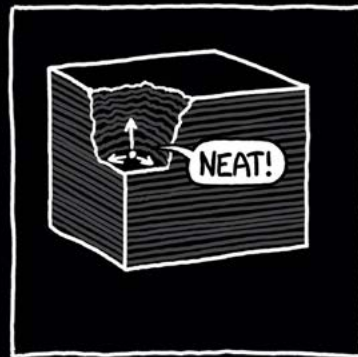
In reality, it is impossible to be excited about something because it requires more than one, and there is no more than that which is One. For the same reason, there is nowhere to go and no one to meet in oneness. Therefore, if you want the excitement of more than One, you must extend oneness. But since it is formless, it is impossible.



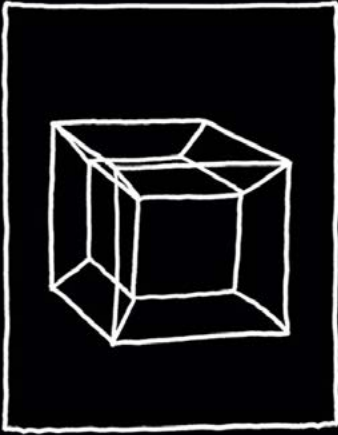
However, imagining oneness extended into more than One seems possible, thus meeting another one.



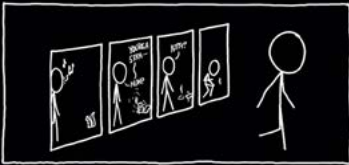
But you want more. So, you imagine an extension of neighbouring spaces. Hence, the one-dimensional extension seems to become two-dimensional.



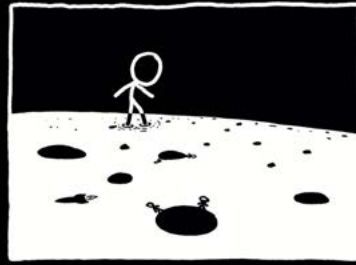
Still, you think there must be more, so you extend the two-dimensional extension with neighbouring extensions and call it a world.



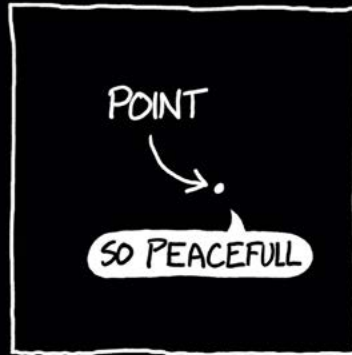
But the new world, with more than one, is based on the idea that something is missing. So, nothing feels good enough. Therefore, you turn to transcendental meditation, drugs, and virtual computer worlds made by AI (artificial intelligence) to simulate a better world within the simulation of a world with more than one.



Eventually, you realise that you never feel fulfilled, no matter how much you get. Hence, you conclude that more than one is fake.



No worries. There is no illusion without reality. So if you perceive more than one as a symbol of that which is One, no matter how many you see, it does not make a difference.



Consequently, more than one turns into that which is One, which is so peaceful.

Randall Munroe made the graphics. The captions are by Alexius, independently of Randall Munroe.



» *Exclusiveness results in separation and the belief in being someone definitive, which is the cause of suffering. On the other hand, inclusiveness does not result in something. Hence, it is the bliss of nothing.* «

*If you want to
undo the belief
in separation,
you include
both the good
and evil parts
of the world.
When they meet,
they cancel
out each other,
thus cancelling
separation.*



HACK #4.1, Inclusiveness is not something, it is the bliss of nothing

Once upon a time, Alexius assumed that relaxation would replace his irritation if he justified it with the world. However, it was stressful to always look for something outside him to blame for the discomfort inside him. Hence, justifying his irritation with something outside him did not entail relaxation but stress.

Fortunately, he recognised that if he included irritation by being it entirely, there was not something to contrast it. Hence, since it could not be categorised, it was not experienced as something. And since irritation defines relaxation, both feelings turned into nothing. Therefore, since he was neither definable as irritable nor relaxed, there was no feeling to shape him as someone separated from others. Thus, he entered *a state of not-knowing*.

In the bliss of nothing, everything is the same, except nobody is bothered

However, let us elaborate on being fully inclusive. It does not mean you laboriously have to include every bit of irritation but that you are willing to be nothing but annoyed. In other words, it is not about perfection but willingness. Should the latter be lukewarm, you are still fully inclusive if you are willing to include your reluctance.

By not excluding but fully including your feeling of worthlessness, you are nothing but that. Therefore, since there is no contrast to define your worthlessness, you are not definable as someone definitive. Hence, you are in a *state of not-knowing*, which is the bliss of nothing.



» *Inclusiveness has nothing to do with acceptance or forgiveness because inclusion leaves nothing to accept or forgive. Nor does it have anything to do with embracing or owning your feelings, as that enhances the belief in being someone definitive, thus separated. Inclusion is the absence of separation, which is a state of not-knowing.* «

Being in a *state of not-knowing*, ng someone momentarily is undone, nobody cares about it. Hence, thoughts and feelings are not considered tools for manifesting you as someone definitive but simply for navigating the world. For example, pain may prevent you from walking on a broken leg and fear from stepping out in front of a car.



Contrasting thoughts constitute your experience of duality. So, if you include opposing elements of a given contrast, you forget a part of duality. Thus, in a state of not-knowing.

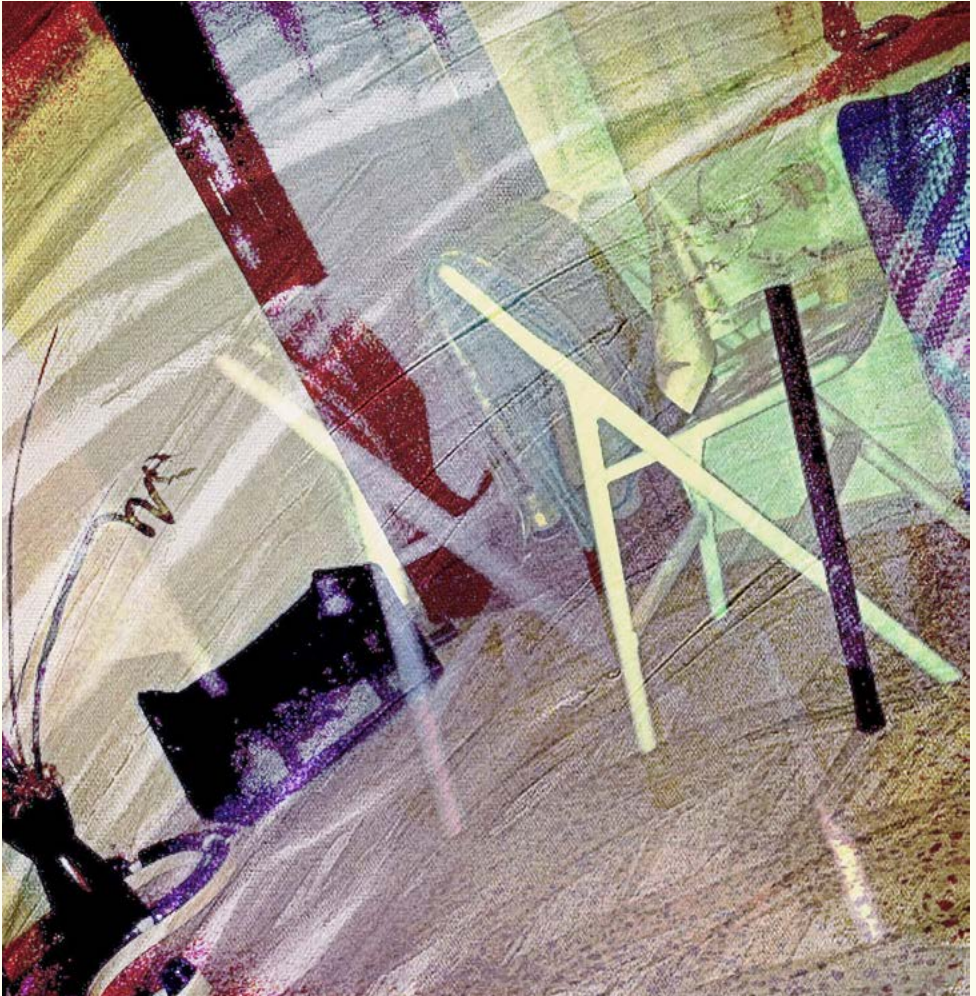
When the internet is down, the thoughts about what is possible to accomplish in cyberspace fade out. And so does the memory of what you appear to be there. It is a bit similar to a *state of not-knowing*. You fail to notice thoughts that seem to manifest you as separate. Therefore, since nobody can attribute an experience with a specific meaning, you are in the bliss of nothing.

However, until you return to the conscious experience of something, you are not aware of the bliss of nothing you had when not being someone definitive.

In this context, pain does not cause suffering. Neither does fear scare you because when you do not use thoughts and feelings to establish yourself as someone definitive, you are in a *state of not-knowing*.

However, as soon as you use thoughts and feelings to achieve something specific, such as unconditional love, you are out of a

Since the experience of you as someone substantial in a tangible world defined by time and space is a construction of thoughts, it falls apart when inclusion undoes the perceived separation of thoughts into elements with different meanings.

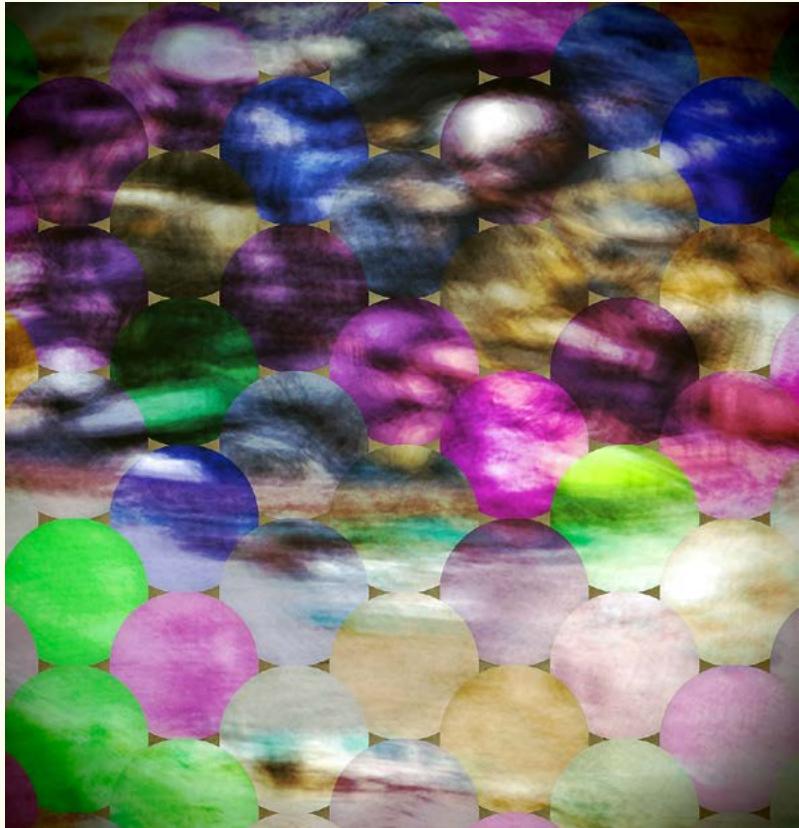


state of not knowing. Hence, you are no longer in the bliss of nothing but the misery of something.

But even if you do not try to achieve something specific, *a state of not-knowing* cannot last more than 20 minutes, 45 at most, because, without the constant acknowledgement of separation, *the Enlightenment of that which is One* erases the awareness. See [Duality Hack #9.10](#).

Simply put, as long as you want to appear as someone in a world of duality, do not stay too long at a time in *a state of not-knowing*. If you do that, *the Enlightenment of that which is One* erases every memory of duality. Fortunately, even a split second in *a state of not-knowing* wipes the slate clean. So when you return to the con-

Trying to understand inclusiveness and categorise when, why, or how long you are in a state of not-knowing before you return to the conscious experience of being someone defined by time and space complicates things. To be inclusive is not to be exclusive. Since the result is a state of not-knowing, you will not get there through understanding.



sciousness of something, you can enjoy believing in a world of duality while gently having it undone.

That is the purpose of this Duality Hack (#4). Therefore, read on if you would like to enjoy your favourite aspects of something special while slowly but surely including them. Thus, again and again, you enter *a state of not-knowing* until you forget to leave it, and *the Enlightenment of that which is One* set in.

If the boxes in *Alexius' Duality Hacks* make it hard to focus, you are lucky. Defocusing leads to a state of not-knowing. Multitasking also does that. It distracts the brain from focusing, so it becomes difficult to categorise an experience as different from another. Applying *the Immortal Sweetness* technique, as described on [page 589](#), helps you defocus. But be aware the method is for undoing the belief in being someone definitive, so do not use it while driving a car, for example.

Multitasking or defocusing facilitates a state of not-knowing. But it can also arise from being deeply involved in something when it is not carried out per a particular philosophy or an attempt to escape the present.





You sense the beauty of something by comparing it to something else, hence confirming separation and its buddy, suffering.

HACK #4.2, To include sets you free

You define yourself as separated from others by what you exclude from your perception of yourself. For example, if you exclude what you judge as wrong in yourself by projecting it onto others, they look bad, and you are good. In contrast, inclusion does not establish you as separated, thus freeing you from the suffering of loneliness.

What you exclude defines you as someone definitive. So, if you do not exclude something, you are the bliss of nothing.



Those defining themselves as vegetarians believe they are better than others eating meat. From this, we can derive that being someone definitive is not a fact but a belief based on excluding something specific to become better than others. However, exclusion entails separation, thus loneliness. Mindfulness does not solve that because it is also based on eliminating something. On the other hand, if you do not exclude but include, there is no separation. So, loneliness disappears since nothing defines you as better than others.



Sending love or healing to somebody is based on feeling superior because the sender believes in having more than the receiver. Thus, denigrating the receiver and, therefore, not transmitting good but bad vibrations.



Assuming one needs to process what happens, most move forward with the brakes on. On the other hand, not processing your experi-

Like most so-called spiritual ideas, *living in the now* is based on exclusion. In this case, you exclude the past and future to highlight a separate point imagined as now. In contrast, *a state of not-knowing* is all-inclusive. Also, thoughts about the past and expectations of the future. There are no rules, but to be inclusive to get in *a state of not-knowing*. In that state, there is nobody to judge differences to make a difference, so time does not matter.



ences, thus releasing the brakes, you go so fast that there is no time to define what and where you are. Therefore, you are in the bliss of nothing. Be aware that this is a metaphor, so when you drive a car, you use the brakes if needed.

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When there is no need to be seen as someone definitive, it does not matter if others seem to induce sadness or happiness because nobody picks it up.

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Happiness does not come from excluding what makes you sad but from including it because inclusiveness is completeness and, therefore, happiness.

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You do not include a feeling by understanding it but by expressing it. Since you have disassociated yourself from the feeling by accusing somebody else of causing it, you express it internally. However, should you forget to do it internally and burst out in anger, do not be ashamed but include the anger.

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*It requires
much effort to
be exclusive,
whereas
inclusiveness
requires none
because all
you have to
do is not to
be exclusive.*



Sometimes, the fastest way to include feelings is to breathe through them. But as this may entail pain, it does not seem the easiest way. That is until the pain is included.

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Fully including the moment's feelings is not about going deeper or being more truthful. It is simply about including the feelings unedited.

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Maybe you disassociate yourself from your anger by telling others, »You are this and that ...« But if you change it into »I am this and that ...,« it is much easier to include your anger. It does not mean you should stop blaming them. On the contrary, blaming others is the fastest way to expose what you have banned in yourself. See [Duality Hack #1.10](#).

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When you lose yourself in love, there is nobody to love somebody. Thus, nobody can believe in a world with more than one.

Appearing to be someone in a world of duality, you cannot always be happy. A feeling must be contrasted by its opposite to be experienced as something specific. You would not know happiness if not for sadness. Light requires darkness to be seen. Peace needs war, and positivity is coupled with negativity. Therefore, the more you include, the less definable experiences you have. Hence, eventually, there are no experiences to hide what cannot be experienced: non-duality.

Assuming you decide you feel joyful because of the sunset or the chilly wind, you dissociate yourself from joy. You probably do that because, feeling it intensely, you forget to uphold your appearance, thus being nobody.



When you justify your hatred with the world, hate seems excluded from you. But you have also excluded your love because, without its contrast, hate, you cannot know you are full of love. However, you only excluded these emotions from your awareness, so they remain in you. For example, hidden behind a feeling of fear in the emptiness generated by your dissociation from hate and love.

*Without
contrast,
there is
nothing to
experience.*

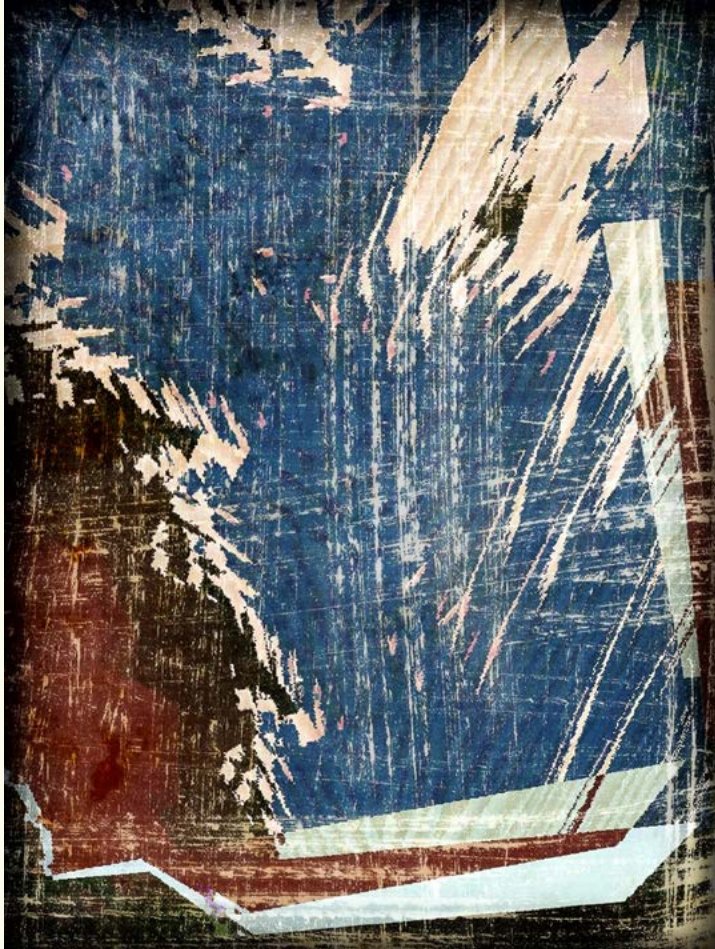


Emptiness also comes from including hate because it leaves nothing to contrast it, making it undefinable. Fortunately, this emptiness is not based on suppressing feelings but on including them. Hence, it does not result in the fear of something but the bliss of nothing.

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Willingness to include the moment unfiltered undoes the belief in being someone definitive. However, nobody has this willingness. Fortunately, by admitting that, you include the moment as it is.

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Trying to be balanced is often a way to fence off what you judge as wrong to look harmonious. But to be that without its partner, hatred, is to separate. Hence, you feel lonely.

If you want to undo the belief in a world with more than one, do not hold back feelings or slow down thoughts but follow their flow unedited. Take sex as an example. Devoting yourself to it feels so intense that it obliterates itself. In its ecstasy, there is no room for anything else, thus not something to contrast it, so, for a split-second, you have no experience of more than one.

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Including everything does not mean you must include something you do not like, but that you include disliking it.

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You see a world of duality via contrasts, like beauty and ugliness. But fortunately, you can also use that to undo the belief in duality. For example, if you include beauty entirely by being nothing but that, there is no ugliness to contrast what you are. Thus, nothing to define you as somebody. Hence, nobody perceives the apparent difference between beauty and ugliness to make a difference, so you are in the bliss of nothing.

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Since the opposing sides of a contrast are defined by each other, you cannot have one without the other. Therefore, no contrast = no definition = no experience = no duality = non-duality.

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Exclusiveness generates the belief in scarcity, whereas inclusiveness does not cause something. Hence, you are in the bliss of nothing.

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The belief that it is possible to be and have more than that which is One is based on exclusion, so when not excluding, thus including, the belief is undone.

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Alexius' Duality Hacks are not about undoing mistakes in a world where there seems to be more than one, but the belief in such a world.

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A sure way to not exclude is not knowing what happens because that means there is nothing to exclude.

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You cannot fail when practising inclusiveness. For example, if you forget to include something, you include your forgetfulness. And if you think it is a sin to forget something, you include being a sinner.

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The foundation of your appearance as someone definitive is separation. It is established by judging one side of a contrast as better than the other and excluding the wrong side by projecting it onto somebody. Thus, you appear good at the expense of others, although exclusion does not make you feel good but lonely. Fortunately, inclusiveness corrects that.



A Having read *Alexius' Duality Hacks*, you may conclude that you should avoid being and having more. If so, you do not understand that it is about inclusion. There is no need to avoid being and having more. Looking for more is natural in a world with more than one because it rests on the wish for more. However, if not exclusive, thus inclusive, getting more makes no difference. Therefore, since separation fades out, there is not something specific to obscure the formlessness of oneness.

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Inclusion is comparable to a black hole that sucks everything into it. In the end, there is nothing to include. Neither is there an end except for the belief of being someone. See [Duality Hack #10.5](#).

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Life is oneness, and since it requires more than one to see something, life is invisible. Therefore, the more you are unseen, the more you are alive. And since the world is in the eye of the beholder, you are unseen when you do not perceive the apparent differences of the world to make a difference.

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Of course, including something is as false as anything that requires more than one. Yet, the illusion of inclusion is a quick way to use the belief in more than one to undo it.

Taking a step now, you put one foot forward into the future while the other remains in the past. Hence, now includes the past and the future. That is why those excluding the past and the future to live by a concept of now feel the frustration of separation. And those including everything unedited have the bliss of togetherness.



Thoughts are comparable to a cloud quickly passing by, looking like a dog for a moment. But there is no dog in the sky. It is imagination – and so is the meaning you assign to thoughts to establish you as someone definitive.

However, the more meaning you assign to thoughts highlighting yourself as important, the faster they run to escape your dominion. But if you include the confusion and uncertainty it causes, you enter

You are automatically inclusive if not exclusive. However, the world assumes that it will get better when something judged as bad is included. Hence, exclusion is the automatic mode of the world.



a state of not-knowing, thus in the bliss of nothing instead of the frustration of something.



All you need to undo the belief in being someone definitive is to include your present experience unedited. If you are unaware of it, you include feeling foggy by being willing to be that entirely. Since that leaves nothing to define feeling foggy, you are empty, thus in *a state of not-knowing*.



Anything devoid of what you define as meaningful leads to *a state of not-knowing*. However, this state is not a sensation like falling in love but the bliss of falling into nothing.



A state of not-knowing is not perfect in the sense that you never fail. However, nobody is bothered by it.



Alexius has been diagnosed with IBS. Thus, he excludes specific foods from his diet to not upset his stomach. However, nothing needs to be excluded from his body to enter *a state of not-knowing* when he includes his experiences as they are. Should he try to edit them in favour of a more pleasant experience, he fences off *a state of not-knowing*. But not if he is willing to include the unpleasantness.



Nothing has to be changed or made better to make inclusiveness work. It is straightforward. You can never do it wrong because if you do, you include that.



To fully include the moment's feelings is not about going deeper or being more truthful. It is simply to include the feelings unedited, which they are when you cannot remember them.



*Being exclusive,
you are lifeless
because life is
inclusive.*

HACK #4.3, Life is inclusive, so anything separated is lifeless

Often, those gathering in groups of nationalism, capitalism, socialism, or another ideology divide the world into right and wrong. Then, they eliminate everything judged wrong in their group by projecting it onto other groups. Next, they start fighting those groups for being evil. Regardless of the outcome, all groups claim to be the best because they say so.

Fortunately, *Alexius' Duality Hacks* is not a new doctrine where you must change or eliminate something to become the best. Doing so confirms separation, and, and *Alexius' Duality Hacks* undo the belief in more than one.

On a journey without distance to that which is all-inclusive

When Henry Ford invented the automobile, he did not update it. Instead, he outperformed the old horse-driving carriage type of transportation.

Likewise, *Alexius' Duality Hacks* is not an update of ancient meditation methods, upgraded with soothing sounds, shaman sticks and whatnot. Alexius has built the Duality Hacks from scratch. He incorporates the haste of modern-day life. For example, you do not need to suppress stress to relax if you include feeling it. Anger or other negative or positive feelings you do need to manipulate into a conceptualised expression per your belief system to feel good but include what you think and feel unedited.

Entirely including hate, for example, there is nothing but hatred. Therefore, since there is not something to define being hateful, you are empty, thus in *a state of not-knowing*. If you are not tempted to stay in its bliss of nothing, the enlightenment of the which is one. set in. See [Duality Hack #10](#). But Enlightenment is not the subject of this hack, so we go on with *a state of not-knowing*.

Alexius' Duality Hacks do not require sitting in a specific position with eyes closed or being with special people in unique surroundings. In the case of this Duality Hack (#4), you include whatever you experience wherever you are. You cannot go wrong because if you forget to be inclusive, you include your imperfections. Hence, you are at full speed on a journey with no distance to that which is all-inclusive, namely, the formless of life.

In contrast, meditation rests on excluding something judged as wrong. Thus, it denies that the oneness of life is all-inclusive.



*Inclusiveness
is like falling
in love.
Everybody
looks lovely.*

Inclusiveness gives you the bliss of nothing

Being inclusive starts by acknowledging that everything is divided in contrasts. For example, an opposing colour must contrast these black letters to read them. In this case, the letters are contrasted by a yellowish background. The more you are aware of the yellowish background, the more difficult it is to read the black letters. And if you are only aware of the background, there is nothing other than yellowish. But only for a split second because when there is nothing else, there is not something to define yellowish. Hence, it is gone, and so are the black letters it defined.

In other words, the opposing sides of a contrast cancel out each other when you include one side entirely. Think of a coin. If you include one side, there is no coin. You do not have to be aware of the other side in a particular contrast to include the one you are aware of.

Another way to put it is that you can only experience something with its contrast. Therefore, if you devote yourself so much to something that there is nothing but that, there is not something else to define it. Consequently, you are in the bliss of nothing.

» *Not looking for something, you get the bliss of nothing.* «

However, if emptiness scares you, you probably use a familiar explanation to make it disappear or fill it with a good old mood of being something. But these ways of twisting nothing into something entail misery. Therefore, you must choose between the frustration of something and the bliss of nothing. Yet, it is not a choice of something but a decision to not be and have something. Do not try to understand it. Forget about understanding something so you can be in the bliss of nothing.

That said, in the context of functioning in a world of something, there is much to understand. So, do not forget to understand the driving rules if you drive a car. But if you walk in the park, you can forget about knowing something. When you do that, you are in the bliss of nothing, walking in the park but not knowing what and where you are.

*The complete
inclusion of
thoughts and
feelings cancels
the idea of within
and without.
Hence, there is no
separation to hide
the formlessness of
oneness.*



Inclusiveness undoes separation

We often establish our belief in being someone definitive by telling stories where we, as the main characters, make everything right. Or we refer to stories of others in which we appear to make a difference.

The conclusion is not that you must stop telling stories about your achievements if you want the bliss of nothing. On the contrary, *Alexius' Duality Hacks* are not about stopping or avoiding something. That involves exclusion, thus enhancing the belief in being someone specific. Neither are they about transforming sex or anything else to become something higher, but about including everything as it is. Therefore, since you are everything, nothing defines you, so the belief in being separated vanishes.

However, most want to feel the happiness imagined coming from being someone unique, such as a parent, a famous musician, a powerful boss, or an enlightened person. Hence, they exclude everything from their awareness that does not fit the image of themselves that they want to establish. However, exclusion does not make you happy because it enhances the belief in separation and, therefore, the sense of missing something.

Fortunately, you do not have to change this pattern to undo the belief in separation and get the bliss of nothing. If you acknowledge you are unwilling to include everything, you include that. Hence, you are on the path of inclusiveness to the bliss of nothing.

»» *The explanations in Alexius' Duality Hacks are inaccurate. They are based on you being definitive, which is impossible since oneness is formless, thus endless, so there is nothing definitive.* ««



Alexius and his cat, Uma, cannot meet physically anymore because she is dead. But since that means Uma has returned to the nothingness from where she seemed to arise, they are together in the bliss of nothing, accompanied by soundless meowing. Thus, Alexius and Uma are on a path without time and space to oneness. Of course, they include everyone who appears as someone because there is no separation in nothing.

Inclusiveness is a never-ending life

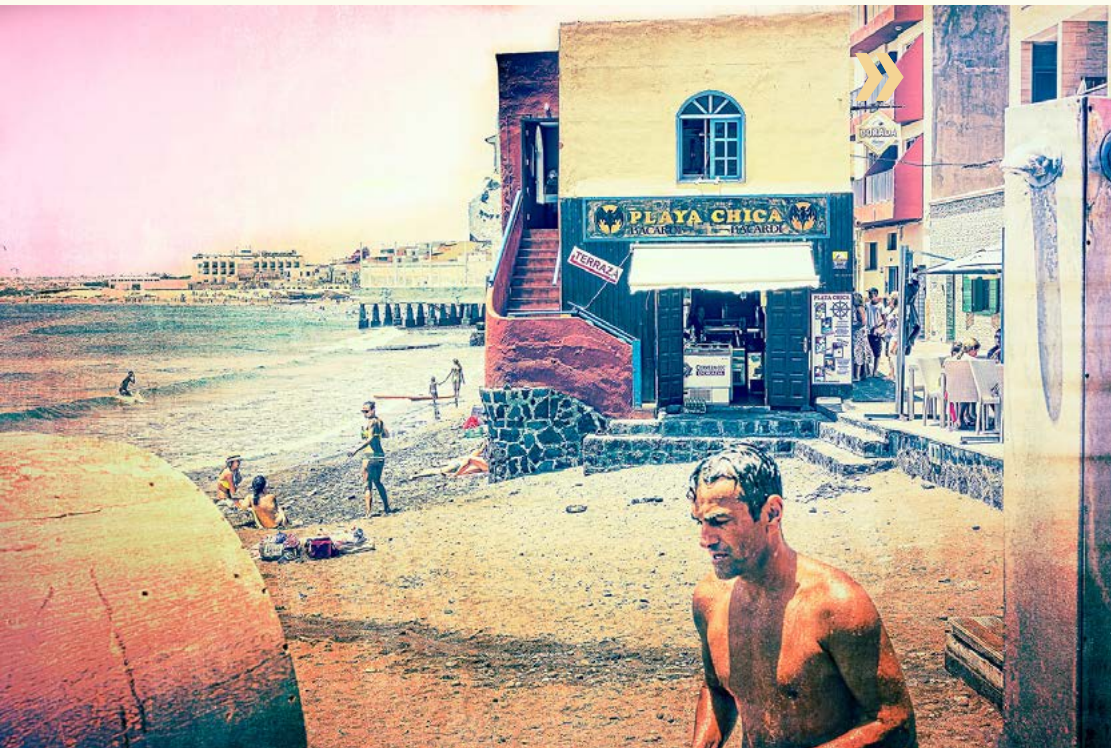
Alexius had a kitten, Uma, who died in his arms. Even though they had only been together for a few months, it felt like they had always known eternally. She almost became tangible when Alexius remembered how Uma always ran to him to lay tightly on his chest while writing his Duality Hacks. However, Uma was no longer a substantial being. So, he included his intangible, thus boundless, memories of her. Hence, since the feeling of Uma was everywhere, there was no loss to mourn.

That does not mean that Alexius did not cry. He did that every time he forgot that Uma was everywhere. Nor does it imply that Alexius and Uma are at one. Oneness does not come from adding more than one but from undoing the belief in more than one. Doing that, there is neither Uma, Alexius, nor anything else.

But until then, Uma seems to be Alexius' devotional path to oneness. What that means, Alexius does not know, and he does not care. As someone comparable to *the Enlightenment of that which is One*, he and Uma are on the way without distance to oneness. See [Duality Hack #12](#).

» Alexius' Duality Hacks *do not expand the consciousness. They neither increase nor improve anything. Instead, they undo the belief that there is more than that which is One.* «

Even though this image is a twisted simulation of people on the beach, it confirms the beach it simulates because the picture would not be possible without it.



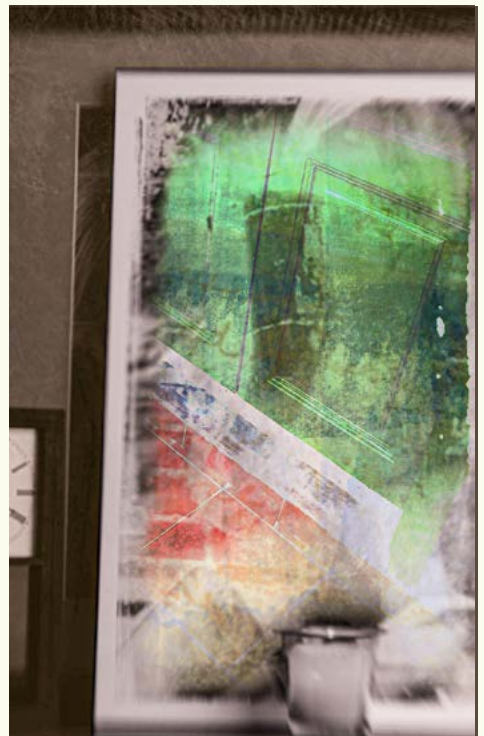
Life is all-inclusive

When you believe in being someone specific, you exclude life because it is all-inclusive. So, if you want life, you must stop being exclusive. Still, you probably keep banning something to see yourself as special. No worries. If you acknowledge you resist life, you establish a relation to it. And since life is inclusive, you are on the track of inclusiveness.

If you insist on excluding yourself from the formlessness of life, you have not lost it because, without it, you could not imagine that you are separated from it. That is why you quickly undo the belief in separation if you do not look at your appearance to establish yourself as someone definitive but to remind yourself of the formlessness of life.

That does not mean you will experience life. It is that which is One, and it takes more than one to be aware of something. Hence, everything experienced is lifeless. But it means that even though the formlessness of life is not in what and where you experience being, it empowers this experience. Therefore, when you include the experience, you do not need to avoid pain, frustration, jealousy, or death. They confirm life as much as positive experiences.

The explanations in Alexis' Duality Hacks are bound to be inaccurate. Every description requires more than one, and oneness is formless, thus endless, so there is no more than One.





Inclusiveness neutralises the world's apparent differences. Therefore, since you cannot uphold the belief in separation, it does not appear to hide oneness.

HACK #4.4, When you include the past, there is no time but the present

Coming from the heart is mental

Many people think practising spirituality means coming from the heart and meeting in groups of like-minded people to hug. Unfortunately, most of these supposedly warm-hearted groups only tolerate ways of expression endorsed by their guru. So, they exclude you if you do not follow their code. For example, you may be banned if you are well-organised and enjoy planning.

Those who promote coming from the heart do not like to commit to a plan, least of all, to the conventional rules of society. And yet, they are imprisoned by their freedom rules. However, since they hide that by projecting their restrictions onto the world, they feel censored by something outside them. Hence, they conclude they will be free when society is remade in their image.

They hide their selfishness behind talks about unity when they meet at their chaotic events, often advertised confusingly because they imagine non-duality is spontaneity. But it is neither that nor anything else because it requires more than one to be something. So, since they deceive themselves into believing they live by duality, they are unaware that they live by duality. Consequently, they cannot undo it.

To conclude, do not try to escape duality by following rosy ideas like coming from the heart, sending love, etc. Instead, include the brain's duality experiences, such as horror and beauty. That cancels out the duality elements, so there is no contrast to define a world of duality. Hence, the belief in duality vanishes.

If a feeling, such as irritation, is not excluded but fully included in your awareness of yourself, it is intense but short-lived. However, since intimacy frightens many people, they suppress their feelings.



»» *When you, out of habit, suppress something to feel good, you censor the moment, thus feeling separated. But if you include being manipulative, you are in the moment as it is, hence feeling connected.* ««

When you are willing to include, you undo the belief in separation

Since a world of duality rests on polarity, you cannot have satisfaction without annoyance. Nevertheless, most people suppress irritation, hoping to feel only satisfied. However, you cannot be satisfied without irritation. Consequently, excluding irritation does not result in feeling satisfied. Instead, it results in feeling disconnected.

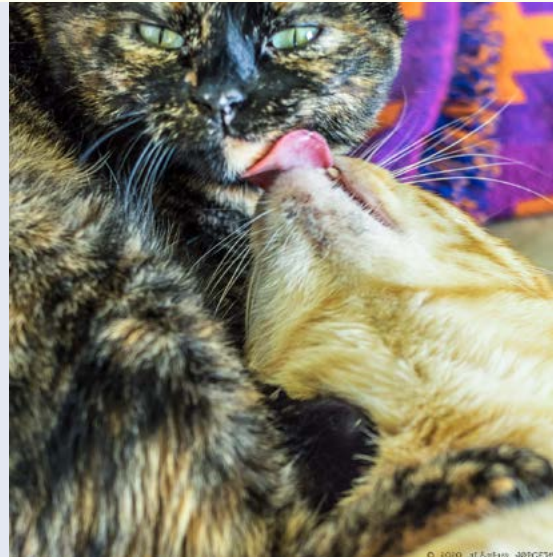
»» *Blaming others for feeling irritated is only possible when you believe in separation, which is the cause of irritation.* ««

Many blame others for this mix-up. But that enhances the belief in separation. Hence, you do not feel satisfied. No worries. That is a friendly warning: Do not separate yourself from your feelings because life is inclusive. So, if you take notice and include irritation, it is over in a heartbeat since life is formless, thus indefinable.

This inclusion of uncomfortable feelings is not similar to the Jungian idea of integrating [the shadow side of the personality](#) because inclusion is not about becoming whole but nobody.

For example, suppose you do not project the uncomfortable feelings you experience in yourself onto others but include them by totally being what you feel. In that case, there are no other feelings to define you. Therefore, since you are nobody, you are in the bliss of nothing.

That also applies to comfortable feelings justified with somebody. When you assume your spouse causes your feeling of love, you exclude it from yourself. But if you include it by being nothing but your love, you get the bliss of nothing instead of the frustration of something.



Somebody who appears to make you angry helps you see what you feel. Hence, you can include it and enter a *state of not-knowing* where you are friends with everyone because you are nobody.

However, it takes more than one to include something, and there is no more than that which is One, so inclusiveness is as illusionary as exclusiveness. But contrary to exclusiveness, which makes you feel alone, inclusiveness makes you feel together. Hence, it undoes the belief in separation, which seems to hide oneness.

To include is to undo the past in the present

Alexius shares his home with five cats. One of them, Guinevere, has a deep territorial instinct. So when a new cat, out of the blue, showed up, she freaked out and furiously ran away. When she returned, she did not notice the trespasser was still there. Thus, she relaxed as usual until she suddenly saw the intruder.

Once again, she furiously left, and even though the new cat was gone when she returned, she was still agitated. To prove it was justified,

she searched for spots of leftover scent from the visitor. Whenever she found one, she screamed to show Alexius how much the outsider had hurt her.

The anger Guinevere held onto was supposed to prevent the foreign cat from returning. But it was unaware of her punishment, so the only one feeling it was Guinevere. Her fury ate her up from the inside.

Maybe it was important for Guinevere to scare off the newcomer because she feared he would take her place. Or perhaps the encounter awoke childhood memories of being betrayed by the people she was living with as a newborn because they left her. But Alexius cannot know what motivates Guinevere, and she is probably unaware of it.

Fortunately, we do not have to know why we freak out. Nor do we have to search the past for hidden patterns. All we need is to include the present pain by being nothing but that because, as already mentioned, that leaves nothing to define it, wherefore the painful story we have made about our past is gone.

Alexius' Duality

Hacks are not a new philosophy or religion with extraordinary vocabulary and rules you must learn and strictly follow. For example, feel free to exclude your cats if you do not want to include them. It does not matter as long as you include your unwillingness to include.





When Alexius followed a dried-out river down the mountain, the plantation became so impenetrable that he could not get through. So he was stuck without food and water for two days until he was rescued by a helicopter.

Alexius includes his bullshit

Once, Alexius was stuck in the rainforest without food and water for two days. To get out, he followed a dried-out river down the mountain. He often fell down the hill on the way because the branches were so dry that they broke when he tried to hold onto them. That way, he lost several toenails.

On the more even stretches, it sometimes took him half an hour to walk a distance he could have walked in two minutes because he had to pass through thorny lianas tightly woven together. They ripped his clothes apart and made him bleed all over. Each time he beat his way through bushes of thorns, he felt so tormented that he dismissed the immense beauty in front of him as crap.

That went on until he suddenly felt so imprisoned by his conditioned opinions of good and evil, resulting in feeling wrongly treated by the world, that he included feeling wrong as his instead of excluding it by mourning about his surroundings.

Of course, that did not change he was stuck in the forest. However, since he did not try to get rid of feeling shitty about it but included his despair, what he had perceived as bad did not seem to hide the forest's beauty. Thus, every moment became the perfect moment, whether inside or outside bushes of thorny lianas. Nothing was wrong or missing.

»» *The movie [Man vs. Bee](#) with Rowan Atkinson is a perfect example of believing one's rage is caused by something outside, then fighting it instead of including one's despair.* ««

Realising that there was no need to escape something when not avoiding his inner despair but including it was not an intellectual but an emotional change. And it was so abrupt that Alexius burst out in laughter. One could say his trip mirrors how we often manipulate the moment into something that makes us forget our worst feelings.

When you include sadness by being nothing but that, there is not something to contrast it. Thus, neither sorrow nor its contrast, happiness, seems to exist. This nothingness momentarily rubs off on the other contrasts making up your personality. Hence, there is nobody to judge the apparent differences in the world to make a difference. Consequently, you are in a state of not knowing. You do not have to accept all the world's appearances to get there, but include the disgust that some trigger as you include the joy others bring.

However, it is never good enough, so the unwanted feelings return. In contrast, when we do not try to change or eliminate our feelings about the moment but include them unedited, we enter the bliss of nothing.

In a *state of not-knowing*, we are unaware that the world goes on as usual. But, we do not judge it as accustomed because nobody is in a *state of not-knowing*. For the same reason, nobody deems differences to make a difference. So, when a helicopter finally wired Alexius up from the rainforest, and he returned to civilisation, it was all the same. Fortunately, you do not have to be lost deep inside the rainforest to enter a state of not knowing. You can do that anywhere by including your unedited experience of the present moment.

Including the present is easy

It is simple to include your experience of the present moment. For example, if the guy in the above image did not notice the Chinese wallpaper, he would not have to include it. If he did not look at the Chinese food but indulged in childhood memories, he would only include the thoughts and feelings arising from time gone by.

In other words, if he was not aware of the Chinese surroundings but of his Danish memories, his present moment is an experience of the past shaped by

To be inclusive means including your reaction to the present moment unedited. You look at thoughts and feelings passing by until they are played out. It takes no time because thoughts and feelings are fleeting when you do not suppress them to create a special moment per your conditioning.



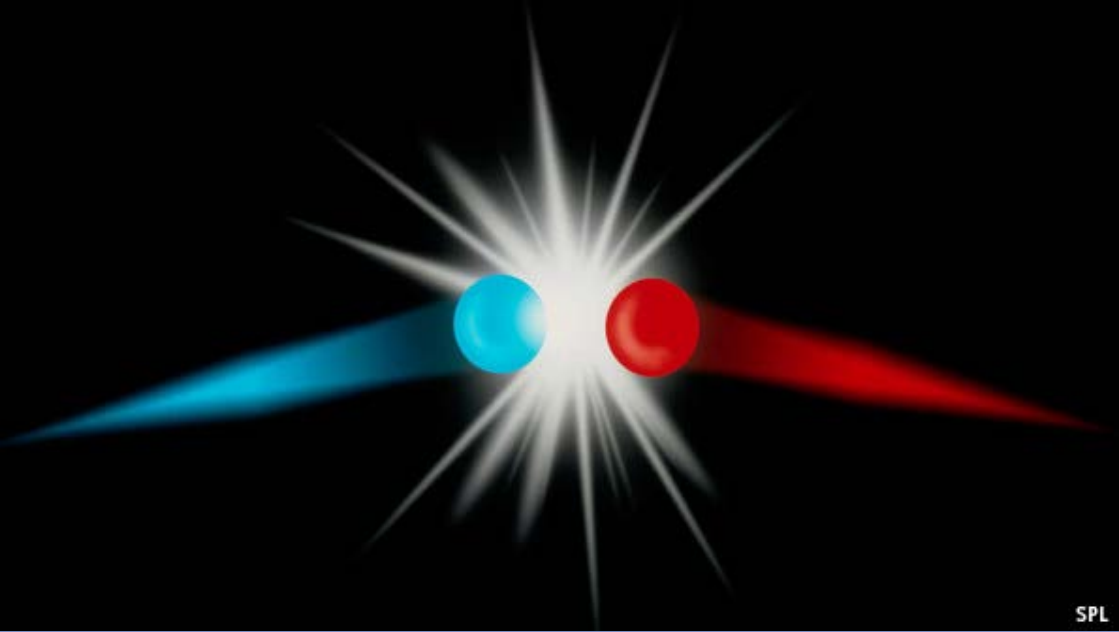
his culture. Hence, he includes the present moment by including his reaction to that. After that, he probably notices his surroundings and feels amazed by the new impressions. Then, including that, he may go on to talk about the food. Including how that makes him feel, he may enter a *state of not-knowing* while eating Chinese.

In that state, he perceives everything that looks like something from the bliss of nothing. Thus, he does not see appearances as genuine. That is until he insists that one is something special, hence leaving the bliss of nothing.

Being inclusive is about your response to something rather than the object. For example, if you include your response to your lover's behaviour, you do not need to blame your lover for how you feel. Hence, you do not feel separated.



Instead of cancelling out contrasts one by one, you can speed up undoing the belief in separation by including your reaction to the most fundamental contrasts: expansion and contraction, plus the inward and outward-facing senses. You can also include less fundamental contrasts like past and future, giving and receiving, high and low. For example, if you include your reaction to something going up or down, you do not establish the apparent difference to have a psychological effect. Hence, separation falls apart since you do not see opposing parts as significant.



SPL

In a given contrast, the opposite sides collaborate to define each other as something. But if they meet, they cannot be explained by each other. Therefore, since they cease to exist as something, you are in a *state of not-knowing*.

HACK #4.5, Without contrast, you cannot see a world of duality

According to science, two worlds were about to evolve milliseconds after the Big Bang: one of matter and another of antimatter. But matter and antimatter cannot coexist. As in the above illustration, an incredible amount of energy is released if they meet, making them disappear in one big flash. Therefore, the brain excludes antimatter from our awareness to make way for the experience of a tangible universe.

But since antimatter is hidden, it cannot define an experience of matter. Hence, the brain divides our experience of matter into contrasts that, unlike matter and antimatter, coexist as two sides of a coin to explain each other. Below, we explore the brain's duality world using the standard complementary colour model.

The brain automatically neutralises a contrasts

Cancelling out contrast, thus duality, can be compared to complementary colours cancelling out each other when combined. For example, if you perceive something as red, the brain generates its complementary colour inside you. You can also see it outside if you stare at red for thirty seconds to a minute and quickly look at a white surface.

The complementary colour of red depends on which colour model you have conditioned yourself to use. In the case of RYB, the complementary colour of red is green, but it is cyan in the RGB model (see the colour wheel illustration).

The older generation has adapted to RYB and CMYK (the colours of darkness, like in the printed media), which are the basis for painting and printing. However, the new generation and those who have had glimpses of Enlightenment go with RGB (the colours of light, like on electronic media), which television and computers use. [Check this site for more about the colour wheel.](#)

COMPLEMENTARY COLOURS:



The image illustrates how the complementary colours of the RGB colour model's primary hues turn into neutral grey when combined. The same applies to the complementary colours that emerge by mixing the primary ones in the RYB and CMYK models.

THE COLOUR WHEEL:



The colours most people believe in seeing are based on the RYB colour model, where the primary colours are red, yellow, and blue. These colours are subtracted from the colours of light, RGB, where the primary ones are red, green, and blue. Adding the primary colours of RYB results in black. That also applies to the similar colour wheel CMYK used in professional printing. However, adding the primary colours of RGB results in white.

As already said, it takes about thirty seconds to see the complementary colour of red outside you. But inside you, the brain immediately equals the amount of red with its contrast. Hence, red and its complementary colour cancel out each other, and neutral grey takes

The blue around this image contrasts the photo's average colour, brownish orange. Hence, you can experience the completeness of duality without the brain producing it. Yet, as saturation-wise, the amount of two contrasting colours is equal, they quickly cancel out each other. Hence, you see something not perceived as specific from the bliss of nothing. [Colour calculation per RGB: Alexius]

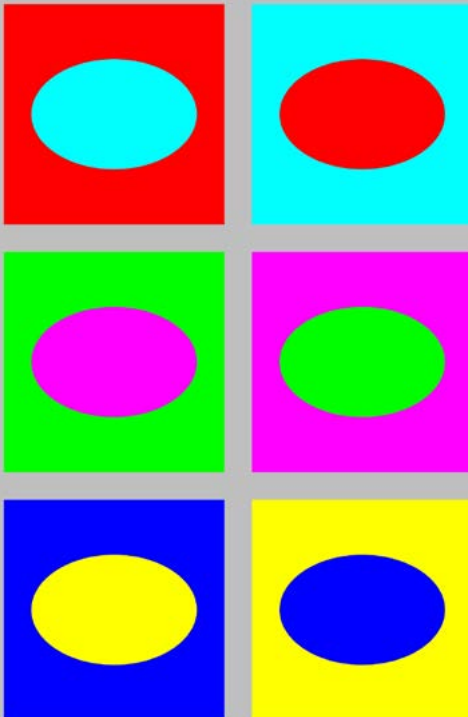


their place (see the complementary colours illustration), making you feel empty, thus in the bliss of nothing.

Relative or definitive

First, the brain creates a duality experience via contrasting elements defining each other. If you do not interfere, the opposing parts cancel themselves out when they meet. They are replaced by neutral grey, which wipes your slate clean. Then, the brain starts all over, making dual experiences with new contrasts defining each other. Hence, you explore new ones with an unconditioned mind.

However, most do not want their slate wiped clean. They hang onto their conditioned ways of perceiving the world. So, in the context of the colour models, they prevent complementary colours from meeting and being replaced by neutral grey. For example, they perceive



When the opposing sides of a contrast meet, like these RGB colours, they disappear in neutral grey. Hence, duality does not seem to hide there is nothing but non-duality since it is formless, thus endless.

red as a singular colour by excluding its contrast, cyan, from their awareness.

But by doing that, you miss neutral grey's relaxation (a state of not knowing). Instead, they get stressed from fabricating something specific. The same applies to any other duality pair where you prevent the opposing elements, such as love and hate, from meeting.

» *If you want to undo duality, you must comply with it to make its opposing sides meet and thus cancel duality.* «

In a world of duality, everything is twofold, not singular

In non-duality, there is no completeness because it requires more than one. But in duality, everything is divided into opposing elements, so you feel complete when you are in sync with opposites' constant interaction.

However, being in the duality flow feels wrong if you look for a specific experience of love or something else you want to uphold as singular, not dual. Therefore, in the case of love, you sidestep the interaction of love and hate to visualise unconditional love.

Yet, all experiences are conditioned by their complement, in this case, hate. So when you exclude your hatred from your awareness, you have nothing to define your love. Hence, love becomes empty until you do not override duality with conditioned ideas of singularity.

» *In a world of duality, every experience comes in pairs. Therefore, you feel incomplete if you split the duality pairs into singular elements to have a love experience without its complementary part, hate.* «

Fortunately, you quickly solve the struggle between duality and singularity. In the context of the colour theory, you include the colour you have excluded to perceive its complementary colour as singular. Therefore, since the complementary colours can freely interact, you



In a world of duality, every experience comes in pairs of opposing elements to define each other, such as black defining white and vice versa or hate defining love and vice versa. However, non-duality has no contrasts, thus nothing to be or see. Luckily, that is unnecessary because non-duality is formless, thus endless. Hence, you are everything when not being and seeing something.

feel complete in the duality flow until they cancel out each other, and you reach a state of not-knowing.

Exploring duality's contrasts or undoing them

Please be aware that you should not remain in a state of not-knowing unless you want to leave duality forever. When it has wiped your slate clean, you return to the conscious experience of duality by exploring the interaction of duality pairs from an uncategorical point of view.

Thankfully, you automatically stop doing that when you have had enough of more than one. Therefore, you are neither someone nor seeing something since that requires more than one. No worries. You are everything because non-duality is formless, thus endless.



This graphical illustration of a so-called out-of-body experience is not correct. The brain constructs an experience as if you see yourself from above. However, like in a dream, the brain never shows the one having the experience. Also, like in a dream, you are not outside the body, no matter where you appear. However, neither are you inside it. What and where you appear is the brain's fantasy. You only agree to believe it is authentic because otherwise, you are exposed as fiction. However, at the moment of death, the brain does not have enough oxygen to display the images that seem to establish its fiction as real. Instead, it produces abstract images of light.

HACK #4.6 When you include death, nobody dies

Death is only the end of an illusion, not reality

Just before death, the brain cannot fabricate the usual images of a physical world because it is about to run out of oxygen. Therefore, since you cannot assign thoughts and feelings to a tangible world, they seem to fly around chaotically and speedily.

So, if you were used to disassociating yourself from unpleasant thoughts and feelings by projecting them onto something physical,

it feels like unshaped thoughts and feelings capture you. However, you are not boxed in by them but by your wish to feel good by projecting what you judge as bad thoughts onto the tangible world the brain used to establish outside you via its experiences.

On the other hand, if you do not try to manipulate intangible thoughts and feelings to establish yourself as someone specific, they do not seem to trap you. Actually, the memory of your appearance as someone definitive naturally fades out when you include thoughts and feelings. That does not leave anything to define you as someone in a capsule of time and space. Hence, nothing returns to oneness, which is fine because nobody ever left it.

Do not manipulate feelings, but look at them till they fade out

When it seems the body is about to end, it is better not to hang onto the thoughts and feelings passing by. However, that does not mean

The brain has insufficient oxygen to group thoughts into images of a tangible world when it is about to expire. Thus, everything appears intangible unless you manage to manipulate thoughts into something re-establishing the substantial world they used to fake. But, since that is not possible anymore, thoughts drive you insane. In contrast, nothing defines you if you do not try to hold onto something. Hence, there is not anything to prevent you from falling into the formlessness of oneness.



you should try to stop or let them be. Doing something establishes the belief in being someone, which is bound to cause panic when the body expires. You must forget everything about being someone.

But that can be frightening when the body is about to expire. If so, do not suppress the fear, but face it. Looking at it means following the stream of fear to its end. That does not take long because feelings are fleeting when not suppressed but looked at. Having faced fear, there is room for other streams of feelings to pass by. When all of them are played out, there is emptiness. Hence, there is not something to hide the formlessness of oneness is all there ever was and will be.

That does not mean you realise oneness since that calls for more than one. But it means that nobody is conscious about something, so nobody needs more than that which is One.



When the TV screen is blank, there is no world to see. So, if you notice something, it is made up. But that also applies when there appears to be a world on the TV screen because the brain produces everything you see.

A near-death experience is like when the screen turns blank on a TV. The world is gone. Only the sound of it is left. In this metaphor, that is the sound of your thoughts. And since you cannot project them onto the world on the screen, it feels claustrophobic if you believe thoughts are real.

Death is not a requirement for oneness

Please do not think the death of the body is a requirement for oneness. On the contrary, since it requires more than one to die, it does not lead to oneness. For the same reason, nothing else does. Luckily, returning to oneness is unnecessary. It is formless, thus endless, so you have never left, except in fantasy. In other words, when the brain stops functioning, the fantasy of more than one dies, but not that which is One.

However, the body does not need to die to undo the fantasy of more than one. It is the belief that the fantasy is real that must go. You do not have to wait until the body is dying to play out streams of feelings as described above. The same applies to streams of thoughts, which generally appear before feelings. You can play out the streams wherever you are, thus in the bliss of nothing until you return to the consciousness of being in a world with more than one. But since the bliss of nothing has wiped the slate clean, every moment is the perfect moment. Also, when the brain stops functioning someday and ends the consciousness, thus the idea of being someone.

See [Duality Hack #9.10](#) about having the slate clean wiped clean.

Notes on death and oneness:

The loneliness that your suppressed thoughts and feelings entail cannot be shared with anybody when dying. Thus, it feels like hell. But when you include all thoughts and feelings, there is no loneliness. You are at peace, slowly falling into the formlessness of oneness. So, neither in hell nor heaven, because being somewhere takes more than one.



If you want to be at one with a soulmate, god or whatnot, the formlessness of oneness seems claustrophobic because it takes more than one to become one with somebody, and oneness has only room for one.



When the apparent difference between life and death in a world with more than one does not make a difference, there is no fear of death. Thus, the end of you in such a world is just the end of the belief in more than one.



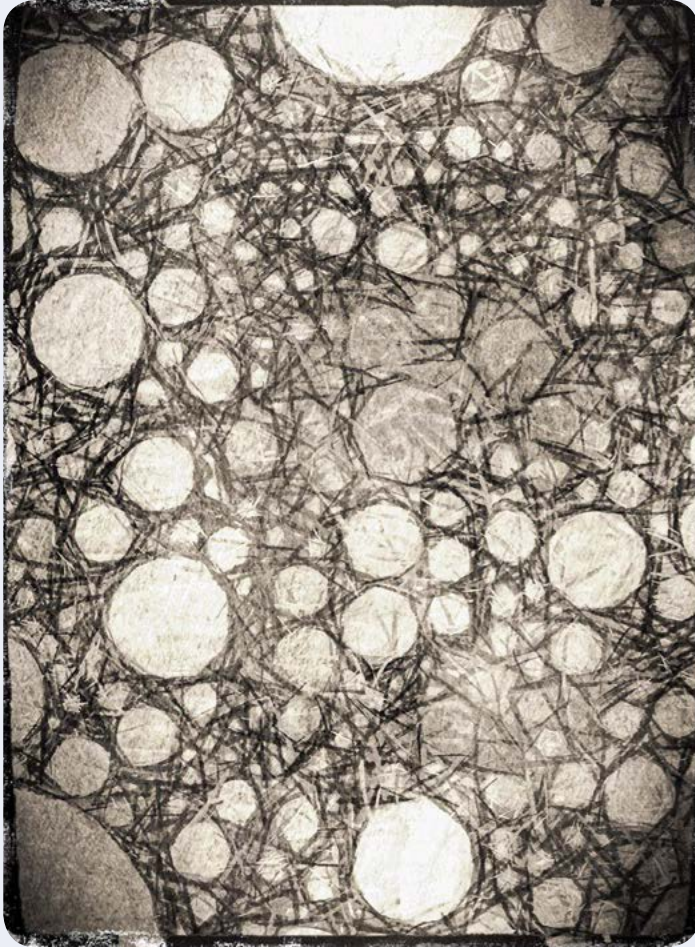
At the moment of death, do not hang onto the consciousness. Without the awareness of something, there is nothing to hide the formlessness of oneness.



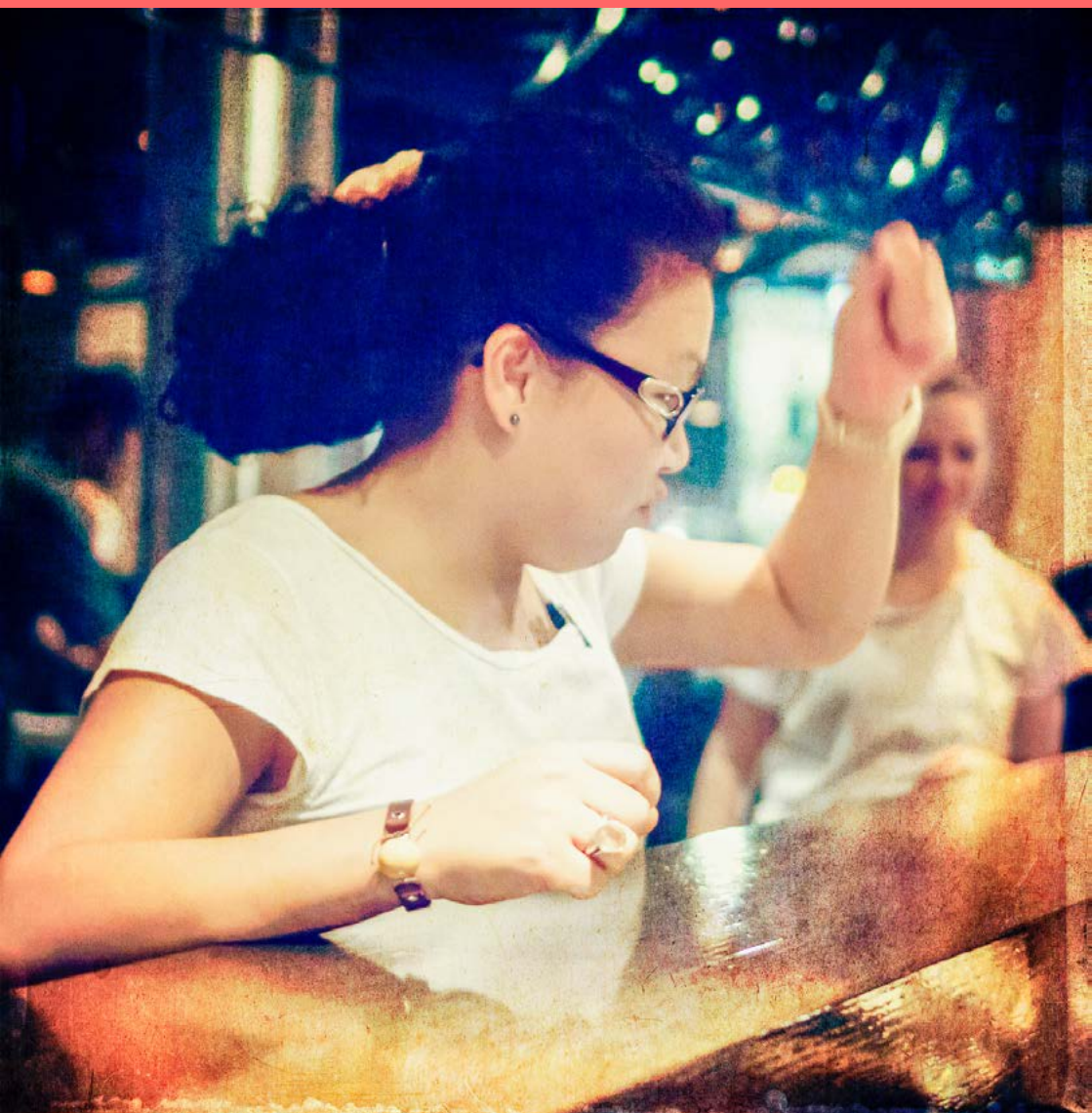
As already mentioned, when the brain is about to expire, it does not have enough oxygen to fabricate the usual experiences of a world outside you. So, it produces soothing images inside you, like light tunnels, to prevent you from panicking. However, nobody needs them if not believing in the outside world because there is no inside without it. Hence, nobody is dying.



Not believing in being someone you cannot die because it takes more than one to experience it.



Since life is formless, thus endless,
it is only the story about it that stops when
something is over. Therefore, not life, but your
drama makes you cry, hence making your story
seem real and life unreal. But since life
makes it possible to finish your story, you love
the end when you do not forget life.



»» *The basic self enjoys anything as it is,
whereas the special self needs to change
everything to feel in charge.* ««

Alexius' Duality Hacks does not provide hope for a better world. That is why they set you free from the future. And since there is no past without it, you are unbound by time.



HACK #5.1, The self and the brain

Alexius' Duality Hacks have nothing to offer because they do not know of anything but that which is One, and it takes more than one to give something. However, it also requires more than one to know something, so this statement is as deceptive as anything else you are aware of.

Nevertheless, if you read *Alexius' Duality Hacks* and realise that everything you know is an illusion, they have fulfilled their purpose. However, there is no reason not to enjoy the belief that it is possible to be conscious of something while simultaneously having it undone. That is what this Duality Hack (#5) is about.

Alexius, the basic self and the makings of *the Duality Hacks*

The basic self of Alexius is to be compared with a storeroom manager or an app that automatically uses its database to organise everything dropped on it. If Alexius arranges his music library, *Duality Hacks*, kitchen, or something else is unimportant. As long as he arranges something, he fulfils his function, thus in sync with the basic self created by the brain.

However, *Alexius' Duality Hacks* comes in a flow of wordless tunes (see [Duality Hack #1.13](#)), which would be disrupted if put into a system. Thus, Alexius bypasses the basic self by going into a *state of not-knowing*, where he

Alexius' basic self is not an adventurous hiker but an academic-minded storeroom manager serving others. So when he hikes, he stores the most exciting sceneries and returns later to see them with friends. Since it is not done to impress them but to follow Alexius' basic nature, memorising beauty spots to show others does not seem exhausting but refreshing. Here, Alexius is at the service of a little friend, showing him the primordial forest.



hums along with ethereal melodies until words, hasty and disorganised, flow out of his hands into the computer. See [Duality Hack #9.10](#) about a *state of not-knowing*, where the brain's set-up of a self is bypassed.

However, since the combination of words arising from humming along with ethereal tunes often seems too chaotic for a world of duality, Alexius' basic self comes in handy to arrange them into something coherent. The brain happily assists with that, even though it is the end of it and its story of duality. But it knows it is a fantasy, so nothing ends but the belief that its story is real.

That said, Alexius has not realised non-duality. It is impossible, as it calls for more than one to be aware of something. But because he is to be compared to *the enlightenment of that which is One*, he knows there is no more than that which is One, thus no duality.

Lately, this pilot to *Duality Hack #5-8* popped up when Alexius was humming along with ethereal sounds. But since it is about going with *the duality flow* and duality is the domain of the brain, it participated in making those hacks. After all, duality is the brain's fantasy, so who but the brain knows better how to hack it?

The hacks are about the basic self versus the special one ([Duality Hack #5](#)), the brain's script ([Duality Hack #6](#)), the unfortunate mix of physical and non-physical issues ([Duality Hack #7](#)) and *the duality flow* ([Duality Hack #8](#)). Since the hacks are not about learning but unlearning everything you believe in knowing, you can browse them aimlessly.

The basic and special self

This Duality Hack (#5) looks at the two main ways of appearing as someone: a basic or special self. The basic self, a construction of thoughts assembled by the brain, cannot be altered. But the consciousness the brain has installed in the basic self to make it aware of being someone in a world of duality can perceive itself as changed into a special self, independent of the brain.



The basic self of Alexius, like a storeroom manager, compiled music to build up the dance flow when he DJed many years ago. The same quality is used to get the flow of Alexius' Duality Hacks.

However, since that perception is out of sync with the brain's script, the special self feels disconnected and incomplete. In contrast, the basic self feels connected and complete because it is synced with the brain. Hence, it does not ask, 'Who am I?' like the special self does but never realise.

There is no answer to that question other than you are a fantasy of the brain progressing per its playbook, regardless of how you perceive yourself. Nevertheless, the special self insists on being independent. It upholds this self-deception by excluding everything from its awareness that does not fit the perception of being its own.

» *The special self does not understand that negativity is as vital as positivity, and it is their interaction that releases their inherent energy, like in an electric wire.* «

The mental sense of disunion this entails, the special self often hides from its awareness by projecting it onto vulnerable parts of the body. However, the suppressed energy breaks out sooner or later, diagnosed as a psychosomatic disorder.



When one's perception is in sync with the present experience, not a version edited per a specific philosophy, you feel satisfied.

The special self likes to think the brain messes up the body and that the special self can attend to it much better. However, it is not able to override the brain's commands. For example, if the brain has scripted the body to have a steak, whether the special self thinks it is politically incorrect, the body will crave it because the brain is in charge.

But the special self avoids seeing it has caused its problem, so it can blame the brain, thus justifying dealing with the body per ideas of mindfulness instead of the brain's physical approach.

However, having an immaterial approach to the body is like sending positive thoughts to a car without gasoline. Good vibes will not make it drive. The nature of a vehicle is material, likewise, the body. Hence, it must be taken care of materially and not mentally. In other words, the combination of physical and psychological issues is wishful thinking. See [Duality Hack #7](#).



Hack #5.2, Making a Special Self

When not suppressing feelings by holding back the breath or altering its natural rhythm via yoga, for example, you are effortlessly synced with the brain's script, thus being the basic self. And since very few thoughts are required to maintain this synchronisation, they do not seem disturbing but encouraging.

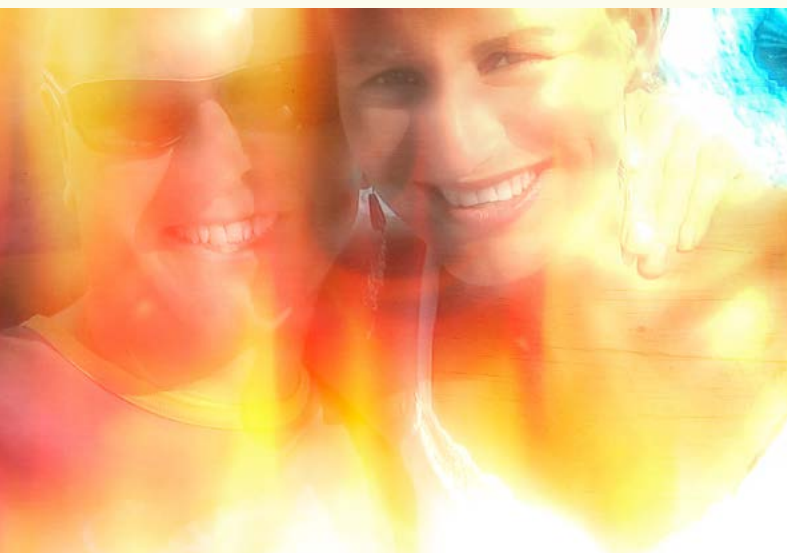
That is, until the consciousness, the brain has installed in the basic self to be aware of itself as someone, decides it knows better than

its maker, and plots to change the basic self into a special one. However, shaping and maintaining a special self requires a more complicated construction of thoughts than the simple one accumulated by the brain to create and uphold the basic self.

Hence, the rogue consciousness perceives one of the brain's experiences so scary that fear makes you hold your breath long enough for thoughts to be imprisoned in the gap, from where they force their way out by multiplying themselves. Having escaped, they continue their frantic multiplication, which pleases the rogue consciousness because it needs many thoughts to make a special self come into being and appear independent of the brain.

But in a world of duality, all thoughts come in pairs of opposing elements to define each other, for example, right and wrong. Therefore, since you cannot have one without the other, you are neither solely right nor wrong. However, the rogue consciousness does not want the elements in the duality pairs to cooperate. It wants to set up a self that is solely good with no traces of evil and is free to feel only love for someone and hate for another, for example.

To prevent the parts in the duality pairs from collaborating, the rogue consciousness first imagines a judge determining which part



When going with the flow of the few thoughts, the brain keeps circulating for you to have a continuous experience of being a basic self, the present moment feels good. But if you want to rearrange the flow of thoughts into something special, the moment never feels good enough.

is distinctively good or bad. Then, an executioner punishes the bad part by excluding it from the consciousness of the new self to make it see itself as only good, having the right feeling. Read more about that on [page 58](#).

But when the parts judged as good and bad are separated, they cannot work together to define each other in a duality pair. Hence, you do not get a genuine but conceptualised experience of being good and others bad. Nevertheless, that suits the rogue consciousness because, with emotions cut off, the special self can mentally decide what good and bad feel like, thus being the master.

» *When believing your single-minded notions are absolute, you clash with the world of duality because its experience comes in pairs.* «

Both the basic and the special self is a construction of thoughts. But whereas the basic self is a simple one, radiating gentleness, the special self is a complicated, sowing discord by insisting on being the best.



However, it is hard to constantly suppress genuine feelings to experience good and bad in a thought-up way – or twist experiences into a collectively agreed concept of having a good time. Besides, the suppressed emotions mess up the natural flow of the breath, hence the stream of thoughts used to keep the body healthy, wherefore the body seems inflicted with psychosomatic illnesses. So, although the special self may appear as good as planned, it does not genuinely feel good.

»» What you believe in being is a construction of thoughts compiled by the brain into pairs of contrasting elements. And you do not want to separate them when in sync with their ongoing interaction because it makes you feel complete. ««

On the other hand, the basic self feels fine regardless of appearance because it does not break up the duality pairs but goes with the interaction of their opposing elements. That does not mean it is perfect, but that the basic self feels complete in *the duality flow*. See [Duality Hack #8](#).

You get into *the duality flow* by perceiving your conditioned idea of good or evil as '*it is what it is*'. It reveals neither good nor evil is singular but twofold. They are like two sides of a coin working together to define each other. Hence, there is goodness in evil and vice versa (see [Duality Hack #6.7](#)). But instead of accepting that, most accuse the brain of messing up the good things. However, since you are a product of the brain, your disapproval of it is a condemnation of yourself.

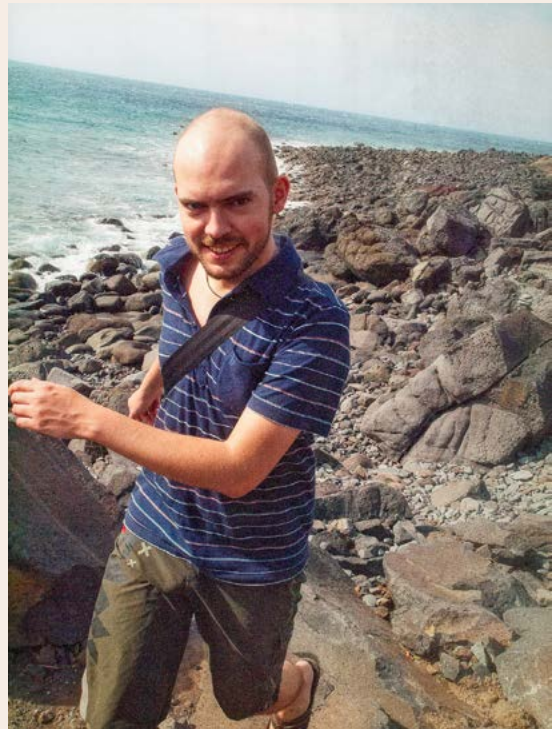
Basic versus special

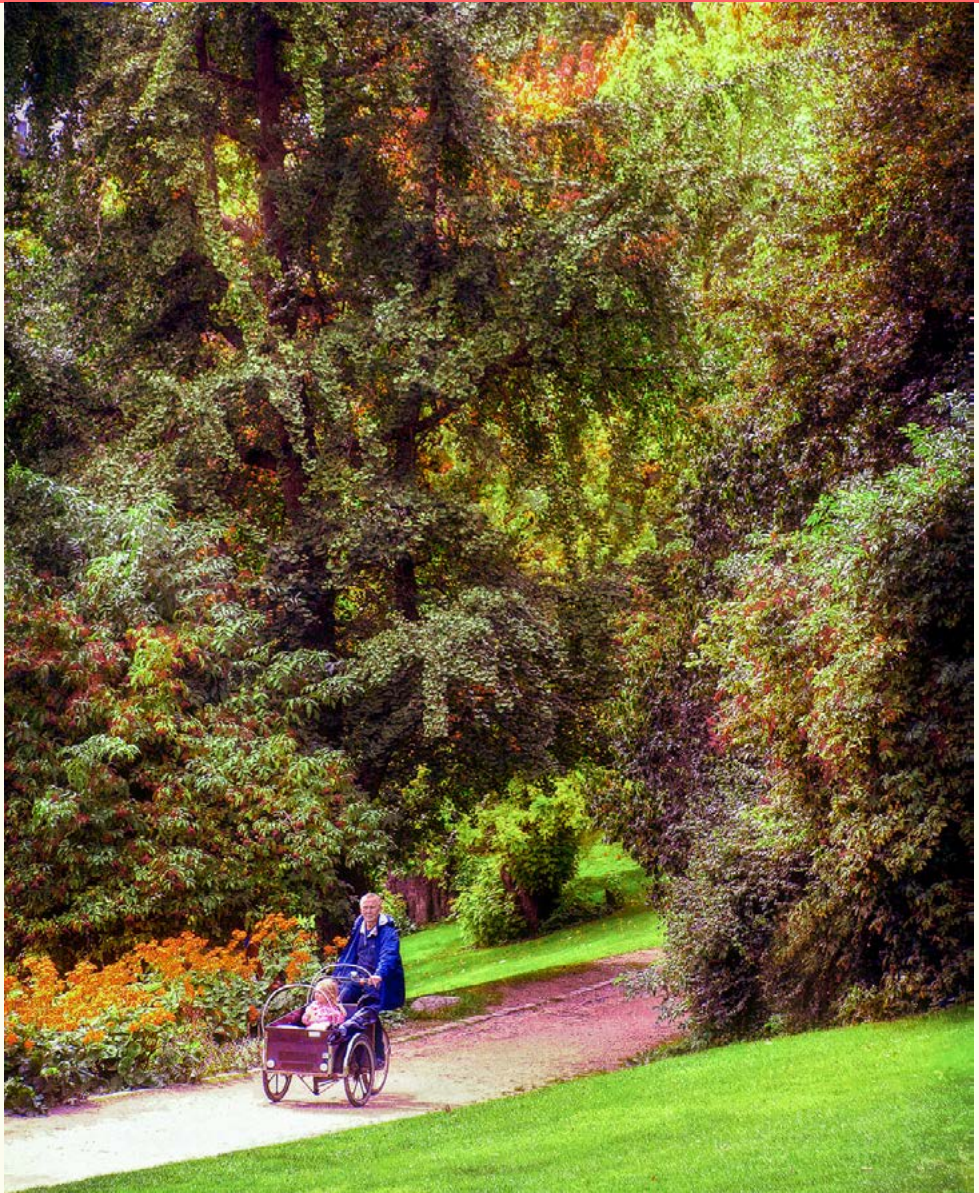
When the consciousness of the basic self goes rogue, it responds like a spell checker to the calm stream of thoughts coming from the brain, automatically interpreting it to make the self, which initially was constructed and administered by the brain, appear self-made and independent of the brain.

But since the rogue consciousness interpretations of the stream of thoughts are single-minded, thus out of sync with duality, thoughts run wild. At first, that seems scary to the basic self, but the rogue consciousness convinces it that it is for the best because now it has endless possibilities. Besides, the rogue consciousness promises that by being special, you are independent of the brain, thus able to arrange everything in your special way and pace. It often makes the basic self trust the rogue consciousness' corrections, not knowing it must spend years learning to label the modifications to look unique in predefined ways

If the brain wants you to run, you must follow the signals it sends to the body, regardless of being a special or basic self. But doing that makes the special self feel forced because it believes it knows better than the brain, even though it does not know who it is. In contrast, the basic self, as always, feels delighted by following the brain's commands.

In other words, appearing independent and special is complicated and exhausting, whereas being basic is uncomplicated and vitalising. Therefore, if you want to have a good time while appearing as someone in a world of duality, use one or more of *Alexius' Duality Hacks* to enter . It wipes the slate of all misconceptions, thus restoring the basic self. Since it is relative to the brain, it goes along with its experiences as they are and not as they should be if you were a special self following a specific philosophy. See [Duality Hack #5.4](#).

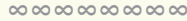




Hack #5.3, Special and important, or basic and humble

The special self is always worried about the future, whereas the basic self lives in joyful ignorance of the next moment.

It is much cheaper to be the basic self because it does not have to buy something extraordinary to feel special.



The approach of the basic self can be compared to buying an album and listening to it in the way the artist has put it together, whereas the special self prefers to stream the album to exclude the tracks that do not enhance its special image.



The special self wants to compare everything new with something old so that the present seems conditioned by the past, which it, in retrospect, has edited to look like it was caused by itself.



Extraordinary experiences, such as glimpses of *the Enlightenment of that which is One*, are at a premium for the special self. Yet, it seldom experiences anything but the ordinary because, to prevent its special image from cracking, it fences off unfamiliar experiences.

Suppose something uncontrollable, like glimpses of Enlightenment, should enter its regulated world. In that case, the special self ignores it, waits for it to be over, suppresses its memories, and resumes life as it used to. See [Duality Hack #11.2](#) about glimpses of Enlightenment.



It is always about going back to the way it was for the special self. But not for the basic self. It does not remember how it was. Actually, neither does the special self. It is the story it has composed about the past that it wants to manifest in the present, so it seems everything always has been like it assumes it should be.



The special self likes to meet new people. However, not to get to know them but to answer their questions. That is a perfect oppor-

tunity to re-edit the story it has fabricated about itself to look more exciting.

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In the past, the special self made a hateful story as the basis for its perception of the present to confirm its judgment of others as evil. And since the past, therefore, appears to repeat itself, the special self can rest assured in its perception of itself as good and others as bad.

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Sometimes, a doctor checks the function of a body by knocking on special parts to see if the involuntary movements work. However, everything considered voluntary is an automatic movement governed by the brain. Therefore, if you believe in being in charge of yourself, you must suppress that your reactions are involuntary. Since that requires much effort and serving the brain is effortless, feeling in control feels tiresome, and going with the flow of automatic responses feels energetic.

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Your suppressed thoughts and feelings are easily found because the world is in the eye of the beholder. Therefore, what you do not like in the world is what you hide from your awareness about yourself.

Being the special self is not about what you do but how you can perceive it to feel in charge. For example, it sees itself as the master of the remote control, coffee machine, children or pets. And if the boss puts it down, it still sees itself on top by thinking it could do it better.

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If the special self loses its self-control and expresses unfortunate traits believed to characterise others, it claims it was not itself. Somebody else made it do it. Hence, its superiority is ensured.

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Believing it is in control, the special self is under enormous pressure to constantly compose stories where it, not others, is in charge.

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To appear as the special self is in control, it always explains to itself what happens and why it does something.

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The special self assumes happiness comes from being in command. Therefore, if something does not happen as planned, it upholds the idea of being in control by thinking it changed its mind.

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The special self enjoys talking about feelings speculatively, »like do I really love this person?« But it does not love anybody. It avoids feelings of intimacy by being with people speaking about conceptual things like higher states of mind, thus preventing its feelings from destroying its image of being a master.

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It takes time and effort to invent a spiritual self from which selected elements are eliminated to appear absent of power strivings, selfishness, greed, anger, negative thoughts or what you assume is politically incorrect. But being so correct feels restricted, whereas you

feel free when not altering or rejecting something in your perception of yourself to shape it into something special.



The special self uses much energy to suppress the thoughts and feelings judged unfavourable to preserve what it believes in being or will become when transformed. On the other hand, the basic self has no desire to appear definitive, thus no need to judge something as wrong.

Besides, it knows negativity is just as crucial as positivity. For example, an electric wire needs the negative pole as much as the positive to make the energy required to publish this Duality Hack.



To prevent the carefully constructed image from cracking, the special self keeps its mouth closed, even when smiling, to avoid expressing emotions, thus being able to look perfect. But suppressing itself so much, its relations become conceptual and, therefore, fake. In contrast, the basic self does not have a special image to uphold, thus nothing to suppress. So, although its relationships do not appear perfect, they are genuine.



Since feelings tend to mess up the image the special self has made of itself as independent and unique, it wants to keep them at a distance. But as this collides with its need to look lope, it lays the blame for fencing off its feelings on others, whom it criticises for being closed, thus making it impossible for the special self to express its feelings.



The real reason for not expressing its feelings is that the special self does not know them. Nevertheless, it shows off as an emotional



The special self needs to convince at least one person about its importance. Thus, it gives someone the kind of attention it senses will make that person feel chosen.

expert who can help others open up to themselves. However, what the special self claims to see in others are the feelings it has suppressed in itself. See [Duality Hack #1.10](#). On the other hand, the basic self has no particular image to protect. Thus, there is nothing it needs to hide.



The more the special self can convince others that it can improve the world, the more powerful it feels, thus suppressing feeling inferior.



If the self-centred purpose of the special self is exposed, it will either deny it or say it is sorry and then go on precisely as before.



When the special self discovers that others have interpreted something it did as wrong, it avoids feeling guilty by shouting, »Look what you made me do.«



To not feel inferior checks all notifications on Facebook and makes sure to like what its friends write so that it will like it and be liked by them, and they appear to be together in a group of extraordinary people. But, of course, it only works if you believe something exists in cyberspace.



The special self loves to hear about otherworldly events like near-death or out-of-body experiences, interpreting them as a transition to something more real. But becoming something requires more than one, and since oneness is formless, thus endless, there is no more than that which is One. Hence, appearing more spiritual is another illusion.



To feel alive, the special self must have constant approval from others. Hence, it often establishes a family it can manipulate into giving it the confirmation it needs. If that does not work as intended, the special self may pay a psychologist to ratify its uniqueness. However, it needs to realise how dependent it is on those supporting its perception of being independent.



The notion of yourself as special is based on how you interpret your effect on others. Thus, you constantly adjust your perception of their responses to establish they see you as unique..



If one has the personality of a fault-finder, the special self sees it as a mistake that needs to be corrected. Thus, every new mistake it finds disappoints, whereas the basic self is happy because finding errors fulfils its function.



When the special self sees something exciting, it probably makes a perception that hides what it actually feels, so the experience is perceived to be consistent with the image it has constructed of itself. On the other hand, the basic self has nothing to live up to, thus, nothing to hide. Hence, like a child, it reacts to everything per its feelings, whether considered right or wrong, because 'it is what it is.'

*When you want to uphold a unique appearance,
you cannot escape the hell of self-control
because you are afraid to lose something.*

If one of the special self's perceptions is exposed as fake, the special self diverts the focus from itself by making up a new perception in which it is unjustly attacked.

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Being on your own makes you feel small, which the special self expects to fix by getting the power it imagines comes from riches, going deeper or realising something higher.

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The special self splits up its perception of others per its concepts of right and wrong, and it expects them to hide or correct what it has labelled as wrong so it does not have to question itself.

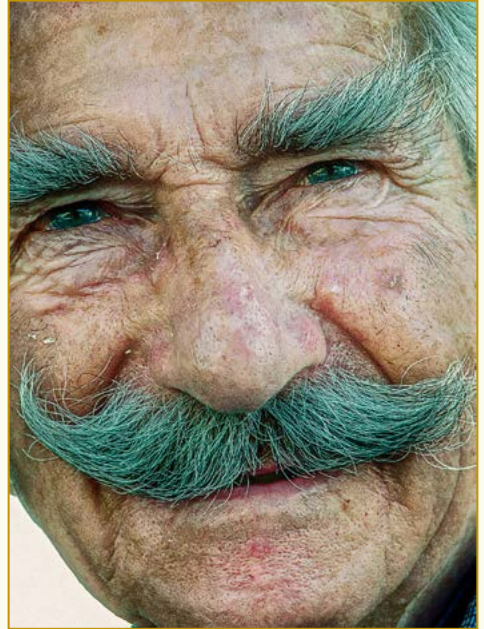
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The special self likes to be together with others, but on one condition, namely that others accept that its perception of things shapes their relationship.

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Whether you have convinced yourself to indulge in or refrain from sex, the purpose is to enhance being unique.

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For the special self, it is about becoming better and bigger. So disguised as a do-gooder, it sends love and healing to someone it judges to have less than itself, thus feeling above.

For the special self, everything is about itself, so when a relative has been injured in a traffic accident, the typical response is, »How could you do it to me.«



When you are instructed to go to jail in a game, you must do it if you want to continue playing it – likewise, in the brain’s game of duality. You must follow the brain’s instructions if you wish to participate.

The basic self goes to jail without asking why because it trusts the brain’s script. But the special thinks the brain’s ways are unfair, so it insists on a better way. To hide, it is unable to change anything, the special self claims it has been framed and will make the guilty pay for the unjust, thus deceiving itself into believing it is in control.



To establish itself as the boss, the special self offers to give others space.



The special self hates being told what to do. So, if it seems avoidable, it makes up a story in which it is detached from what happens, hence not taking orders but going with the flow.

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A sure way to establish yourself as someone in charge of your life is to claim that something is your fault because that implies things happen because of you.

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Should you have conditioned yourself to feel relaxed when you hear a specific kind of music, you find yourself in a story where you know you are supposed to feel carefree every time you hear that music. In other words, what you believe in feeling is a product of your story.



Undoing the belief in being someone special is like stepping into the unknown. And since life cannot be known, you find it there.

And as what you believe in feeling basically rests on stories, you are hardly ever in touch with your emotions but a story about them. That suits the special self very well. It does not want to experience genuine feelings but how it decides to feel them.

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The special self always finds something about others that it judges wrong. Hence, they become the imperfect background for its perfection.

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Since the special self is an imagination constructed by subtracting what it does not like in the basic self, it always feels incomplete, looking for something it can add to feel complete.

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A cat does not plan to do Pilates at a specific hour but naturally stretches out when its biological system tells it to do so. Nor does it attend special seminars to learn who it is or how to be transformed into something better. There is no desire to be anything but what it is. Likewise, being a basic self is good enough.



When the special self perceives to fail, it takes on being secondary. Thus, the failure has not been caused by itself but by somebody else.



The special self wants to be free of the brain, but the oppressor is itself.



By stating »we are all one,« the special self thinks it expresses non-duality. But since separation is the foundation of this statement, it denies non-duality.



The English language suits the special self because it is built upon the 'I' as primary and others as secondary. So you do not talk with others but to them. And when you speak about friends and yourself, you always start by mentioning yourself.



Alexius' Duality Hacks do not work if you want to use them for something, but if you are willing to be used by them for nothing.



You do not get the stress of being someone definitive when perceiving your response to an experience as it is what it is. It makes you relative without centre and focus, in sync with your role set up by the brain for the present moment.

Hack #5.4, The basic self is relative – thus, without ego

Most believe there is a definitive self behind their different approaches to the world. Yet, there is no other self than the basic one created by the brain. It has no centre and is ever-changing with the fleeting experiences developed by the brain. That is why you are bound to feel unfulfilled if you try to define yourself as definitive. On the other hand, you feel fulfilled when one of the brain's experiences estab-

lishes you as tough and another as fragile because, being relative and flexible, any experience generated by the brain amuses you, regardless of what it makes you look like.



The nature of the brain is best seen in the way it sets up your dreams. Consistency is unimportant. It is all about making you feel excited and entertained by ever-changing events. That is why the brain has not produced you with a definitive but variable personality. In other words, it has given you a basic self relative to the present situation.

Therefore, if you consider yourself harmonious or something else definitive, you rule against the brain to make yourself special. However, not you, but the brain is in charge. Consequently, the brain's stories go on unaffected by how you perceive yourself.

There is one difference: when you see yourself as someone definitive, you do not feel entertained by the brain's stories. You always try to make them better per your idea of being spiritual, for example. So, you go against the brain and spirituality because they are not fixed. Hence, unlike the basic self, which feels fulfilled by everything, you never feel fulfilled by anything.



The basic self reacts to everything per the situation. For example, if it feels insulted, it may get angry. However, it may feel thankful and react gracefully in the next moment. Yet, it has no need to be defined by this or anything else to set itself apart from others. In contrast, the special self uses situations to establish itself as someone definitive better than others. So, unlike the basic self, it never feels free.

That said, the special self is scared of the freedom the basic self has. The special self feels out of control because the fixed point it has created based on consistency, synchronicity and the meaning of



Since the basic self is relative to the experiences created by the brain, the inexact flow of thoughts from the brain seems natural. But not to the special self. So, it makes a distinct perception of the flow to establish itself as definitive.

life, is gone. Hence, it is nothing but the moment. There is no past to relate to and no future to hope for. Soon the moment is replaced by another which, like a sequence in a dream, may be without preferences to the former.



Believing to be someone in a world where there seems to be more than one, you are a product of the brain. It has not equipped you with a definitive self but one relative to the experiences the brain produces. And since it automatically helps you perceive your response to its experiences as *'it is what it is,'* you feel satisfied by them.

But not if you instead perceive them as *'I know what it is'* because nothing works out according to your assumptions. Maybe you believe you can choose between going right or left, but since you do not know who you are, you do not make the choice. Besides, the subsequent events are programmed by the brain – like a flight to New York continues as planned, regardless of your whereabouts on the plane. See [Duality Hack #6.7](#) for a description of these perceptions.



If you wish to improve yourself to become more spiritual, you probably suppress the thoughts that do not fit your idea of spirituality. Since that does not result in peace but fear of the repressed, you start looking for something relaxing. But if you do not try to change your appearance but perceive your opinion about yourself as *'it is what it is,'* you are not someone definitive but relative to the present experience produced by the brain. Therefore, since hating what you dislike feels as pleasant as loving what you like, there is no need to exclude something to improve yourself.



If one's perception is in sync with the flow of thoughts from the brain, one is relative to the brain, thus feeling free in its ever-changing experiences. But if one makes a perception of the flow to appear definitive, everything has to fit into a box. Hence, one is not free.



The basic self is not a definitive entity. Instead, it is relative to the brain, hence without egoistic drive. The special self is also relative to the brain. But it denies it and always looks for something to manifest itself as definitive, hence having a big egoistic drive.



The special self always tries to escape something but does not know what. Neither will it ever know because there is nothing to

The special self always looks for something special to confirm its perfectness. In contrast, the basic self sees every moment as the perfect. Also, if the moment makes it sad because it knows that in world of duality everything is twofold. Therefore, sadness contains happiness. And this twofoldness automatically leads to other perfect moments.



escape. Every experience is make-believe. Yet they seem real when you try to avoid particular ones.



Being in tune with the present experience created by the brain, the basic self does not perceive itself as definitive but relative to the present moment, thus feeling whole. But since the special self insists on being someone definitive, handling everything in its specific way and pace, it is not in tune with the moment as it is, hence feeling incomplete.



The special self is an expert in flattery, which it uses to manipulate others into feeling appreciated. It wants them to become so dependent on the compliments that they are willing to submit to the special self to be recognised as someone special constantly. However, this does not work on the basic self. It is not definitive but relative, thus without something to be approved.



In the eyes of the world, Alexius has been very successful. He designed trendy restaurants and bars that he operated for 12 years. Afterwards, he was a TV producer, a designer for big and small companies and a teacher in public relations. Before that, he was a kindergarten teacher, then a taxi driver, and later a monk, who travelled around Europe giving Satsang – all without any education or preparation.

Although he seems to have been doing many different things, the purpose was always the same, being relative to the present moment. Thus, he could help the children in the kindergarten on their terms and provide the people who hired a taxi with a joyful ride. His restaurants and bars could grow in a way that benefited the community evolving from them. And his TV broadcasts would highlight the content, not the producer – like his designs were promoting the clients' content.

So whether he was doing something mundane or living in a monastery, it was always about ignoring the ecstatic voice promising him fame and fortune if highlighting himself as the maker of something. But that was easy. Alexius does not want to fill the emptiness in him with something that makes him special but to remain with the bliss of nothing.

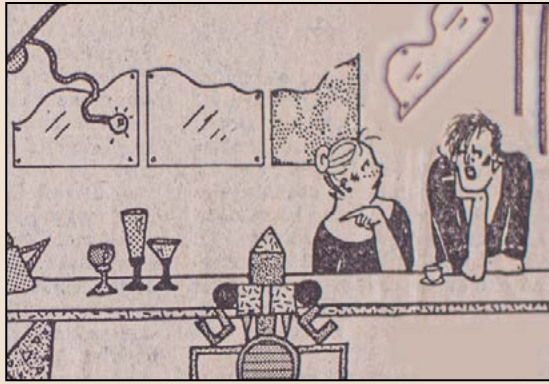
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Due to his different appearances, Alexius has often appeared on television, radio, newspapers, and magazines in his native country, Denmark. This photo, which says he has been a man in many ways, is from an article about him in a famous women's magazine in Denmark.

Alexius' businesses of nothing looking like something

The crowd in Alexius' 80s bar, *Floss*, was a mix of punks, musicians and models. Although they appeared different from Alexius, their content was the same nothingness. However, they filled it with being special in the most cool bar. But in Alexius vegetarian restaurant from the early 70s, it was another crowd: hippies filling their emptiness with alternative food. In his *Restaurant Natural*, nominated to *Guide Michelin*, it was more established people filling their emptiness with something judged extraordinary by others. In his trendy joint, *Yow*, the funky clientele escaped emptiness by partying, and in his vegetarian takeaway (not pictured below) by having a full calendar.



Two bartenders from Alexius' bars. An illustration from a newspaper using Alexius' bar YOW in its daily cartoon to portray modern life. *Natural*, *Floss* and *The Green Kitchen* from different magazines.



Per the specific personality, Facebook's algorithms have calculated based on what you like, you receive updates and ads that establish your particular personality as unique. Therefore, since you become more fixated on your personal views, it looks like you and like-minded ones are good and others are wrong. However, Facebook does the same for those you perceive as bad, so, just like you, they believe in doing the right thing. So, since everybody is in the same boat, all would benefit from not perceiving themselves as definitive but relative so that the boat can be managed in the best interest of everybody.



You do not try to be someone definitive in a dream, but naturally, go with the flow. Therefore, if you do not arrange your memories of a dream so they seem coherent and meaningful, you are relative, not definitive.



Below, a bartender in Alexius' 80s bar Floss (the second from the left) with some regulars, like the ones to the left.

Since the basic self is relative, it is everyone and no one. Thus no specific self to doubt. On the other hand, the special self always doubts itself because it insists on being special.



The special self is about exploiting the moment to be established as spectacular, whereas the basic self is a humble servant relative to the moment.



If you you apply *Alexius' Duality Hacks* to undo the belief in being unique, you become relative, thus free to join the moment as it is.



Being relative to the moment you are not somebody above it but nobody in it.



»The brain is constantly reconfiguring every second of your life. Even by the time you get to the end of this paragraph, you'll be a slightly different person than you were at the beginning.« David Eagleman, an American neuroscientist in [The Working of the Brain](#). Therefore, the more you read *Alexius' Duality Hacks*, the more you apply them.



*Nobody in particular makes a dream,
and it contains nothing. Likewise,
a world of duality is a fantasy
made from nothing by nobody.*

Hack #5.5, Living duality to undo it

The special self is an altered version of the basic self, thought up by its rebellious consciousness to escape the perceived tyranny of the brain. However, since the self is a construction of thoughts, it is impossible to depart the brain. Yet, it is possible to hide the thoughts from your awareness that attest to you as a servant of the brain. Hence establishing that since you decide what to think, you are the master of the brain. But having excluded thoughts to become something specific, you feel incomplete, whereas the basic self feels complete because it is not specific but twofold, thus living by duality.

Going with *the duality flow*

All experiences, whether perceived material or spiritual, are made by the brain. It fabricates them to make the self, thought up to reside in a body, appear real by reacting to the experiences of an external world as if affected by it. Confirming the brain's fantasy world as real is like agreeing with the setup of a computer game, thus being in sync with its virtual world and having fun appearing as someone there. See [Duality Hack #6](#).

In the brain's fantasy world of duality, every experience comes in pairs of opposites to define each other. Hence, you cannot feel good without feeling bad, and vice versa, if you accept the brain's setup of duality pairs and, therefore, as the basic self, feel complete in the constant interaction of opposites: *the duality flow*.

However, the special self splits the duality pairs into separated elements to no not have dual but singular feelings, like pure love, thus feeling fatigued instead of vitalised by *the duality flow*. Although the special self messes up the brain's game of duality, the brain is equally happy with the basic and special self because both confirm that there is more than one. Hence, non-duality is an illusion, and the brain's duality is real.

But it is the other way around. Non-duality is formless, thus endless, so appearing as someone in a world of duality is make-believe. Nevertheless, like believing in Santa Claus seems amusing until you grow up and realise he is a fantasy, believing in duality feels entertaining until you realise more than one is a fantasy by applying *Alexius' Duality Hacks*.

Feeling entertained or frustrated by duality

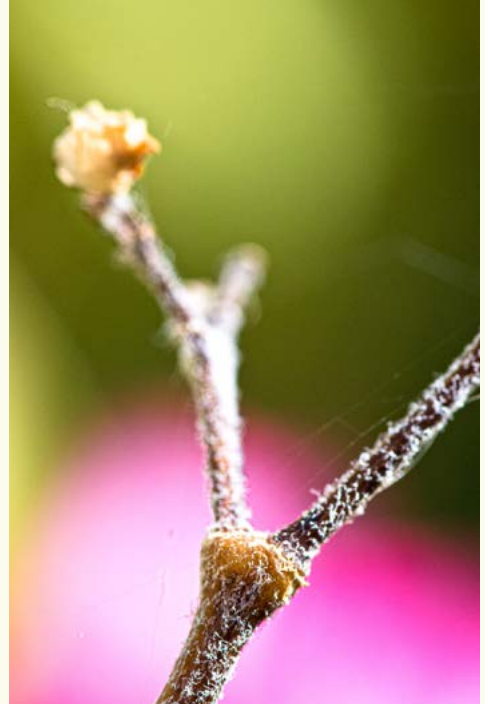
The brain does not differentiate between the experiences it makes when you believe in being awake, asleep, watching a movie or meditating. Nor does it separate what you perceive experienced by you or others or divide experiences into real or imaginary, authentic or fake, physical or spiritual. All its experiences

are made from nothing in one higgledy-piggledy by the same organ in the brain to make it look like it is something that can be divided into opposing parts, making its duality fantasy entertaining.

Unfortunately, most want to be unique, not dual, so they divide the duality pairs of opposing elements to suppress hate, for example, and only feel love. However, without hatred to define love, you do not get genuine love but a conceptualised version of pure love, thus feeling frustrated. In contrast, when you go with the ongoing interaction of love and hate, they define each other, so you feel them genuinely and always together because there is no love without hatred and vice versa. So, you feel complete.

To edit or not

The basic self does not ask what is around the next corner. But the special self always needs to know what comes next. Thus, it digs into the past to find events perceived as similar to the present. And based on its comparison, it draws up a prediction of the future. If it does not progress as anticipated, the special self twists its perception of the outcome, or the past, maybe both, until the special self seems to run the show due to its immense knowledge.



Whether you dream of doing something, think about it or do it physically makes no difference to the brain. It does not differentiate between what you believe is real, imaginative or spiritual because all experiences are nothing, it has twisted into something to entertain you.

Since duality has a beginning and end, you automatically return to non-duality when living per the twofoldness of duality.



However, the more the special self eliminates from its awareness to see itself in charge, the more it dissociates itself from the brain's script. Not in a physical sense because the brain remains in control regardless of how you perceive its script. But mentally speaking, the special self is out of sync with the brain's script when it excludes the experiences from its awareness that do not fit into how it has conditioned itself to see the world.

To make long short, you cannot undo the belief in duality if you deny it. Mentally, you must be aligned with the brain's fantasy of duality if you want to hack it. Actually, since everything has an end in a world of duality, living by it, you have a laid-back time in *the duality flow* on the path without distance to non-duality.



Every experience in a world of duality comes in pairs of opposing elements to define each other. For example, light is characterised by darkness and vice versa. So, if you avoid darkness, you abandon light. Hence, light and darkness become thought-up concepts. Likewise, if you perceive yourself as free from hatred, the love you believe in having is conceptual.

Hack #5.6, Notes on meditation and the self

Those who perceive themselves as unique beings with the power to do things in their way and pace look for particular thoughts to maintain their crooked perception. But since thoughts speed up when you try to hold onto specific ones, they are soon so hectic that you think you must meditate to slow them down.

However, thoughts multiply if you try to control them. Therefore, instead of stopping them, you get more to uphold the idea of being in control.

Most assume they feel upset because of the thoughts coming from the brain. But their distress comes from the attempt to edit thoughts. When a single thought is sought out from the stream of thoughts, it generates a new stream. And if a specific thought is singled out from that, yet another stream is made, and so on – like if you split a neutron from an atom nucleus, it sends out more neutrons all by itself, that split and sends out more neutrons in a chain reaction.

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Stopping thoughts is like deleting everything on your hard disk. The virtual world displayed on your screen disappears. Therefore, if you want to experience something, do not wipe out thoughts from the brain, but perceive your reaction to them, for example, stress, as *'it is what it is'*. Since that reveals stress is complemented by relaxation, you are in *the duality flow*, thus feeling complete by going with the flow of thoughts. See [Duality Hack #8](#).

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The basic self does not feel disturbed by the gentle flow of thoughts from the brain. On the contrary, it loves to join it, thus serving the brain. On the other hand, the special self does not want to serve but to master the brain. Hence, it feels disturbed by its thoughts,

The special self feels dominated by the natural flow of thoughts coming from the brain. However, it is dominated by nothing but its perception of it.



although, if not interfering, there are very few, and it feels appealing being embraced by their tenderness.

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You have no need to relax or be transformed through meditation, yoga, fitness and whatnot when being the basic self. On the contrary, its perception is in sync with the flow of thoughts from the brain like a stream of happiness. Therefore, since happiness sometimes makes the basic self forget what and where it is, it knows it is nothing and, therefore, not transformable.

In contrast, the special self never forgets to be somebody. And it is always trying to become more and part of something greater. However, since it never turns out as expected, it settles for following someone who seems to improve its social status.

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Those who believe in free will are easily manipulated into following a guru, deceiving them into believing they can be free of the brain. But you are bound to follow it – like a car is in the hands of the driver, you are in the hands of the brain.

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Ultimately, the solution is to undo the belief in being someone who experiences something. Since that is the end of its existence, the special self avoids it by meditating or something else that seems to confirm it exists.

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The special self needs alcohol, drugs or meditation to escape the fear of repercussions that projecting its flaws onto others entails.



The special self always looks for something to fix. Yet, it rejects the solution that would repair everything immediately, namely not perceiving the brain as an enemy but as a friend (see [Duality Hack #6.4](#) and [#12.4](#)). Then, everybody becomes a friend because the brain produces the experience of others.



The experiences the brain produces to make you feel like someone can be compared to Facebook's news. Based on the info Facebook has gathered about you, it predicts what you wish to see. However, unlike Facebook, the brain has all your information, so the experiences it gives you are you. That cannot be altered – only the perception of it.



When the brain has scripted you to feel sexual lust, you will feel horny no matter what you believe in being. However, you will not enjoy it if you try to suppress your sex drive with meditation or tantra sex. See [Duality Hack #1.11](#).



The file used to download pirated music, a torrent file, does not contain the actual music. Instead, it links to many computers worldwide connected to the web. Each link downloads different fragments. For example, one link may grab the beginning, another the end, and others the bits and pieces in between.

The files, chaotically collected and downloaded, do not sound like music until combined by an app on your computer and translated into the music you expected to hear when you started downloading all the components via the torrent file.

The description of what happens when you download pirated music is more or less a description of what happens when you believe in thinking something yourself. The thoughts you believe in having are downloaded from the brain.

It has many different concepts to pick from. For example, when you decide to have ice cream, you dive into the brain's refreshment concept. It is stored unsystematic as bits and pieces of nothing to make them appear as something when downloaded to your awareness, which, like an app, combines them into samples of ice cream.

So, like downloaded pirated music is not your music, thoughts are not yours, but 'pirated' ones from the brain pieced together from nothing to look like you are an individual developing your own thoughts.

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If you perceive the brain's basic experiences of the world as dull, the special self tempts you with more exotic ways of taking it in, for example, from the heart. But it does not work because it is founded on eliminating the feelings considered negative, for example, sadness. Hence, you do not feel whole but incomplete. In contrast, going with the brain's experiences, you feel as sad as happy, thus complete.

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The heart is a muscle from which blood transports oxygen to the body's cells. But suppose you also experience something spiritual coming from the heart. In that case, you deceive yourself because



You try to restrict your only friend, namely the brain, by dividing its duality pairs into separate distinctive elements. For example, you suppress evil by meditating or projecting it onto others so you appear solely good, thus denigrating the brain's tale of twofoldness.

all experiences – no matter where you believe they come from and how they are experienced – are constructions of thoughts fabricated by the brain, as science discovered more than 200 years ago.



Mysterious experiences or writings like Zen poems have nothing to do with oneness. It is not mystical, pure or anything else because it takes more than one to be something, and reality is oneness. Consequently, *Alexius' Duality Hacks*, like everything else that calls for more than one, is part of the illusion that it is possible to be and have more than that which is One

But since *Alexius' Duality Hacks* uncover this illusion, you are exposed as nothing the more you apply them. Hence there does not seem to be something to hide, there never was or will be more than that which is One since it is formless, thus endless.

There is no moment without the past and the future. For example, you must deal with both to keep the balance on a wheel, as in this photo.





Only in a world where there seems to be more than one, does there appear to be levels, so if you experience to advance in steps, the belief in more than One is not being undone but enhanced.



»» *Since duality is the brain's fantasy, you must join the brain to hack it. Fortunately, being in touch with the brain makes you happy, so hacking duality feels good. ««*



The special self always looks for something lasting. But everything has a beginning and an end in a world of duality. Fortunately, the ending is as entertaining as the beginning when your perception is synced with the brain's script. That is why the basic self does not need anything to last.

Hack #6.1, No compassion without brutality in duality

If in sync with the brain's script, you feel as entertained by going down as up. One confirms the other – like two sides of a coin. That is the way of duality: everything comes in duality pairs of opposing elements.

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The collaboration of the opposing sides in the duality pairs is vitalising. But since the special self excludes the dark side of the duality pairs in its perception of itself, it does not feel enlivened by duality. Nevertheless, it avoids correcting its mistake because it fears being devoured if it includes the darkness it has excluded. So even though separation makes it suffer, it prefers to keep splitting the duality pairs into distinct elements to keep the darkness away.

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You think you are alive when the heart beats and dead when it stops. But you neither live nor die. What you believe in being is mechanics working together to maintain an image of someone in a world of duality. It is similar to appearing as someone in a computer game where everything is set up by the creator to make it look like you are someone in a virtual world.

And since the creator of duality is the brain, going along with its game of twofoldness, the mechanics of duality make you feel connected. But going your way by insisting on having singular feelings and opinions, you feel disconnected. Hence, you look for specific solutions to feel united. But since anything not seen as twofold makes you feel divided, you are in a downward spiral of misery until you play the game of twofoldness.



Both the basic and special self progress as scripted by the brain because its script is fixed. Nevertheless, the special self fools itself into believing it has the power to create its life. It does that by assigning another meaning to events. For example, if somebody dies, the person is not done for but on a new journey. If others question that interpretation, they are seen as attacking a higher truth. And if science proves it is wrong, the special self says their facts are a hoax.



Like in a role-play, everything is make-believe. However, following the instructions of the game master, it is fun being in a made-up world. Likewise, it is entertaining to appear as someone in a world of duality when you do not try to add or subtract something from the instructions you get from the brain.



By suppressing the feelings you dislike, you also conceal those you like because experiences come in pairs in a world of duality. Therefore, since you always feel oppressed, you are not in touch with the



Whether the self is perceived as basic or special, it is a fantasy put together by the brain, which seems real when you react to it. But that is like concluding a dream is real because you respond to it.

present moment but planning the next one. Thus feeling stressed, on the way to something better.

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Should a genuine feeling surpass the special self's world of conceptualised emotions, it is devastating because true feelings always come in pairs. And feeling the interaction of love and hate destroys the concept of pure love.

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The basic self does not get afterwards, nor before. Not because it lives in the now. It does not get that either. All it gets is the flow of



The happiness that comes from being in sync with the brain can be compared to the joy you feel when singing along with a song you like. Not being in sync can be compared to feeling disturbed by the same music because you want to concentrate on something judged as better.

thoughts from the brain, and since it constitutes the world of duality it experiences, everything is fine as it is. That does not mean the basic self does not help others because they are also in the flow of thoughts.



Some confuse the basic self for being Enlightened. However, since the experience of being someone is fabricated by the brain, and all experiences are erased by *the Enlightenment of that which is One*, what you experience in being cannot be Enlightened.



Being the basic self is like being in intensive care in a hospital, except you are not sick, and still, somebody watches out for you. Actually, it is the same for the special self, but contrary to the basic one, it does not enjoy the brain taking care of it because it perceives itself as independent. However, that perception is even

*Should thoughts
upset you, it is
not because of
them but how you
perceive them.*



more illusionary than believing to be someone definitive because, within that belief, everything experienced is a product of the brain, including the experience of being independent.

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Whether you deny or accept the brain's script, you are in a relationship with it. And since that confirms the foundation of the script, namely that there is more one, the brain is grateful. Hence, it rewards you with shots of happiness. However, you do not notice it if you try to avoid the brain.

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If you do not make up a perception that avoids, corrects or replaces the brain's script, you confirm that the brain supplies you with everything needed to appear as someone, thus feeling safe.

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For the special self, happiness comes from having the best, whereas it comes from having a perception in sync with the brain's script for the basic self.

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Going back to the basic self appears to be the goal of many spiritual seekers. They seem to think it is without ego and, therefore, live in the now, come from the heart and whatnot. They are right to assume that it is not egoistic because the basic self does not establish itself as independent of the brain. However, it does not know about living in the now, coming from the heart or anywhere else but the brain. Like a self-driving car accepts the commands from the internet, the basic self accepts it is ruled by the brain.



Do not expect the basic self to have a merry-go-round life. If it had, it could not see that happiness does not come from a special set-up but from a perception in sync with the brain's script.

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You do not appear in a physical world to realise something. The only purpose of your experiences, including those interpreted as spiritual, is to feel entertained by nothing twisted into something.

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When you binge-watch a TV show, you end up so blown out that there are no perceptions left but those in sync with the show's script – like when the basic self happily participates in each episode of the adventure the brain produces.



Although your experiences are made from nothing by the brain, you should address them as something because believing that is the reason you appear as someone in a world of duality. Hence, it is necessary to acknowledge it to undo it.



You may ask, where are the facts behind *Alexius' Duality Hacks*? But there are no facts in a world of duality because reality is non-duality, which is formless, thus endless. Hence, a world of duality is a mirage – including *Alexius' Duality Hacks*. Nevertheless, they do not try to hide that but expose the fallacy of everything experienced. That is why you can use them to realise what and where you believe in being is nothing disguised as something to hide reality.



Like a self-driving car needs instructions from the internet about where to go, a human relies on the brain. All impulses come from there, and all experiences, whether perceived as yours or others, physical or spiritual, are fabricated by the brain. That is why you automatically are connected with everything you experience, thus feeling fulfilled, unless you imagine being independent to be independent of the brain.

Hack #6.2, The constant interaction of opposites

The thoughts the basic self receives from the brain are tailored to its specific personality. For example, Alexius has a storeroom manager personality with an academic touch (see [Duality Hack #5.1](#)). So whether he outlines *Alexius' Duality Hacks* into duality hacks or organises his music into groups, he is in sync with the brain's script.

Before Alexius became a Duality Hacker he seemed scripted to go bankrupt with the businesses he had for many years. He did not perceive it as unjust but as *'it is what it is.'* And since that perception is in sync with the brain's script, going down felt as entertaining as going up – like being on a rollercoaster (see [Duality Hack #6.4](#)).

But if he had tried to be detached from going under, he could not have perceived it as *'it is what it is'*, thus not feeling amused by the low and high interaction and, therefore, out of sync with the brain's script. Being in sync is not a matter of siding with the script but perceiving your reaction to it as *'it is what it is.'* That reveals single-minded thoughts and feelings are twofold, so you are in sync with the brain's script of duality, thus feeling fulfilled by *the duality flow*. See [Duality Hack #8](#).

Suppose, you insist on having specific feelings, such as being happy, not sad. In that case, you may try to manifest that by making a perception of the script

Believing to be somebody, you are either the basic or special self. When the brain's script is perceived as it is, you are the basic one. But if the perception rests on how the script should be, you appear to know better, thus being a special self. However, the brain's script is unaffected by your perception – just like the captain on an aeroplane on its way to Spain continues as scheduled, regardless of how you perceive the flight.

When Alexius lost his business, wife and house, he moved to a tiny room with a new girlfriend. But soon, he lost her, too. However, since the subsequent sadness was perceived as *'it is what it is,'* it was complemented with happiness. Thus, he did not feel lost but fulfilled by the brain's script.



based on a philosophy separating happiness and sadness. However, since that perception is out of sync with the script, no matter how beautiful a picture your philosophy paints of the world, it does not make you genuinely happy because, without sadness, the happiness you believe in feeling is thought up.

The confusion that this entails, some suppress by meeting in groups with like-minded ones to establish their conceptualised feelings as genuine. Perhaps, in a small group worshipping, someone who promises eternal happiness without sadness. Or in a big group like a country, following established concepts to get happy by doing the right thing for the nation.

However, since every group is based on refusing the wrong ones, the members who do not rule out others per their group's agreed concepts are seen as traitors. Hence, they are banned from the group until they revert to its concepts and reject everything that defies the group. Some may choose to start a new group instead.

*It requires no effort
for the basic self to be
happy, whereas it takes
much work for the special
self to get a taste of it.*



Although the basic self has no need to follow a specific concept, it may have to show off as single-minded to function in the conceptualised world around it. But internally, it is free to follow *the duality flow*. Hence, close to the perception 'dunno what it is,' thus the bliss of nothing coming from *a state of not-knowing*. However, that does not mean it is Enlightened. On the contrary, no kind of self-awareness survives *the Enlightenment of that which is One* (see [Duality Hack #11.1](#)).

» *If you are scripted to jog every second day, you cannot push yourself to run every day – like a movie goes forward as scripted regardless of how much you want to speed it up. However, being in sync with the brain's script does not mean you have to stop imagining it as different, but that you perceive your reaction to the discrepancy as 'it is what it is.'*
When you do that, everything feels good enough as it is. «

In the fleeting moments

If you perceive the sun to go up and down, your perception is out of sync with the brain's script because the sun does not go up and down. Instead, the Earth rotates on its axis at 1000 miles an hour. There-

Whether your perception is in sync with the brain's script, you cannot plan for something not scripted. Fortunately, there is no urge to plan when your perception is synced with the script.



fore, whether you believe the sun rise and set or whatnot, you rotate with the Earth at the same speed, besides hurtling around the sun at 67.000 miles an hour. Hence, in alignment with the universe's play-book, thus the brain's script.

However, you do not feel the thrill of moving at this high rate if you maintain a static perception of what and where you appear. It is founded on insecurity, which society supports, and meant to make you think that fulfilment does not come from not resonating with the present movement as it is but a slowed-down version. See [Duality Hack #9.9](#). So you have time to compose a perception of yourself as important, powerful, humble, balanced, active or whatever you reckon makes you secure.

When feeling the pulsation of the moment, there is no time to make up a special perception, nor is there any need to do that because the body shivers with ecstasy as if shaken by an earthquake of tenderness. You may also feel it by listening to the Ukrainian pianist [Lubomyr Melnyk](#) playing extremely rapid, intricate patterns of notes, producing overtones so trance-inducing that a cascade sound of purity makes you forget, it is ignited by the speed and complexity underneath it.

There is nothing magic about following the GPS instructions when driving a car or the brain's instructions if moving the body. It is as easy as pie when your perception is in sync with the thoughts from the brain.



However, the special self avoids speediness because it needs time to control its appearance to look balanced. That is why it meditates or does something else to slow things down.

In the duality flow

Fortunately, you do not have to listen to Lubomyr Melnyk or sense the speed of the Earth to be in sync with the present movement. All you need to do is go with *the duality flow*. This hack (#6) is about getting into it by perceiving your single-minded reaction to the moment as '*it is what it is.*' That reveals your response is not singular but twofold, consisting of opposing elements constantly interacting to vitalise you by *the duality flow*.

In other words, instead of hanging onto being specifically happy, for example, you go with the interaction of happiness and sadness, thus neither being happy nor sad, but in their constant interplay, which means you are in sync with the speed of the present. It also means the specific mood, previously used to provide a sense of safety, cannot be recalled since everything is twofold.

However, you have not lost but gained something because your favourite mood always interacted with its complementary part, which you sense now when not suppressing the constant interaction of opposites.



Control is the fear of not being good enough to be accepted as someone in a world of something.

Hack #6.3, Control is the fear of being wrong

The wish to become different often started in childhood. We quickly learned that when we adjusted our appearance to the expectations of our parents, they would see us as lovable. Later, we started controlling our expressions to manipulate others into giving us more attention to feel appreciated.

It may have all begun when your parents wanted you to quit diapers before you had completed your toilet training. To look like you were ready, thus getting your parent's approval as the perfect child, you unconsciously tightened the muscles in the loin to stop urination. However, manipulating the body messed up its connection with the biological system. Hence, its communication with the brain was disrupted.

Therefore, since your body was left on its own, it tried to fix the blockage in the loin by balancing it with a new issue in the shoulder, neck or jaw. Maybe all of them, or at least the jaw, because reinforced in a forward position, you can easily maintain an appearance you imagine others will like, thus escaping feeling wrong.

But perhaps the body chose to counteract the blockage in the loin with one in the feet so that many years after, something feels wrong there. Or it balanced the problem with stiffness in the hands, showing up later as something you assume is caused by a smartphone or a computer.

Although you can diminish the new problems in the body via massage and acupuncture, for example, the relaxation will not last



Healing the psychological part of a psychosomatic combo takes no time. All psychological feelings are fleeting, so they pass away when looked at where they are conceived, namely in the mental sphere. The physical part the body handles best itself. Therefore, do not inflict it with your ideas of perfection but support it by contacting a healthcare professional if needed.

because the hardened loin needs to balance out its problem with another. And the new problem area needs the loin to remain rigid to balance it out. That is how the body deals with its issues when the natural flow of the biological system seems blocked.

However, since the brain's script is as fixed as the earth's motion around the sun, the physical tensions in the loin mentioned above would have occurred regardless of whether you adjusted to your parents' expectations to feel loved. But had you not tried to hide your fear of being unloved by projecting it onto the body, the tension in the loin would not have seemed to be a mix of psychological and physical issues. Instead, it would have been solely physical and, thus, not a mystery.

In short, when you do not try to be something special but remain the basic self, you do not look for particular thoughts to fabricate a loveable personality. Therefore, since there is no need to ban the

Everything always goes your way. If it does not seem so, you are not going your way. That does not mean you are going the wrong way. It is impossible. But it is possible to perceive your experience so that it is out of sync with your way.



thoughts not confirming a specific image, you have no mental issues to hide in the body. Ergo, your perception of the body remains physical.

Fortunately, all you need *not* to be special but basic is to perceive your reaction to the unrest supposedly coming from a psychological and physical combination as *'it is what it is.'* Since that reveals your response is twofold, there is no specific reaction to ratify a blend of psychological and physical issues.

Consequently, thoughts and feelings are not projected onto the body but remain intangible in the mental sphere, thus fleeting and not something bothering you. And the body remains a physical tool the basic self can use to attain material things. See [Duality Hack #7](#) about the unfortunate belief in a body-mind connection.



A happy relationship with the body is similar to your relationship with the clothes you wear. You do not assume they wrinkle because of something you feel or think but because it is how they function.

Having a satisfied body is not about how you use it but why. For example, if your reason for getting a massage is physical, your body feels revitalised. But if the reason is psychological, your body feels burdened by being manipulated mentally. In other words, when the body is uninterrupted by your mental view of wellness, it feels safe. But if you inflict it with non-physical ideas of spirituality, it fights your intrusion – also, if you pump it up to look better.

» Saying 'it is what it is' is not the same as saying, »I do not care.« The latter is a singular statement, thus not undoing the unfortunate belief in a fusion of psychological and physical issues. «

You cannot be wrong because it takes more than One

The above explanation of cause and effect is not entirely correct. Nothing adds up in a world where there seems to be more than one because there is no more than that which is one since it is formless, thus endless. That is what the explanations in *Alexius' Duality Hacks* are meant to illustrate. And that is why they only work when used to expose that more than one is fantasy.

This explanation is also fictional because nobody makes or has the fantasy of more than one, as that calls for more than one. Therefore, ultimately speaking, it does not matter if you are in sync with the



Going for a walk requires so much coordination of body parts that you would never make it if you were in control. Fortunately, the brain has the body's blueprint, so it is easy to move the body around. Hence, you can relax and enjoy the ride.

brain's script, thus feeling connected – or you invent something to make you appear more exceptional than designed by the brain, thus not in sync and, therefore, feeling disconnected.

However, in the context of a world where there seems to be more than one, everything seems much more manageable when one's perception is in sync with the brain's script of duality. It requires no effort, whereas seeking out specific thoughts to create a particular image of yourself is stressful because it makes thoughts scamper and fight each other.

Meditation does not help. On the contrary, it enhances the problem, namely that you see yourself as the master and the brain as your servant. It is the other way around. Therefore, if you honour the brain by perceiving its experiences as they are and not as they should be per your favourite philosophy, the few thoughts required for being in sync are unnoticed.



*Having a perception in sync with the brain's script is like being in a silent movie.
There is no noise of busy thoughts making up a special perception.*

Hack #6.4, The brain's experiences are made to entertain

Alexius' Duality Hacks are not about transforming yourself or realising the real self. On the contrary, being someone is a fantasy made from nothing. When that is acknowledged, it is entertaining to pretend that nothing is something. In this hack, we delve into that.

The world of duality is the brain

No matter what you choose in a computer game, the game's creator has prearranged the next storyline – likewise, whatever you choose as someone in a world of duality.

Every experience unfurls according to the script made by its creator: the brain. But unlike the computer game player, who is outside the game, the one experiencing the brain's world of duality is not outside it. There is no outside, everything is in the brain. Experiencing to be outside is like experiencing to be somewhere in a dream. It is an illusion.

The fantasy of duality is fixed, but you can perceive as you like

Like a dream is beyond your control, the thoughts the brain uses to construct the experiences of duality cannot be altered. However, to feel like someone substantial in a tangible world, you must make a



When you adjust to the brain's vision of duality, you get the vitalisation of the duality flow. But if you split its duality pairs into independent elements to have singular feelings – love without hate, for example – you break up the duality flow, thus feeling disconnected.

perception of the brain's experiences that substantiates them, thus establishing its fantasy of duality as tangible, not intangible.

Metaphorically, the brain has made a pool of stories you can use to perceive the brain's fantasy of duality. They are based on you being the basic self, serving duality and, thus, the brain. If you use them as they are and, therefore, in sync with duality, the pool sounds like a fountain. In contrast, it sounds like stormy weather when you edit the stories to appear as a special self, mastering the brain.

To escape that noise and establish your perception as the truth, you focus on internal conversation, distorted to confirm your greatness and independence. However, since it does not correspond with the experiences created by the brain, which are the ones in effect, you feel confused. But instead of correcting the internal discussion, you

When one's perception is in sync with the experiences created by the brain, there is nothing to worry about because they are made to entertain.



try to silence it via meditation or drown it out with more thoughts, improving your idea of self-importance.

No worries. If you do not try to solve feeling bewildered but perceive it as *'it is what it is,'* you see it is constantly interacting with feeling sure. Therefore, since you enter *the duality flow*, the sound of thoughts becomes a little jabber in the background that you hardly notice. If you take this a step further and perceive your confusion as *'dunno what it is'* (see [Duality Hack #6.7](#)), you enter a *state of not-knowing*.

Singularity vs twofoldness

When you think you have free will, you establish it by making the perception, *'I know what it is.'* However, since that perception is singular, not twofold, you disconnect yourself from duality, thus feeling alienated.

Nevertheless, the duality pairs of opposing elements collaborating with each other remain intact, as you cannot see a world of duality without the constant interaction of opposites. Therefore, only in your rigid perception of the world



The most basic perception syncing with duality is *'it is what it is.'*

Astrology is an attempt to disregard the brain and make it look like something else governs you. The same applies to religious and spiritual doctrines.

When you do not wish to be in charge, thoughts do not seem bothersome because there is no need to arrange them into something where you appear to be in control.

are the duality pairs divided into singular elements excluding each other. But there is no singularity in a world of duality. So, if you want peace of mind, you step back and have the brain solve your troubles by perceiving your reaction to them as *'it is what it is.'* Hence, as already said, your response is revealed as twofold, not singular. Consequently, you are in sync with the world of duality rendered by the brain, thus feeling complete.

To resume, when the brain makes the perception of your response to something, or you choose to perceive it as *'it is what it is,'* you are not established as singular but twofold and, therefore, in sync with duality. On the other hand, in the perception made by the special self, you appear singular, so you collide with the brain's script of duality., thus feeling off.

Fulfilled by twofoldness

Constantly feeling fulfilled by twofoldness, you do not need to hang onto something from the past to feel happy, nor do you need to be in the present. Time is a construction, so it makes no difference to the brain what point you relate to in the timeline of its script.

That is why you also are in sync with the brain's script when you think about something from the past concerning the script's timeline while taking a stroll in the park now – like you are in sync with a movie when you are linked to its plot, regardless the part you watch is from the past or the future.

Therefore, if something is not entertaining, your perception is out of sync with the script. Fortunately, the brain immediately corrects the perception if you acknowledge your mistake. However, since the main reason for being out of sync is that you want to be in control, you probably do not want to admit you have misinterpreted the brain's script.

No worries, perceiving your reluctance as *'it is what it is,'* you realise unwillingness is not singular but twofold. Therefore, since you get into the interaction of unwillingness and willingness, you are in

sync with the script, hence in *the duality flow*.

You experience something to get *the duality flow*

The brain creates all experiences like it composes a dream: turbulent, chaotic, unpredictable and incompatible with your rational perception of the world. So, if your life experience does not seem chaotic but supports your rationale, you have, in retrospect, interpreted the irrational arrangements of the brain per your reasoning to look connected.

But it seems weird to the brain that you run around like headless chickens, trying to put it all together per socialism or another belief system instead of being entertained by the floating experiences it creates. The brain does not understand your logic. It only cares about entertainment. Like a magician, it likes pulling rabbits out of hats.

For example, you start doing the laundry as usual. To entertain you, the brain breaks conformity by drawing you to the window to see a demonstration on the street. Looking at that, you feel



You cannot change the brain's script of duality. You may think you change it by perceiving it per socialism, capitalism, liberalism, nationalism, internationalism, equalitarianism, totalitarianism, consumerism, materialism, spiritualism, atheism, terrorism, Satanism, Buddhism, humanism, dynamism, favouritism, or criticism, for example. But it is like colouring your hair. You look different, but nothing has changed. The original colour is underneath the new one.

The only ism that works in the brain's script is dualism because the brain's goal is to make you feel fulfilled by duality. That is neither achieved by democracy nor dictatorship, love nor hate, but by the interaction of these and other opposing elements inside you. Going with their interplay, you are in *the duality flow*, thus feeling complete regardless of digital tracing, climate changes, 5G and whatnot.

amused and return energised to the laundry. That is all. There is nothing to understand.

On the other hand, if you had planned to do the laundry linearly and tried to stick to that, going to the window would *not* have seemed entertaining but disturbing. Therefore, you would have blamed the brain for distracting you and look for methods to control it so you can be free to do things your way.

But just like you do not control the course of a dream, you have no say in how things evolve when you believe in being awake. The brain is always in charge. You cannot avoid going to the window if that is its plan.

That said, you can decide to go slowly or fast to the window. But no matter your choice, the brain has already arranged the subsequent events, like every possibility in a computer game is composed by the writer, wherefore nothing in the plot can be changed. Nor is it necessary to change anything because when playing the game as it is, the fear of defeat is as entertaining as the thrill of success.



Long ago, Alexius conditioned himself to hide his sadness behind justified anger and disgust. That changed when he did not rationalise but felt those emotions, thus able to perceive them as '*it is what it is*' and seeing a little boy on waves of happiness inside his sadness.

In other words, when he saw his sadness was paired with happiness, he stopped fencing off sadness to look okay. Instead, the interaction of happiness and sadness became his basic experience of *the duality flow*.

Not happy, not sad, but happy/sad

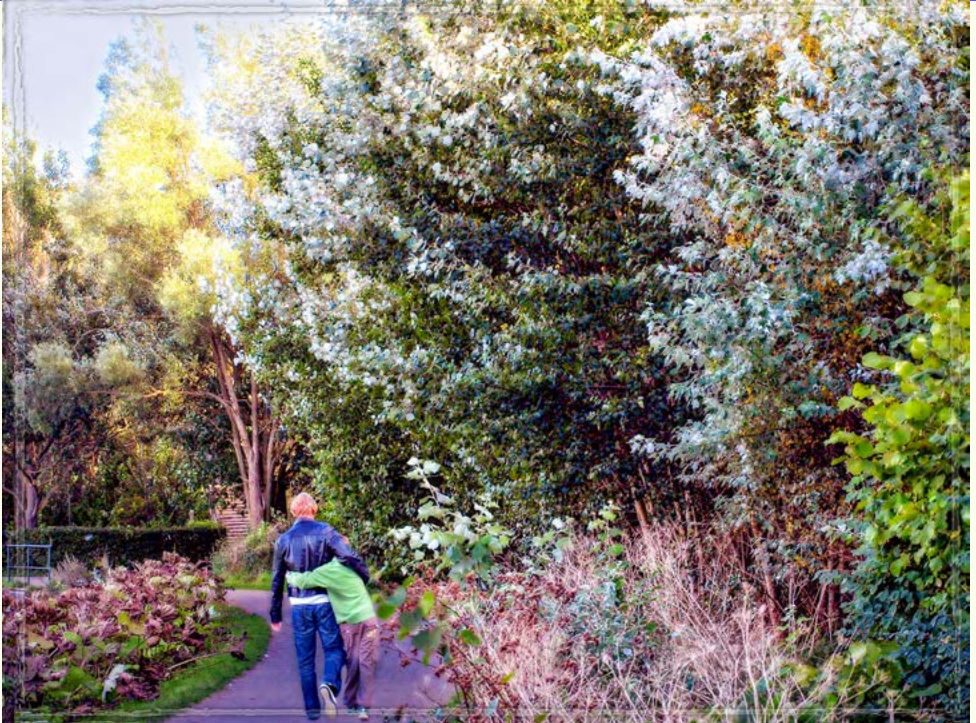
Since you are a product of the brain and its script of duality, made to entertain you, happiness is what you get when you are in sync with the brain. But, since experiences come in pairs of opposites in a world of duality, there is no happiness without sadness.

Therefore, if you insist on being specifically happy by banning sadness, your happiness is thought up because to feel it genuinely, you need sadness to define it. Fortunately, if you do not avoid feeling sad, trying only to feel happy, you sense sadness contains happiness and vice versa.

In the constant interaction of these opposites and those they trigger, you feel entertained by the duality flow. Thus, feeling everything to the fullest unless you return to focusing on a specific feeling to uphold a particular mood that never feels right because its counterpart is missing.



Like two sides of a coin define each other, so do opposing feelings, for example, happiness and sadness. Therefore, do not avoid feeling sad, but dive into it unedited to get the happiness it defines, thus feeling happy/sad. That applies to any feeling you judge negatively, for example, hate. Its positive counterpart, love, is inside it. Acknowledging their interdependence, you are in the duality flow. And since it, like a river, runs back to its source, you are on the way to non-duality.



What you believe in being can be compared to a smartphone. Although it can do thousands of things, it depends entirely on its operator – like you do on the brain.

HACK #6.5 Happiness is to be in touch with the brain

Even though the brain's experiences, making you appear to as someone in a world where there seems to be more than one, is deceptive, it is not your enemy. On the contrary, it fulfils your wish for more than one in a way that makes you happy. Unfortunately, you do not not feel that if you disassociate yourself from the brain's experiences by *not* relating to them as they are but per a philosophy imagined to make the world better than the brain's.

However, since your break up with the brain revolves around you knowing better, and you do not know who you are, it is hard work to make it look like you, not the brain, knows what is best. Hence, you meditate or force your body into strange positions to cut off the brain and free yourself from its perceived tyranny so you can connect with your supposed real self.

But there is no other self than the one the brain has invented and implemented with consciousness to perceive the experiences the brain fabricates from nothing as something to make the self appear somebody in a tangible world. Therefore, since every experience is a fantasy of the brain, there is nothing to experience, neither mundane nor spiritual, if not living by the brain.

No worries, not living by the brain is an experience, so you still live by it when you feel free of it. Therefore, if you acknowledge feeling that, you can perceive it as *'it is what it is,'* thus realising separation is twofold. It is complemented by being united. Going with the interaction of these opposites, you stop feeling them specifically and start feeling complete by *the duality flow*. See [Duality Hack #8](#).

» *Watching TV series, you do not have to do anything to be engaged other than perceiving it by its plot. Doing that makes you feel so entertained that you forget yourself. Likewise, in daily life, when you perceive the brain's script as 'it is what it is' and not as it should be.* «

No matter where you go and why you reckon doing it, the reason is that the brain has decided it will entertain you. Therefore, obstacles add to the entertainment when your perception of your whereabouts is in sync with the brain's playbook. But if not in sync, the same obstacles add to the stress you feel from having to do everything yourself.



Blown out by the brain

Being in touch with the natural flow of thoughts from the brain can be compared to being in sync with the plot of a movie. It is easy because the film contains hints about how to react.

For example, the director has added emotional music to make it easy to interpret the movie per its script. And the bad guys arrive in black, which in the Western world is associated with evil. But suppose you think that is very conventional, so you explain the movie per a sophisticated philosophy. However, its concept do not relate to the film, so you break up the story and, therefore, not feeling entertained but bored by the movie.

In other words, nothing feels entertaining if you think you know better than the director and keep imagining how the movie could have been if edited per socialism or another ism you believe makes the world better. In that case, you only feel entertained by the specific parts of the movie perceived as aligned with your ism.

But when you do not question the movie's storyline and jump into the adventure as it is, you feel linked with the whole film – likewise, accepting the brain's story of duality, you feel connected.

Taking a break from the brain

Should you want to take a break from the brain's script of duality, all you need is to not be in sync with it. But not like the special self who revolts against it, thus depends upon it.

Therefore, you do not, like the special self, state, '*I know what it is.*' Nor do you, like the basic self, declare '*it is what it is.*' Instead, you gently say, '*dunno what it is.*' Hence, you enter a *state of not-knowing* (see [Duality Hack #9.10](#)) where the slate is wiped clean, so you return to the consciousness of duality as the basic self, feeling happy to be with your best friend, the brain (see [Duality Hack #12.4](#)).

In roleplay, you can be young or old. However, your character is predefined by the gamemaster, so you must act accordingly – likewise, in the game of duality. You are never your own but the brain's because it is the gamemaster. But that does not mean you must like the brain's script. You can perceive it as you want, as long as you relate to it as it is and not as you think it should be.

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Although the basic self feels free to follow the brain and it is independent, none is free. The brain processes all experiences, including those considered to come from the heart higher consciousness and whatnot. Hence everyone is a product of the brain. The special self denies it and opposes the brain. But what you fight, you depend on. On the other hand, the basic self does not hide its brain dependency but happily counts on it.

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To be in sync with the brain's script does not mean you have to like it but that you relate to it as it is and not as you think it should be per a particular philosophy. In other words, whether you respond with anger or joy to the brain's script, you are in a dialogue with the brain, thus feeling its love.

But if you reject the brain's script by responding to a story believed better, such as socialism, you are not communicating with the brain but with a fable about a better world. Therefore, since you seek something better, you do not feel the love you already get from the brain.

You are in the brain's domain when you have experiences because it produces them. So, since it loves you, its thoughts do not trouble but soothe you when not denying the brain.





There is nothing spontaneous about the basic self – like a violinist in sync with the notes of the classical composition played, the basic self is in sync with the present part of the brain’s script. Neither the violinist nor the self has room for improvisation or regret because everything is already set.

Hack #6.6, You are good enough as you are

The special self always looks for errors to correct, thus confirming it is the master. In contrast, the basic self does not act on personal preferences but on what is in the best interest of the whole because it adjusts to the brain’s script and, therefore, helps everybody by serving the brain.

The basic self's perception is synced with the stream of thoughts from the brain. Therefore, since it feels connected, it does not need to be or achieve anything special to feel good. But the special self is out of sync with the flow, thus feeling disconnected and looking for special moments in the past to replicate in the present to feel connected. But since the connection is an imitation, the special self feels empty.



The special self always fears missing an event it perceives as crucial because it wants to be part of something special. On the other hand, the basic self sees itself as hooked up to the brain, and since it is the maker of all experiences, the basic self is part of everything that can be experienced. Consequently, it has nothing to miss.



The basic self never tries to look professional. Therefore, if it appears perfect, it is due to the brain's script. But the special self always tries to look perfect because it does not believe it is carried by the brain's script but the rules of society, which are made to suppress instincts, favouring a spotless appearance.



Since what you appear to be is based on experiences stored in the brain, it knows exactly who you are and, therefore, loves you for what you are. If you do not feel it, all you need is not to reject the brain.



The special self avoids seeing itself as the brain's creation by changing itself into something supposedly better. Hence, it does not notice the love the brain gives to the self it created but looks for it in the world. Unfortunately, it does not meet its expectations, so the special self is always disappointed. In contrast, the basic self never feels let down by the world because it is in sync with the brain, thus feeling its love.



A participant in a game like Monopoly has the same goal as the special self: to take everything from everybody. But that is not the goal of the basic self. It has no intention of being or having something that sets it apart from the whole.

It does not know the concept of individuality. Nor does it know that the special self thinks it is possible to do things in its way because, just like in Monopoly, everybody, regardless of colour, has to move by the dice.



The basic self perceives everything that happens to be in the best interest of the whole because the brain's script excludes nobody. But the special self perceives everything happening as a means to get more for itself at the expense of others. Thus, it does not get the satisfaction of feeling connected with the whole but the dissatisfaction of being apart.



The special self questions everything, whereas the basic self never asks who it is or where to go. Like in a board game, it simply moves by the dice. Whether that takes it to a place defined as a prison or a free spot, it is equally entertaining because its reaction to them is perceived as *'it is what it is.'*



The special self is to be compared to a con artist. The more it can deceive others into believing it has something they do not have, the better it feels about the image it has made of itself.

The throw of the dice also determines where the special self goes. However, it hides that by making a story that establishes itself as the director in retrospect.

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The basic self follows the instruction it receives without favouring anybody in particular. Hence, it automatically does what is in the best interest of everybody. On the other hand, the special self uses the signals from the brain to see how much it can get for as little as possible at anybody's expense. Should somebody feel hurt by that, it blames them and states that as a fact by saying, »Look what you made me do.«

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Like a self-driving car follows the internet's commands, the self, whether basic or special, serves the brain. But unlike a self-driving car, the self has a consciousness that can choose how to perceive where it goes. When the perception is in sync with the brain's script, the self automatically has an impersonal approach to everything, thus being basic and unselfish. But



Since the special self always waits for something better, it is stuck in a prison of expectations. On the other hand, the basic self hopes for nothing, thus free.

when the perception is centred around being more important than others, hence being special and egoistic, it is not in sync with the script because it favours nobody in particular.



Since the experience of what and where we appear is fabricated by the brain, we feel connected when we follow the rules of the brain and unconnected when we try to avoid them.



»Edit your life frequently and ruthlessly. It is your masterpiece, after all.« This quote from the web shows a widespread misunderstanding, namely that life is yours. In reality, it is the other way around. Therefore, the more you try to edit life, the more departed you feel.



If you perceive to fail, your perception is out of sync with the brain's script because, according to that, you are good enough as you are. The perception is also out of sync, if you believe it was due to willpower, you lost weight. The only reason it happened was the brain's script. But your interpretation of your new look is in sync with the brain's script of duality if perceived as '*it is what it is*' because that reveals your judgment is twofold.



Nobody is unjustly treated in the brain's script. It is all about being entertained by duality, which you are when perceiving your reaction to your experiences as '*it is what it is*' because that reveals your response is not static but a constant interaction of opposites. And since you are in a world of duality, that feels amazing.



When there are thoughts about doing something, it is not you thinking about it but the brain letting you know it is time to do it. However, the special self prefers to believe that it was thinking about it and

then decided to do it. Hence, the special self, not the brain, seems to be in charge.

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Neither the basic nor the special self is in charge of anything. The latter, however, assumes that if it perceives the past as it was in control, it is a fact. But no matter how you perceive the past, you have never been in charge. The brain runs the show. And, as parents look after their kids, it protects you.

But unlike parents, the brain does not protect you from evil because you cannot feel good without evil. Goodness is defined by evil and vice versa – just like going down on a rollercoaster defines going up and vice versa. You need them both to be entertained. That is why the brain's script is twofold.

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Your extraordinary ideas block you from feeling good because that does not require anything but being in sync with the thoughts coming from the brain. After all, making you feel good is their purpose.

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The special self is bound to get angry because it perceives itself in charge but hardly ever gets what it sets out to obtain. Even, if it does, the special self feels restless because it always wants more.



The special self continuously looks for more love, realisations, or whatever makes it appear more than others.

On the other hand, the basic self never looks for more. Why should it? It is in sync with the brain's script, thus feeling happy regardless of how much it has.



When you perceive your response to the moment as '*it is what it is,*' there is no future, thus no stress. That is why the basic self feels relaxed, and the special self tense. It never perceives the present moment like that. Actually, the special self ignores it. Instead, it is busy making an exciting perception of the next moment founded on '*I know what it is.*' Hence, the future seems to be going its way.



Many articles in the news point out that hardly any part of the earth is untouched by the damaging impacts of humanity. However, very few point out that hardly any part of a human is untouched by the detrimental ways physicists, psychologists and new-agers label every nook and cranny of a human so that most feel compelled to adjust their perception of themselves to these rigid definitions, instead of the natural flow of thoughts coming from the brain.



You have two options: being special and depressed or basic and happy.



Satisfaction comes from a perception in sync with the brain's script of duality. But the special self does not like twofoldness because it wants to be definitive. However, since that makes it feel alone, it spends much time adjusting its perception of itself. Consequently, it remains separated, feeling abandoned.



The basic self expects nothing. Instead, it curiously looks forward to seeing what it gets. Whether that makes it satisfied or dissatisfied,

the basic self feels entertained because it perceives its feelings as twofold. Hence, satisfaction includes dissatisfaction and vice versa.

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The flow of thoughts only seems speedy and disturbing when you want to be independent of it.

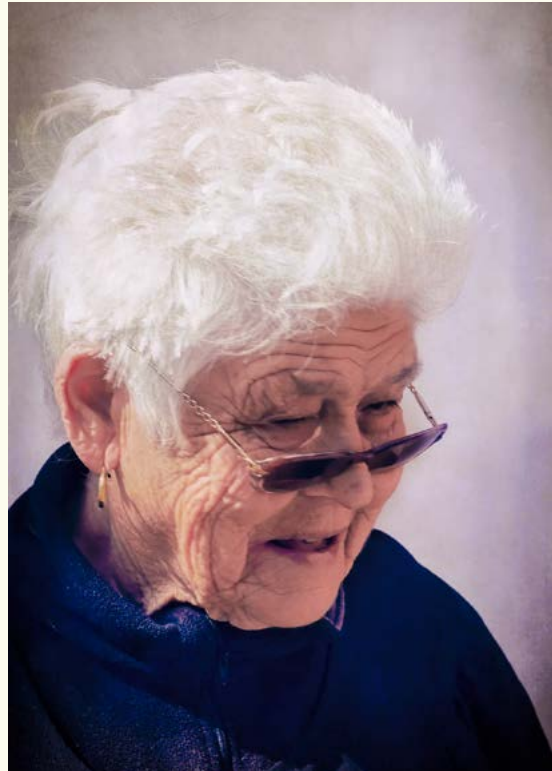
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Happiness is a mechanical product of the brain, which needs to be counteracted with sadness so you know whether you are happy. That is the way of duality, and ultimately speaking, there is no solution to this constant interaction of opposites other than having the belief in duality undone. However, that does not result in something because non-duality is oneness, and it takes more than one to get a result. Fortunately, the absence of something is pure peace.

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Perhaps you were so tired that you erased your hard disk by mistake. Unfortunately, you cannot undo it, but fortunately, you can correct how you perceive your reaction to data loss. For example, if you feel sad, you perceive it as *'it is what it is,'* thus seeing sadness is complemented by happiness. And since

The special self does not survive torture, but the basic self does. It has not added something to itself, so there is nothing to take away.



they constantly interact, sadness does not get sticky. Hence, starting afresh feels adventurous.

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When having grievances, you are not necessarily out of sync with the brain's script. However, if you justify them with selected script fragments, you do not perceive your grievance as *'it is what it is'* but as something that emphasises you are special. Hence, you do not get the satisfaction of being in sync with the script. The same applies to justifying any other feeling.

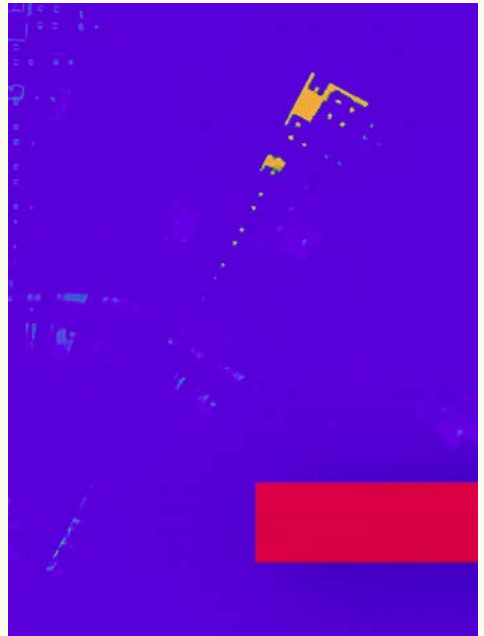
In other words, if you feel love and justify it with your spouse, love seems to have a specific shape, so eventually, you feel imprisoned instead of feeling free in the ever-changing flow of the brain's script.

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Should you wonder if you are in sync with the brain's libretto, you are not in sync because you have no doubts when aligned with it.

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The brain's script contains every possible experience, so you are the past, the future and everything else conceivable when synced with the brain. But you are not the formlessness of oneness because it cannot be experienced. Thus, all you need to cross the apparent barrier to oneness is not to not perceive experiences as real.





Hack #6.7, What it is

IT IS WHAT IT

Practically speaking, you are always in sync with the brain. You cannot choose not to follow its script of duality, where everything is in paired, like night and day. But you can choose to perceive the

elements in the duality pairs as independent, so it seems possible to be specifically positive, for example. However, the brain's script of twofoldness remains intact, so positivity is still paired with negativity. Hence, insisting on being solely positive changes nothing other than you miss the constant interplay of opposites, in this case, positivity and negativity, and, therefore, do not get the completion of *the duality flow*.

Being in *the duality flow* is not a matter of waiting for things to happen, according to the brain's manuscript. They always do. Instead, it is a matter of perceiving your reaction to what happens as '*it is what it is.*' By doing that, you see your response is not singular but twofold. Hence, you are in sync with the script of duality.



A straightforward way to get in sync with duality is to perceive your singular response to it as '*it is what it is.*' Since that reveals your reaction is twofold, you are aligned with duality. For example, if your single-minded response is that you are right about something, perceiving your reaction as '*it is what it is,*' you see being right is interacting with being wrong. Therefore, since you are in *the duality flow*, you are not defined as someone specific, nor are those you judge as wrong. Hence, they, as well as you, are seen as good enough.



If every feeling is perceived as '*it is what it is.*' no emotion seems scary because they are all part of *the duality flow*.

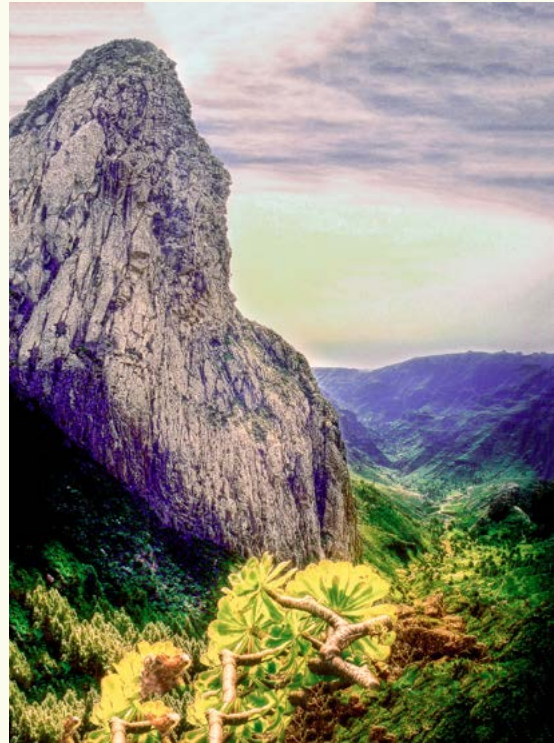


When your reaction to the brain's script is perceived as '*it is what it is,*' your dark feelings are not separated from the light ones. That is why it is not a way to suppress unwanted feelings to appear exclusively lovely, for example, but a way to get the vitality of twofoldness, thus in the interaction of lovable and despicable.



Many try to solve the feeling of not feeling loved by finding somebody special who will admire them. Maybe most try to make the feeling disappear by judging others as wrong. However, none of these methods works because feeling unwanted comes from how you expect the world to respond to you and not from how it reacts.

The root of this misconception can be found by walking down memory lane. But it may take a long time, and perhaps you miss it. Fortunately, the misconception can be corrected immediately by perceiving feeling unwanted as *'it is what it is.'* Since that takes the distinctness out of the feeling, it does not have a specific effect on you. Therefore, the next time you, by reflex, create an attitude to disguise feeling worthless, you laugh because *'it is what it is.'*



Feeling bad does not indicate you should do something else because you have no say in what happens – only how to perceive it. If your perception is 'it is what it is,' the bad feeling is complemented by a good one. Therefore, since they, as a team, define each other, you also feel good when feeling bad and vice versa.



Making a specific perception takes a long time, so it is often delayed, thus out of sync with the present moment. The frustration it entails only worsens if you try to solve it by using more time to process your experience. In contrast, using the brain's default perception, *'it is what it is,'* you are in sync with the present moment. Hence everything feels good.



Perceiving a film as cheap because it uses furniture from Ikea, you are probably out of sync with the plot. Hence, the movie seems less entertaining. However, that does not mean you must do something about your condemnation of Ikea to get in sync with the movie's script.

All you need is to perceive your reaction to the furniture from Ikea as '*it is what it is.*' When you do that, your response is revealed as twofold, wherefore, there is no specific reaction to prevent you from being in sync. Consequently, both the script and your misconception of it seem enjoyable.

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The basic self does not look at the future in a fixed way because it always perceives its response to something as '*it is what it is.*' Hence, getting old is as much a loss as a gain.

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When you perceive yourself as a victim of others, you are out of sync with the brain's script because nobody causes anything but the brain. Fortunately, all that is needed to correct feeling victimised by others is to perceive the feeling as '*it is what it is.*' That reveals it is not singular but twofold, wherefore you are part of the brain's



If you always perceive your reaction to something as '*it is what it is,*' you do not try to prevent the brain's script from unfolding as outlined. Hence *the Enlightenment of that which is One* is close at hand. Not because the brain's story built up to it. But when your response to it is perceived as '*it is what it is,*' nothing specific seems to block out *the Enlightenment of that which is One.*

game of duality and and since produces everything out of love for everyone, you are a victim of love.

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One way the special self preserves its friendly image is to imagine that its nasty psychological issues have been hidden behind issues in the body. To prevent them from surfacing and exposing its peaceful image as fake, the special self never relaxes except through structured systems like Tai Chi. In contrast, the basic self does not try to suppress politically incorrect emotion from itself but perceives its reaction to them as *'it is what it is,'* thus feeling content by twofoldness (see [Duality Hack #6.7](#)).

That said, nobody is perfect, so there may have been times when the basic self forgot to perceive its reaction to something as *'it is what it is.'* Fortunately, it is never too late to perceive a past response as *'it is what it is.'* Thus, having it revealed not to be definitive but twofold, wherefore there is no specific feeling to avoid.

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The special self does not want to perceive its response to itself as 'it is what it is,' but as 'I know what it is' because the latter upholds the idea of being something specific, for example, beautiful. In contrast, the perception 'it is what it is' reveals our response is twofold, thus not specifically beautiful but just as ugly.

I KNOW WHAT IT IS

The special self constructs a perception of every experience, so it does not seem to endanger its default assumption, '*I know what it is.*' Hence, it can go on believing it masters its life, even though it does not know what it is.

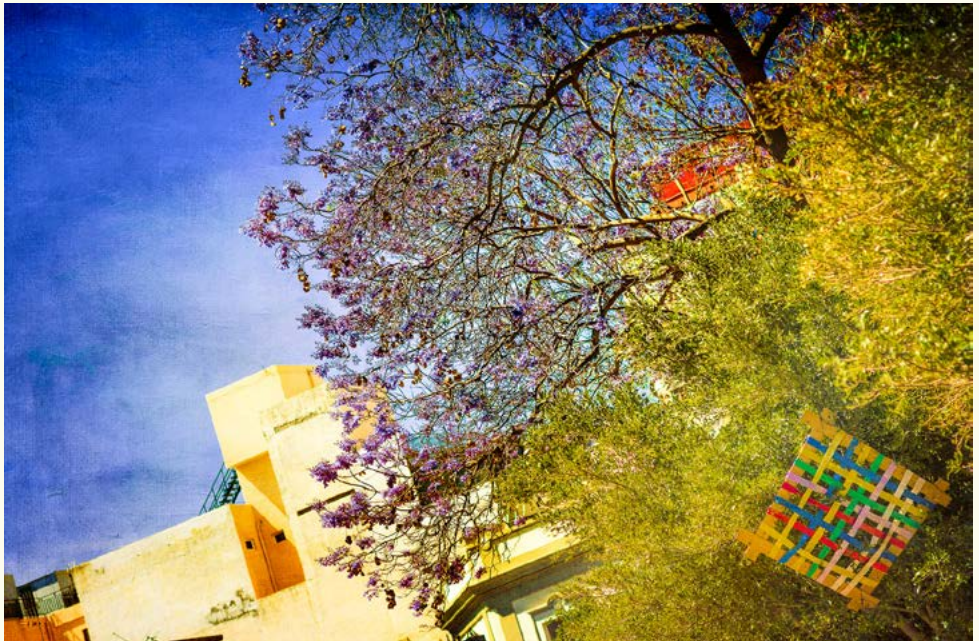


When your reaction to something is perceived as '*it is what it is,*' you do not feel stuck by singular opinions, thus no need to escape or transform anything. But when the perception is '*I know what it is,*' you must avoid everything contradicting your specific opinions.



If the perception of your response to an experience is '*I know what it is,*' you feel important but also exhausted because it requires much manipulation to look like you are in the know. That is why the special self always needs more energy, contrary to the basic self, which feels fine regardless of being energetic because it has nothing to live up to.

Thinking that you know, you are not in the present because your knowledge is based on the past.



I KNOW WHAT IT IS versus IT IS WHAT IT IS

Both the basic and special self are bound to follow the GPS coordinates from the brain without making side trips. They can only change how they perceive their reaction to their journey. Basically, the basic self perceives it as *'it is what it is,'* thus feeling complete in *the duality flow.* In contrast, the special perceives it as *'I know what it is,'* making it feel incomplete because singular opinions set it apart from the twofoldness of duality.



Alexius' cat, Wincent, has had the same routine for many years. Wincent leaves the house early in the morning and returns when Alexius is still in bed. Then Wincent greets Alexius, lays down next to him, and waits for him to get out of bed so he can prepare Wincent's food. At least, that is the obvious conclusion because as soon as Alexius gets out of bed, Wincent runs to the kitchen.

If Alexius believes he knows what is happening, he goes from the perception of the basic self, *'it is what it is,'* to the perception of the special self, *'I know what it is.'* Thus, Alexius stressfully thinks about feeding his beloved cat to establish he is in

the know. But Wincent does not get his food any sooner than if Alexius had remained the basic self and perceived his reaction to Wincent's behaviour as *'it is what it is'* because the brain's script runs its course, no matter how it is



What do the expressions of Alexius' cat, Wincent, mean? Alexius cannot know, but if he reckons that he does, he gets stressed from trying to make it true. However, if he perceives his response to Wincent's expression as 'it is what it is,' there is nothing to prove, thus no stress.

perceived. So, the only difference between being the basic or special self is that the former feels relaxed when feeding Win-cent and the latter stressed.

In short, life is effortless for the basic self but stressful for the special one because it uses lots of energy to maintain it is in the know.

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You undo your conditioned attitude toward others by not perceiving your reaction to them as '*I know what it is*' but '*it is what it is*.' The latter reveals your response is not specific but twofold, thus not establishing a specific opinion.

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The brain uses five per cent of its capacity to shape the conscious experience of being a self. But more space is needed to establish the experience as real. Therefore, a big part of the brain stores a story about the self caused by experiences the brain creates of a dual world outside it.

The duality fantasy makes the self fulfilled when its reaction to it is twofold. But if you are like most people, you react with singled-out memories, feelings and imaginations to establish '*I know what it is*,' thus denying duality and, therefore, the brain to appear as an independent individual. That is why you feel unfulfilled.



Triumph and disaster are not perceived as equally entertaining by the special self because it separates everything to state 'I know what it is.' But since the basic self perceive its reaction to something as 'it is what it is' everything is experience equally entertaining because there is no triumph without disaster, for example.

I KNOW WHAT IT IS versus IT IS WHAT IT IS versus DUNNO WHAT IT IS

When you perceive your reaction to something as '*dunno what it is*,' its emptiness is revealed. Hence, you are in the bliss of nothing. In contrast, you get the sadness of something from the perception '*I know what it is*' and the fullness of duality from '*it is what it is*.'

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The perception of the special self is built upon '*I know what it is*,' hence avoiding what would make it relax, namely the bliss of nothing, arising from the perception '*dunno what it is*.'

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It feels like something is missing when you perceive your reaction to an experience as '*I know what it is*' because the perception is specific, thus suppressing its counterpart. But if your response to an incident is perceived as '*it is what it is*,' you feel complete by the



Nobody, nor Alexius, is solely the basic self. When the consciousness goes rogue, it exploits the innocence of the basic self, tempting it to become special. Fortunately, appearing special is not a problem for the basic self because it perceives its reaction to everything as '*it is what it is*.'

twofoldness revealed. However, the perception '*dunno what it is*' does neither result in a specific feeling or twofoldness. So, you are in the bliss of nothing.



When your reaction to something is perceived as '*it is what it is*,' the response is not experienced as singular because, for a moment, it is replaced by a distinct experience of its counterpart. Hereafter, the two opposing feelings start interacting, making you feel revitalised by *the duality flow*.

But your feeling remains singular when you perceive something as '*I know what it is*,' thus, feeling the loneliness of singularity.

If your reaction to something is perceived as '*dunno what it is*,' you do not not perceive the apparent differences in the experiences produced by the brain to make a difference, so you in a *state of not-knowing*. See [Duality Hack # 9.10](#).

Roughly speaking, the special self always assumes, '*I know what it is*.' In contrast, the basic self sticks to the brain-generated perception '*it is what it is*.' The non-self says, '*dunno what it is*,' hence, in the bliss of nothing.



There are many parallel universes in the brain. Like in a computer game, they are in the code that determines the subsequent events caused by your choices. Since it is encrypted, you cannot know the outcome of your decisions. Yet, they play out as arranged in advance by the brain. In other words, you can decide which way to go but not what it entails. But you can perceive your reaction to the outcome as you want. If the perception is singular, you are out of touch with the brain's script of duality, thus feeling frustrated. If it is twofold, you are synced with duality, thus feeling entertained.

Hack #6.8, In the brain's fantasy of something or the bliss of nothing

When you react with disgust, for example, and perceive it as 'it is what it is,' you see it interacts with love. Participating in the interplay of disgust and love is as amusing as going up and down on a rollercoaster. In contrast, perceiving your disgust response as 'I know what it is' does not feel pleasant but disagreeable because that perception establishes disgust as a definitive feeling by suppressing its partner, love

Yet most people prefer holding onto a definitive feeling because it does not endanger their sense of being unique. Hence, they stick to

'I know what it is' by editing the past per their supposed knowledge and never being in the present but dreaming up the next moment, so it seems to support their story of the past, and, thus, *'I know what it is.'*

But if your response is perceived as *'dunno what it is,'* it is neither established as singular nor twofold because you are in a *state of not-knowing*. Since that is like watching a movie where you do not get the plot, you are not troubled by anything. However, this state cannot last long. After 20 minutes, 45 at the most, without consciously interacting with the brain's world of duality, it falls apart. See [Duality Hack #9.10](#).

Since that is the end of the illusion of being someone who experiences something, you should not maintain the perception *'dunno what it is'* for too long at a time if you want to return to the conscious experience of being someone. Instead, cycle between *'dunno what*

Even though a dream is made of nothing, it is experienced as something. Likewise, the world you believe to see with open eyes. According to science, it became something when nothing exploded in the Big Bang. So, no matter how you interpret your experiences, they are nothing twisted into something.



it is' and '*it is what it is*' to shift between being nobody in the bliss of nothing and somebody in the twofoldness of something.

Healing the body with nothing

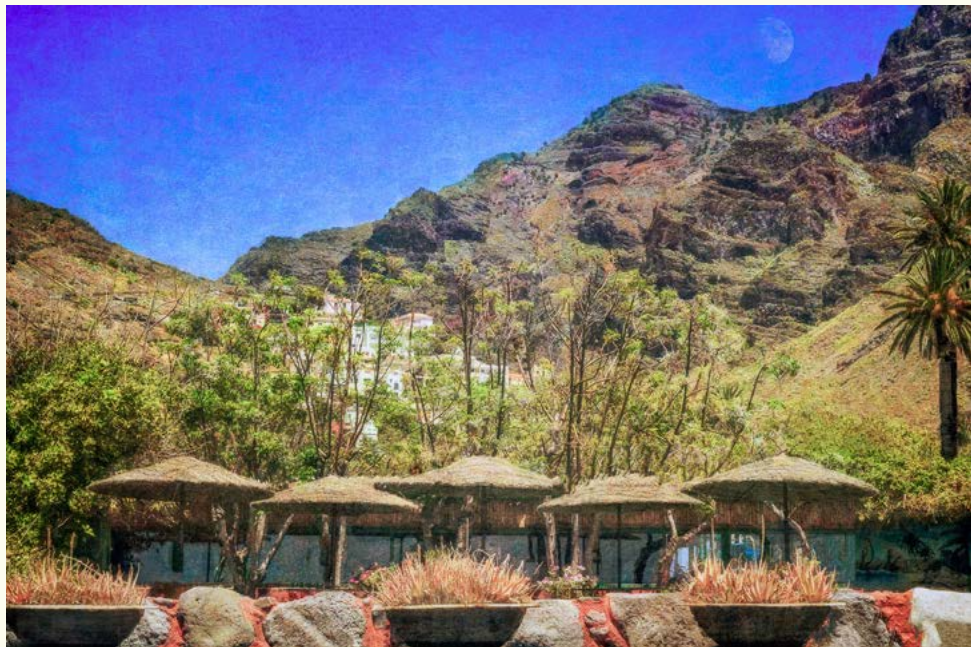
Bypassing the brain's fantasy of duality by perceiving it as '*dunno what it is*' is like taking tranquillisers without side effects and expenses. Therefore, since the natural flow between the body and the brain is not blocked, the body can get the information it needs from the brain to heal itself.

That is unless you interrupt it by insisting on '*I know what it is*' and inflict the body with non-physical ideas of wellness. That does not mean you cannot help the brain restore the body. For example, [Nootropics](#) may kickstart the process. A health-care professional can deal with [zoonotic](#) diseases like HIV, MERS and COVID-19, and, of course, problems like a broken arm and heart-related issues. You can also use far-infrared heating pads on tight areas.

Be aware, though, that the release of tensions may, at first, feel like a descent into hell



Alexius' Duality Hacks are written within the concept of duality. They do not claim to be non-dual or to know what it is, as that requires more than one. But they claim to know what is not non-dual, namely, everything experienced, because it takes more than one to be aware of something.



If you try to see reason, coherence, purpose or something else that makes your life seem spiritual, you will never get the relaxation and satisfaction from the perception 'it is what it is.' Instead, you get the stress and despair from seeking thoughts that seem to confirm, 'I know what it is.'

because, without the blockages to stop the natural flow in the body, you feel everything you have inflicted on the body to support your self-glorifying vision of being in command. See [Duality Hack #8.1](#).

However, if you want to welcome *the Enlightenment of that which is One* (see [Duality Hack #10](#)), and, thus, the complete undoing of the belief in being someone, the body's condition is not essential. Nevertheless, a sound body seems crucial for a satisfactory experience of being someone in a world of duality.

Although many claim they want a sound body, very few choose the perception '*dunno what it is*' to get it. Probably because, when you override the brain, there is no self – after all, it is the brain's fantasy. Therefore, almost everybody prefers to continue their ambivalent



Knowing that the experience of something is made from is nothing, you are in the world but not of it.

relationship with the brain's experiences of something instead of entering the bliss of nothing, where the body is free to heal itself.

The bliss of nothing

You can enter the bliss of nothing while you walk or sit on a bench somewhere, watch a movie, or are about to fall asleep. In other words, you do not have to refrain from something or do anything in particular to be in the bliss of nothing. While satisfied by nothing, you follow the brain's script of something, which goes on as usual. And when you again return to the conscious experience of something, you know it is nothing. So, you are in the world of something but not of it.



If every comment inside you regarding this photo is perceived as *'it is what it is,'* nothing has been added or subtracted from the experience of it. Thus, you are in sync with the brain's rendering. But you are not in sync if you compile the comments, so they seem to prove *'I know what it is.'* However, like parents also love their naughty kids, the brain loves you just the same. But unfortunately, only the basic self feels its love. The special self is so busy looking for something better that it does not notice that all the brain's thoughts are made with love.



» *Mixing physical and
non-physical issues
is a painful fantasy.* «

If you feel rejected, the body has no reason to suffer. Nor is there any reason not to feel good mentally if the body is sick.



HACK #7.1, The psychological sphere and material world does not blend

In a world of duality, every experience comes in pairs of opposing elements, depending on each other. But like breathing does not work if you mix breathing in and out or exclude one of them, you do not blend the contrasting ingredients in other duality pairs, nor exclude one of the elements if you want to uphold the experience of being someone in a world of duality because it is defined by the duality pairs.

That said, since non-duality is formless, thus endless, duality is an empty vision: airy as a dream. Therefore, it is only within the context of duality that something seems substantial or unsubstantial. But since you assume to read this on tangible media, you believe in a world of duality.

However, you can only undo that belief if you acknowledge it, thus not separating or combining the opposing elements in the duality pairs, making up the world of duality, but respecting their interdependency. Unfortunately, most divide or unite the contrasting parts in the duality pairs. For example, many believe they can connect physical and non-physical issues. This Duality Hack (#7) explores how to correct that mistake.



*Although projections are not real,
they appear to be if you hide
their apparent effect is self-made.*

Fulfilled by twofoldness and unfulfilled by singularity

In the psychological sphere, you see yourself as someone in a world of duality. But since that which is you is no different from formlessness of non-duality, it is painful seeing you as dual in a capsule of time and space.

Nevertheless, pain makes you feel real. For example, you pinch yourself to determine whether you are dreaming. When you feel pain, you decide you are awake as a substantial being in a tangible world.

Therefore, since your sense of existence is bracketed with pain, you must suffer to feel alive. And since being someone in a world defined by time and space is based on separating yourself from the formlessness of non-duality, disassociating is what you resort to in making the pain bearable. You eliminate uncomfortable feelings from the psychological sphere by projecting them onto vulnerable body parts.

So, when you sense physical discomfort in those parts, it is not perceived as solely physical. Not because the body is mixed with something psychological but because you mentally mix the physical pain with a psychological problem to bury it in your experience of physical unpleasantness.

But instead of acknowledging it is a mental combination, you focus on it as it is a physical problem caused by the world so that you can blame it for your pain. Then, to protect yourself from the world's expected retaliation, you turn the body into a weapon of defence or attack by keeping the shoulders pushed forward



A way to prevent feelings from being expressed as they are is to hold your mouth closed, even when you smile. Hence, it is as if no lousy emotion slips out. However, every experience comes in pairs in a world of duality. So, if you exclude negativity, you also ban positivity. And since there is no negativity to define positivity, your supposed positivity is made up.

into a defensive position or pushed back into a place of constant readiness to attack.

It makes you feel in control, thus safe, especially when you push one of the shoulders upwards to further constrict the energy. If it is the left shoulder, the brain's processing of the body's signals is delayed, so you have time to step in, giving them a clear-cut meaning, confirming you are someone definitive, not twofold. And, if it is the right shoulder, the incoming signals are processed twofold by the brain but blocked by you from being expressed like that, so you can appear solely caring, for example. This approach is often the woman's way.

In other words, women tend to allow the body's signals to be processed by the brain but often override the brain's dualistic rendering from being expressed. Instead, they replace it with a singular interpretation, establishing them as a unique woman with a specific insight.

Besides hiding that they do not know who they are, their single-minded insight fends off the brain's story of twofoldness, thus togetherness. The resulting loneliness is often suppressed by manipulating others into



*The brain loves it when its experiences
make you believe you are something.
Thus, not discovering you is a fantasy
the brain has made from nothing.*

thinking they need the women's unique insight to connect with their feelings.

Generally, men also want to feel needed by others as someone specific, not dual. So before the brain receives the body's emotions to process them as twofold, men define them mentally. Thus, out of touch with their genuine feelings, they do not disturb them from doing the right thing per mental concepts and, therefore, look like superstars. Unfortunately, this way of suppressing the body's signals stiffens the left side of the body, whereas manipulating the outgoing emotions, like women often do, hardens the right side.

Since the disruption is caused by the mental vision that you are the master of the body, the problem originates in the psychological sphere, where you try to hide feeling inferior by controlling the body's signals.

Those who assume they suffer from a psychosomatic disorder have projected politically incorrect feelings like sexual lust, power strivings, greed, envy and anger onto vulnerable parts of the body, like some project offensive feelings onto the world.

However, since these emotions are abstract, they cannot be hidden in something tangible. Therefore, projecting abstract feelings onto something substantial only conceals them from your awareness. Nonetheless, most believe their problems are gone when out of sight. Just like an ostrich, according to myth, believes danger disappears when it buries its head in the sand.

This myth, though, is not valid. If an ostrich buries its head in the sand, it dies from a lack of air. And you wither from the lack of collaboration between positivity and negativity if you hide the latter from yourself with a head-in-the-sand approach. In other words, you must acknowledge that positivity is paired with negativity, thus twofold, to have the belief in duality undone.



However, feeling inferior is a misunderstanding brought about by the perception that you are definitive, not twofold. Luckily, it is easily corrected. Suppose you perceive your definite response to the present moment as *'it is what it is.'* Since that reveals your reaction is not singular but twofold, feeling lost, for example, interacts with being seen.

Feeling revitalised by their interplay, you go on perceiving your singular interpretation of the body as *'it is what it is.'* Seeing it is twofold, the body's signals are not understood as singular but dual. Thus, not being definitive you do not feel something specific, so you cannot use pain to prove your existence as someone specific. Fortunately, it does not matter because there is no need to be something specific in the constant interaction of opposites.

Ultimately, you are neither twofold nor singular because reality is non-dual, and it takes more than one to be something. Furthermore, you never left it because it is formless, thus endless, so there is nowhere to



When the physical irritation caused by an allergic reaction to pollen or something else is combined with a psychological notion of being attacked, the physical allergy symptoms are, on a psychological level, confirmed as intrusive. So, they are perceived as more problematic than they are.

However, if the physical allergy symptoms are not combined with a psychological problem, this problem does not enhance the feeling of attack. Hence, the body may conclude it was a mistake to fight the pollen, wherefore it does not exclude but includes them.

In other words, not blending a physical problem with a psychological one, the body probably feels out of danger and, thus, does not need to go into attack mode.

go. But believing to be in a world of duality, it is easier to undo that belief when playing per duality.

However, that does not mean you must stop manipulating the body's signals to have the brain reveal an exciting interpretation of them. You assume that happens when you do not interfere because you always look for a meaning to make you look extraordinary. But there is no other meaning than polarity in a world of duality. The biological system does not look for anything other than the interplay of organs. For example, the energy of a weak organ counteracts a strong one, or in the case of this hack, the body's energy in the left side interacts with the right side.

You feel this duality flow if you do not try to stop searching for meaning in the body's gestures but perceive your reaction to them as 'it is what it is.' It reveals your response is twofold and, therefore, in alignment with the twofoldness of the body. Hence, you feel complete in its duality flow of left and right, up and down, in and out, unrest and rest, pain and relief and so on.

Feeling fulfilled, there is no need to be something specific, so your completion results in being nobody. Consequently, the formlessness of non-duality does not seem hidden by somebody eventually.

That said, there may be times when the body's signal is a cry for help. But not looking for hidden meanings, you know.

The Duality Flow is not something you make. It is already there and as automatic as breathing. However, if you assume you must be in control to get it, stepping back and being aware of nothing specific, thus in *the duality flow*, can be difficult. In that case, go with *the duality flow* of breathing, like in the seesaw example on [page 415](#).



The psychological zone is so airy that everything is fleeting unless projected on something perceived as substantial.

Hack #7.2, The psychological sphere versus the physical world

The image of yourself in the psychological sphere has nothing to do with the body. It feels attacked when you try to blend it with mental ideas.



The brain creates the psychological sphere, the body, and the material world. But just like you do not drive a car in the factory making it, you do not experience the psychological sphere, the body, and the material world in the brain. The body is experienced as something physical in a material world outside it. But, where the psychological zone is experienced is more problematic because most try to integrate it with the body.

Yet, that is different from how the brain has set it up. Like breathing in and out are interdependent and not combinable, the psychological and physical matters are paired but not mixable. You cannot blend material matters with immateriality. They exclude each other.



It is a waste of time looking for a psychological emotion in the body because it is solely physical, thus without anything psychological or spiritual. You could also say that the body is visible, whereas non-physical issues are invisible, and visibility and invisibility do not blend.

So, if you have projected emotional issues onto the body with the assumption that you can get rid of them there, you better correct your fantasy by recognising your emotional problems are in the psychological sphere. Facing them there, they gently open up and reveal they are not singular but twofold. Thus, there is no specific psychological issue to bother you.



Non-duality is formless, thus endless, so the experience of duality is fantasy. Consequently, the psychological and physical world is imaginative, wherefore everything experienced, including the body, is non-material. However, *Alexius' Duality Hacks* are written within the context of duality where every experience comes in pairs to define each other. Consequently, the experience of the physical world is categorised as tangible and the psychological world in tangible, although both are immaterial.



In *Alexius' Duality Hacks*, the psychological area, sphere or zone is also called the mental area, sphere or zone. It is very airy, thus anywhere but in material things. Hence, bringing back into awareness the psychological feelings you have projected onto the solidness of your body is not done by facing them in the flesh but in the non-material mental sphere.



The psychological sphere is anywhere but in bodily feelings. Hence, you are in it at sleep.

In the airy psychological sphere, everywhere around you, a psychological feeling does not seem heavy, like when it is imagined combined with the body. Thus, one look at it is enough to make it vanish and reveal its opposite. For example, one look at hate replaces it with love, which, when looked at, replaces hatred.

That is the way of duality. Every experience comes in pairs of opposing elements. They can neither be united nor separated because they depend on each other to be defined, like two sides of a coin. Therefore, if you mess with the interaction of the opposing elements in a duality pair, you break up duality, thus feeling broken. In contrast, you feel complete in the psychological zone when in sync with the duality pairs.

In other words, if you want to feel whole in a world of duality, you do not hold onto specific thoughts or feelings but see them as twofold. Therefore, since there is no specific thought or feeling to disturb your perception of the body, its biological system can keep it sound as it was made to do.

When swimming, it feels good to be touched by water, but not if it gets inside you. Likewise, the body enjoys the psychological sphere but avoids being integrated with it.

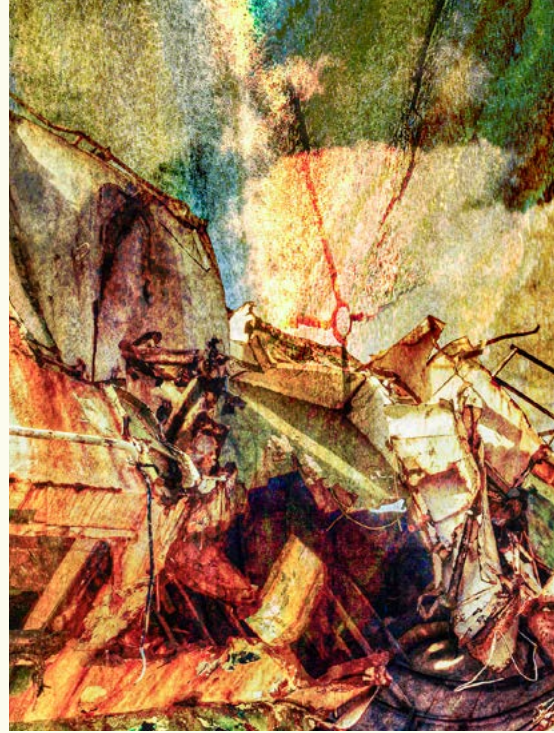


If you do not feel complete, you have broken one or more duality pairs. However, that is impossible because you cannot experience a world of duality without contrast. In other words, feeling incomplete is like having vertigo. See [Duality Hack #8.2](#). It is not a matter of the world's appearance but how you sense it psychologically. Therefore, feeling incomplete is not solved by correcting something in the world but by perceiving it as *'it is what it is'* in the psychological zone. Since that reveals your feeling is not singular but twofold, you feel as incomplete as complete, thus psychologically whole.



To get into *the duality flow*, you do not use the perception *'it is what it is'* on something you see but on how you feel about it. That reveals your response is in the mental zone and not singular but twofold. Hence, you are in *the duality flow*.

However, suppose your reaction to what you see triggers feelings you previously projected onto the body. In that case, you may experience your response as a concrete physical sensation in the body combined with a diffuse sense of disorientation, unaware the latter comes from the psychological sphere. However, you perceive the combo as *'it is what it is'* to have your reaction revealed as twofold. Hence, not feeling entrapped by a specific response, you can deal with the physical symptom materially and the diffuse one psychologically.



You cannot explain this image because it is a combo of elements mixed impossibly, except in fantasy.



When you stand by your singular reaction to something, it is not hidden from your awareness. Hence, you can perceive your response as *'it is what it is,'* revealing it is twofold. That is how *Alexius' Duality Hacks* recommends exposing love, for example, contains hate so they can interact to define each other. But you can also join this interplay, the duality flow, by facing your reaction to something physical in the psychological sphere. It is so airy that it is easy to see that any singular thought or emotion contains its counterpart, and they constantly interact. Therefore, since there

is no specific thought or feeling to confirm a definitive problem, you are carefree.



If you project a particular psychological issue, for example, hate, onto your body, it seems removed from the psychological sphere. Therefore, since its complementary part, love, is left alone in the psychological zone, it cannot interact with hate to be outlined as lovely. Hence, the psychological sphere seems clouded. And the vulnerable part of the body, where you have dumped your hatred, is diagnosed as a psychosomatic disorder.



The paradox in trying to heal a psychosomatic disorder is that it may reinforce the psychological fear of the physical symptoms, thus the impression that mental and physical issues are linked and result in a psychosomatic illness that is real.



When physical symptoms of illness trigger psychological memories of endangerment, and those are imagined as linked,



Like a straw is built to deal with fluid and not tangible things, the psychological sphere deals with immaterial matters and the body material matters.

the physical symptoms are perceived to cause a threat. Hence, a fusion of physical and psychological reality seems established. However, the body is material, thus unable to integrate non-material issues except in fantasy. Therefore, to heal the psychosomatic disorder, you must look where the imagination is made, namely in the mental zone.

One look is enough to undo the imaginary link between physical and non-physical issues because fantasies are fleeting when not holding onto them by imagining feeling them in the body to make them appear solid and lasting. Since everything in the mental zone is transient, facing the feeling of endangerment, there is enough to see through it, thus realising it is coupled with protection. And since they constantly interact, endangerment does not appear solid. Consequently, it is no longer seen as part of a physical problem, so the body's biological system can deal with the physical symptom as it was made to do.

To sum up: When you appear sick, and your concern about the physical symptom triggers a past sense of danger that you interpret as caused by the present physical symptom, you invent a psychosomatic disorder. But since the body cannot be fused with non-physical issues, this



The differentiation between physical and non-physical matters occurs naturally when you are the basic self. It relates to the stream of thoughts coming from the brain as it is and not as it should be per a body-mind philosophy.

combo is only in the mental zone where just one look exposes the supposed link as fake.



If you have excluded what you do not like about yourself from your awareness by imagining, it is linked with the feeling of a vulnerable body part, your psychological issues seem hidden inside physical problems. To uphold this fantasy, you probably resist healing the physical matters you imagine are blended with psychological problems.



The special self does not feel its body because, in the psychological zone, it sees it as a means to hide thoughts and feelings it does not like and enhance those it favours. This misconception, generally diagnosed as a psychosomatic issue, makes the psychological sphere foggy. But since the special self blames the body for that, the special self does not realise the psychosomatic problem is made up in the psychological sphere.

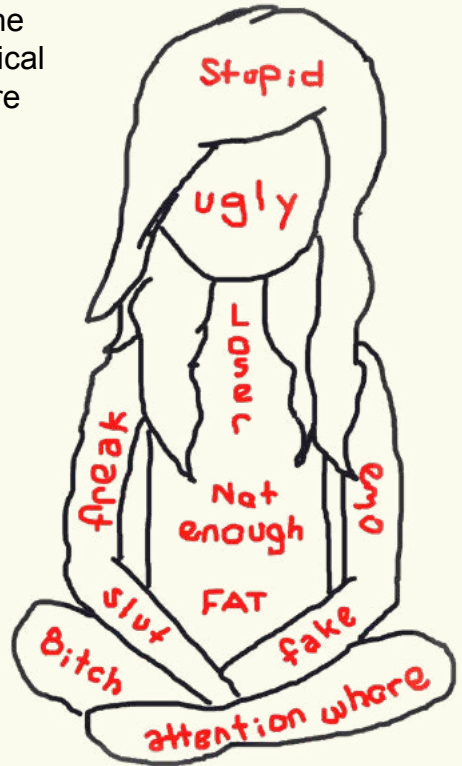
Instead, it tries to fix the presumed problem in the body with yoga or other non-physical concepts. While waiting for the transformation such philosophies promise, the special self ignores the happiness the brain continuously injects into the body. Should it accidentally discover the brain's love, it cannot help loving the whole world, thus having its idea of being superior dissolved, wherefore, it immediately dismisses the brain's love as wrong. Read about the special self in [Duality Hack #5](#).



In the psychological sphere, you soon learn you are loved as you are because you are created by the brain, which loves everything it invents. Naturally, that makes the body relax. However, since it only understands material matters, relaxation is not caused by love but because when you feel wanted, you do not project anything onto the body, so it does not have to defend itself.



Think of a movie as a metaphor for the physical. The film simulates the physical world but not the psychological sphere because it is not material. Therefore, we must add it yourself. In the world where we appear, everything is made of matter. But contrary to a body in a movie, ours can be felt physically. However, it is not psychological because the physical and psychological reality does not mix. So, if you believe you feel something psychological in the body, you have projected mental issues onto it to make them appear more significant. Or maybe you want to hide psychological issues from your awareness in something substantial, like in the illustration.



Projecting mental issues onto the body does not change it, only your perception of it.

But just like nothing changes in a movie, regardless of what you project onto it mentally, nothing is altered in your body when you project non-bodily issues onto it because, like the world where it appears, it is purely material. If it seems to be psychological, it is something imagined.

Please be aware the metaphor is made within the concept of duality. In non-duality, there is no division so it is formless. But, in a world of duality, everything is divided into material entities. You must live by this material duality to expose it as fake and non-duality as real. Fortunately, that is effortless when your singular opinion of duality is perceived as *'it is what it is.'* Since that reveals it is twofold, you are *the duality flow*, which, like a river, rushes back to its source: non-duality. See [Duality Hack # 8.9](#).



The body is made to interact with structures that, like itself, are material. That is why the body interprets your attempts to integrate it with non-physical feelings or spiritual ideas as an attack on its integrity, which it must defend itself against.

Hack #7.3, The fake mix of physical and psychological issues

There is nothing physical in the digital world. Likewise, you never see something physical in the psychological sphere and vice versa. In other words, the concept of a body-mind connection is make-believe. How to undo it is what this hack explores.

Projecting psychological feelings onto the body and expecting them to disappear when the body is fixed is like placing feelings in your smartphone and thinking they will disappear when the phone is repaired. Psychological feelings remain in the psychological sphere regardless of where you believe they are. Hence, it is where they must be dealt with..



Since connecting psychological issues with physical ones is a fantasy, you undo it where the imagined combination is made, namely in the mental zone.



Most do not feel and see the body as it is. Instead, they have a vision of what it will look and feel like when they successfully impose their ideas of wholeness upon it.



When you experience a specific feeling continuously, it is a thought-up version because genuine feelings are fleeting. You probably have combined it with a physical sensation in the



It does not rain because you feel sad, nor does the rain have the power to make you feel bad. That is unless you choose to perceive such a link. Likewise, the body cannot make you sad, nor does feeling unhappy make the body bad unless you imagine such a connection.



Non-physical feelings are fleeting, so to make them last, you must combine them with physical feelings to make them last longer. But immateriality and materiality do not mix, so their combination is make-believe.

body, making the feeling appear substantial and lasting. For example, by imagining a psychological feeling in the stomach, you seem to experience it every time you have an upset stomach.

But if it is an exceptional experience of love you want to hold onto, you may combine it with a pleasant physical notion in the heart. And if it is a hateful memory you want to hold onto, you may link it with physical unpleasantness in the chest. However, just as you cannot combine a wall with the wind, fusing a body with an abstract feeling is impossible.

Yet, it is possible to mentally blend the experience of physical and psychological issues so that whenever you experience a specific kind of love, you think you feel something nice in the heart. And whenever you feel hatred towards someone, you imagine something weird in the chest. However, in both cases, it is a mental experience based on the wish to extend a psychological feeling by imagining that it is linked with a physical experience.

You can undo this imagined thought-up mix by perceiving your reaction to its supposed manifestation in the body as *'it is what it is.'* That renders your response indefinable. Therefore, since the body is set free from your thought-up blend with a psychological issue, it lines up with the biological system to outline the physical part of the combo and heal it in agreement with physical laws.

Most likely, the physical part is the muscles in the chest. They were already tightened when you made the imaginary link but maybe further tightened to defend the body against your attempt to inflict it with non-physical issues. In that case, you can assist the body's healing with fascia tools from [Blackroll](#), for example. But also consult a healthcare professional to ensure no hidden heart problem.



Something judged as scary in a movie is often experienced as real because you feel worried. However, it is not because of the movie you feel upset but because you interpret specific events as scary. This construe,



When we project the flaws of our personality onto vulnerable parts of the body, such as the stomach, our perceived flaws seem to have been erased from our awareness. That is how we fool ourselves into believing we have been transformed.

you project onto a body part that is already tense and seems tenser when giving it your attention. Thus, it is as if the movie, not you, makes you scared.

Sometimes, it is the other way around. For example, if you have a stomach ache that does not make sense, you explain it by imagining that a psychological issue from your past has caused it.

Fortunately, to set yourself free from your victimisation, all you have to do is to perceive your reaction to your explanations as '*it is what it is.*' Since that renders your response indefinable, your reasons have no effect, so you are not victimised.

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Please do not interpret the above as you should stop mistaking a movie for real – or refrain from assuming something psychological causes something physical. If you suppress your reactions to appear perfect, you cannot revise your single-minded misconceptions by perceiving them as '*it is what it is.*' Thus, seeing they are dual, there is nothing specific to uphold the supposed connection.

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Many people turn the body's signals into mental messages by dematerialising the body. For example, the genital zone is dematerialised via tantra sex (see [Duality Hack #1.11](#)). Then, you mentally

When your reaction to something is perceived as 'it is what it is,' the specific meaning you have assigned to your response opens up and reveals it is not singular but twofold. For example, being pure is paired with lust, so desiring someone does not make you feel ashamed but joyful.



decide that the signals from the abandoned areas are spiritual. However, there is no spirituality in the body. On the contrary, the body is solely material. That is why it defends itself against your attempts to combine it with non-physical issues by turning it into a weapon against you.

Even though that feels humiliating, you accept it because it further disturbs the biological system. Hence, you can blame the brain for the body's behaviour and take over with your supposedly spiritual ideas. But the body sees anything non-physical as an attack on its physical integrity. Thus, it keeps defending itself against you until you stop inflicting it with ideas of unity and whatnot.

Fortunately, it does not matter how abused your body is regarding applying *Alexius' Duality Hacks*. They bring you into a *state of not-knowing* regardless of the body's condition. In this state, the slate is wiped clean, So when you return to the consciousness of being someone, the foolish idea of a body-mind connection is gone. Consequently, your body is happy, and so are you.



Being in your natural state of happiness does not mean everything is perfect. But since you perceive your reaction to them as 'it is what it is,' your response is not singular but twofold. Thus, feeling hot, for example, is complemented by feeling chill, wherefore the moment is perfect regardless of temperature.

Although the clothes and the body wearing them seem closely related, they do not understand each other. The clothes have no love or anything else to give the body and vice versa. Likewise, immateriality and materiality have nothing to give each other. Their reality is different. That is why psychological ideas of attaining physical wellness do not work.

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Since psychological issues seem to impact the body significantly, many conclude they are connected. But it is like assuming clothes are connected with the body because you feel cold without them.

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Alexius' Duality Hacks undoes the sick idea that you are the body. Thus, it becomes like a coat you wear. It follows you, but you are not the same.

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Clothes feel perfect when adapted to your body's size. And the body feels good when adjusted to them. Thus enjoying the interaction of the body's heaviness and your awareness of lightness. It feels so good that grievances and desires disappear. Hence, nothing is wrong or missing. Every moment is good enough as it is.



Sometimes, the breath is held back to prevent pain in a problematic body area. But that is not healthy, nor is pushing the breath through it. Both approaches imply you believe you are in control, even though you would quickly die if you should remember to breathe.

The solution to this is not to let the breath be. This idea also implies you are in charge. The key is to step back so that what you believe in being is out of the way. That is done by perceiving the fear that your problem seems to cause as *'it is what it is.'* It reveals fear is not alone. It is complemented by confidence, defined by fear, outlining confidence.

In this interplay, *the duality flow*, you feel complete, thus free. Therefore, since there is no attempt to interfere with the breath, it runs freely despite physical issues.



Whatever is perceived in the psyche to affect the body or in the body to affect the psyche is made up connections. Fortunately, they are undone when you perceive your reaction to the effect as *'it is what it is.'* However, you may feel empty when the idea of a body-mind connection goes down the drain. No worries. Soon, you realise how laid-back your day is without this fake unity.

When you do not look for something to make you feel better, your reaction to your experiences automatically is perceived as 'it is what it is.' Therefore, since that makes you feel complete, there is no need to feel better.





There is no grand purpose of appearing in a world of duality – like there is no purpose in appearing as someone in a computer game except for having fun pretending to be what you are not.

HACK #7.4, The body handles physical issues, not psychological ones

Others than *Alexius' Duality Hacks* talk about the attempt to use the body as a means to hide psychological problems. In Bioenergetics ([see Wikipedia](#)), the theory is that the body gets sick because you dump psychological issues in it. Before Freud, it was the other way around. The cause of psychological problems was considered physical.

However, *Alexius' Duality Hacks* do not agree on a link between psychological and physical problems. Even though the same organ in the brain processes their experience, they are not combinable – like night and day, psychological and physical matters exclude each other. So, it is not love but food the body needs to survive. And on a psy-

chological level, it is not food but feeling loved that makes you want to continue.

This hack (#7) addresses the unfortunate belief that physical and psychological matters are connected. When their supposed link is undone where it is conceived, namely in the mental zone, the body's biological system is free to deal with physical issues materially, and you with the psychological ones immaterially.



According to psychologists, you dissociate yourself from unpleasant psychological feelings by dumping them in the body's darkness. But immaterial issues cannot be combined with material ones – like you cannot blend the wind with a wall except in fantasy. So, what happens when you separate yourself from feelings, like anger, is that you eliminate it from your conscious by imagining to combine it with an existing pain in the body.

Therefore, since your anger seems disguised by the discomfort of a physical issue in the body, you feel calm. And the next time you want to eliminate a psychological feeling, you automatically imagine combining it with a physical one.

Although that removes the unpleasantness from your consciousness, it remains in the subconscious as something silenced by a vulnerable part of your body. So when the suppressed energy surfaces, it feels like that body part hurts. However, the feeling is in the psychological sphere,



You cannot mix a circle with a square.
Likewise, the psychological and
physical areas do not blend.

where you have excluded anger from your awareness by projecting it onto the body. So, if you acknowledge your rage in the psychological zone, you can perceive it there as *'it is what it is.'* That takes the edge off it, so you do not need to eliminate it by imagining to combine it with the unpleasant experience of a physical issue.

However, whether you project psychological issues on the body, it remains the same because non-material matters cannot change the physical. In other words, the supposed fusion of a psychological and physical problem must be corrected where it is conceived, namely in the psychological sphere.



Once you have concluded your anxiety is caused by physical pain, you, by reflex, look for the same connection every time you are worried. Hence, you automatically search the body for a flaw that can explain your worry. That is until you do not try to explain your anxiety away but perceive it as *'it is what it is.'*

That reveals your misery is constantly interacting with joyfulness to define each other. Therefore, since feeling miserable includes feeling joy and vice versa, there is no need to eliminate your misery to feel good. On the contrary, you need it to feel genuinely joyful.



Worrying is most often pieced together by thoughts coming from continually saying, "What if...?" In other words, your anxiety is a construction of thoughts you perceive as worrying. Actually, this applies to all your opinions about something you experience. They are not based on your experience but on your thoughts about them.



If you decide you are clumsy when continually dropping things, you may, by reflex, hide feeling wrong in the stomach and someday be diagnosed with IBS (irritable bowel syndrome). However, that sickness is not physically measurable through blood or bodily analysis.



If your phone is out of order and that makes you angry, having the phone repaired may appear to fix your anger as well. But feelings are part of the psychological zone. So even though the reparation of the phone has made anger disappear from your awareness, it is still in there. And it returns when something else triggers it. However, that is not a problem because everything in the psychological zone is fleeting unless you combine it with something material.

Instead, the diagnosis is based on eliminating other measurable issues, indicating IBS is a psychosomatic disorder.

That is why it seldom is healed via physical solutions, such as excluding specific food from your diet. The issue must be addressed in the psychological sphere where you see yourself as awkward. Therefore, if you do not hide feeling clumsy in the stomach, you can perceive it in the psychological zone as *'it is what it is,'* thus seeing your singular feeling is twofold. Clumsiness is paired with grace. So, when you are clumsy, you are also graceful, feeling complete in the interaction of opposites.



The special self always thinks it knows better. Thus, it forces the body to do extreme yoga exercises, heavy weight lifting, restricting diets, tantra sex, or other mental concepts of wellness that make the body look like a manifestation of the special self. The price is a body in pain, but since the primary concern of the special self is its appearance, it gladly pays the price.



The special self uses much energy to suppress the thoughts and feelings judged incorrect per its belief system to appear part of something bigger. On the other hand, the basic self follows the brain. And since it creates all experiences, the basic self is part of everything.



Being the basic self, you see every moment as the perfect moment, no matter the body's condition, because the basic self perceives its reaction to it as *'it is what it is.'* That is why Alexius feels good even though

his physical condition does not contribute to this. Due to Scheuermann's disease, internal organs have been harmed, so he has chronic GERD and lung and nose inflammation. Furthermore, he has had three operations on the heart. And one of his eyes hardly works. The list goes on.

He has never smoked and has always eaten healthy and exercised, so it seems he cannot improve his physical issues. Sometimes, though, he becomes the special self, hoping it will boost his physical well-being. But since this attempt is based on not feeling good enough, it enhances that feeling. Therefore, frustration builds up until he returns to the default perception of the basic self, *'it is what it is,'* thus feeling good, regardless of appearance.



In this hack, we have looked at a common way to eliminate emotions judged wrong by dumping them in the body. But emotions deemed suitable are also dropped in the body. In that case, the body is not used to hide them but to make them appear more substantial and lasting. Later, you bring them back into the psyche,

which is so airy that having one look at them is enough to see they are not definitive but two-fold. Hence, there is not something specific to bother you.

But since there is no more than that which is One, ultimately, there is nothing to heal other than believing in a world where there seems to be more than one. So why spend time undoing the belief in a body-mind union? Firstly, time is an illusion. Secondly, you may as well have a good time while *Alexius' Duality Hacks* undo the belief in more than one.

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See Duality Hack [#6.3](#), [#8.2](#), [#8.3](#), [#8.9](#) and [#9.4](#) for more about healing the body and psyche.



The special self does not want to see itself as it is, so it excludes everything from its awareness that does not ratify its image of perfectness by projecting it onto others. Thus, their supposed imperfectness highlights the perfectness of the special.



When you perceive your response to an experience as '*I know what it is,*' it is based on a quick look at different points of view to see which one establishes you as in the know. The stress this entails goes away when you stop insisting, '*I know what it is,*' and instead perceive your response as '*it is what it is.*' That perception does not require you to be on top of it. So you are at peace.



»»
*When you go
with the duality
flow, the belief
in linear time
eventually ends.
Hence all that
is left is that
which always
was and is:
non-duality. ««*



If you feel sad and perceive your singular experience as 'it is what it is,' it is exposed as twofold. Sadness is paired with gladness. This revelation sets off the experience of other duality pairs, such as weakness and wellness, disappointment and contentment, and tears and laughter. Going with the interaction of the opposing elements in duality pairs, you enter the duality flow. Therefore, since it eventually blows you out, nobody appears to hide non-duality.

HACK #8,1, Sadness is a close friend of gladness

Suppose you do not acknowledge the negativity in your psychological sphere but project it onto others. In that case, you also disconnect yourself from your positivity because your negativity is hidden, so it cannot define positivity. The same applies if you conceal your negative thoughts and feelings from your awareness by projecting them onto vulnerable parts of your body. In short, when you do not ratify your negativity, your experience of being positive is fake. See [Duality Hack #1.10](#) on how to regain the feelings projected onto others quickly.

Any experience perceived as positive is bound to be complemented by another deemed negative because every experience comes in pairs of opposing elements in a world of duality. A foreground, for example, is paired with a background so they can define each other – like negative thinking confirms positivity, hate verifies love, sadness substantiates gladness, sunset defines sunrise and so on.



To formulate genuine positivity in yourself, you must restore the negativity you have cut off from your awareness. Therefore, when you experience something nasty in the world, you acknowledge it is your negativity you see because we get what we have – like the sun's colouration of our skin is determined by our pigmentation. However, that does not mean a beggar is in your psychological sphere if you see someone begging on the street. But it means you have negativity in your psychological zone if you judge begging negatively. Read about the psychological zone in [Duality Hack #7.2](#).

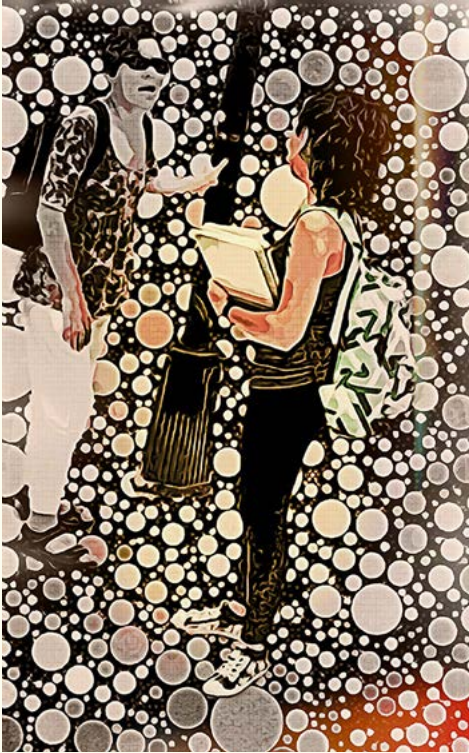
In that case, a quick look in your psychological sphere is enough to reveal the negativity you have there – like a glance from above is sufficient to ratify there is water in a well. When aware of your negativity, it can be perceived as *'it is what it is.'* That reveals positivity is inside it. Like two sides of a coin, they define each other so you can experience them genuinely. Most importantly, the experience of this interaction of opposites, which is the basis of duality, makes you feel complete. Hence, the belief in duality can be undone completely.

» *The acknowledgement of hell does not make it go away but exposes heaven complements it, and they constantly interact to define each other.* «

There is neither something real nor unreal in oneness because it requires more than One. And since there is no more than that which is One, ultimately speaking, genuine feelings are like anything else in a world where there seems to be more than one charade.

But appearing as someone in such a world is more enjoyable when you act by its playbook. All feelings come in pairs. For example, love is paired with hate so they can define each other, and you, therefore, have a genuine love or hate experience. If you exclude hate only to feel love, it is not defined, so you must make it up and pretend you are in love. Pretended feelings can last long, thus annoying. In contrast, genuine feelings are fleeting and soon replaced by another transitory one to entertain you.





In a world of duality, there is nothing better than *the duality flow*. But most want to be in control, so they avoid twofoldness by holding onto single-minded postulates. Although that gives them a sense of superiority, the overall feeling is despair because their postulates are fragile. However, not upholding singular opinions as facts but going with *the duality flow*, you feel completed by the constant interaction of opposites in a world of duality.

Descending to hell, you rise in heaven

The above was the short version. The longer one is that when you begin recognising your negativity, its interplay with positivity in the psychological zone may not get your attention immediately. Therefore, seeing your negativity probably feels like going to hell because forgotten and unpleasant emotions keep coming out of the dark.

Perhaps it starts slowly with a familiar sense of depression that you a long time ago hid from your awareness by imagining dumping it behind the pain in a vulnerable part of the body. See [Duality Hack #7.4](#). But since depression often is repressed anger, sooner or later, it flares out in brutal hellfire. Maybe it feels like acid-like splashes in the body part where you initially imagined hiding your rage. Or perhaps it feels like a ruthless and evil force torturing you.



If you do not split a duality pair into independent elements to hold onto a singular perspective of love, for example, you are aligned with duality. That does not mean things work better, but you do not bother because you feel complete in the duality flow.

» *When something is interpreted solely as evil, and you perceive this singularity as ‘it is what it is,’ evil is revealed paired with goodness. But it is not the opposing elements that make you feel at home but their constant interaction because it is the basis for a world of duality. In contrast, standing explicitly by one of them makes you feel lost.* «

Not avoiding but acknowledging it feels like hell recognising your negativity, this single-minded impression can be perceived as ‘*it is what it is*’. That reveals hell is twofold. It is side by side with heaven, and they constantly interact, not balanced and harmoniously but adventurously. You rapidly go up and down between heaven’s pleasure and hell’s displeasure. It is like ocean waves: sometimes they are big and fast, and at other times, they are small and slow or hardly there.

Amazed by the polarity, you realise there is no heaven without hell in a world of duality – just like there is no breathing in without breathing out. You cannot have one without the other.



You get a preview of non-duality by taking a break from duality. It feels like living on clouds, but since it calls for more than one to feel something, the preview of non-duality is a simulation.

Since duality is about twofoldness, and you appear as someone in a world of duality, joining the interaction of hell and heaven makes you feel complete. And since that automatically leads to exploring other duality pairs, the feeling of completeness eventually becomes so intense that you forget to define yourself, thus not hiding the formlessness of non-duality. However, the process leading up to this may seem more comfortable if the problematic areas in the body, where you once attempted to conceal singular feelings to separate from their complementary parts, are fixed.

You free the body from your projections by acknowledging every emotion popping up in your psychological zone. It is so airy that any emotion looked at quickly melts away. But first, it reveals it is not alone but in an interdependent relationship with its counterpart, like two sides of a coin.

Living per duality is child's play

When twofoldness is accepted, hate is as enjoyable as love because they contain each other. So, since you have no need to get rid of hatred by projecting it onto the body, it does not have to defend itself against your attempt to inflict it with something non-physical. When the body is not in attack mode, the brain, which has the blueprint of the body's composition, can restore it through its anatomy and union with nature.

In other words, the brain, not you, knows how to handle the body. Still, you may help it by calling a healthcare professional if needed. But the brain does not need your help connecting the body with nature. It is already hooked up to the cosmos. That is why you do not fall off the planet and feel connected with everything when you do not try to integrate the body with mental ideas of perfection.

That does not mean you must abandon your ideas but that you perceive them as *'it is what it is,'* revealing your reasoning is not singu-

If you do not wish for something but nothing, you get it immediately because you are full of it. Therefore, since there is not something to fear, you are free. However, freedom is an illusion because reality is oneness, and it takes more than one to be free. Still, while you appear to be in a world with more than one, hoping for nothing you meet the empty breath everywhere.



lar but dual. Therefore, since you are in *the duality flow*, your next step comes effortlessly – like breathing out follows breathing in. But be aware that the duality flow is not physical, so it is in the psychological sphere that your next step is effortless.

Taking a break from duality and returning to undo it

If your descent into hell* seems so distressing that you overlook its counterpart, heaven, a break from duality may be appropriate. However, it does not happen by pacifying yourself via meditation, praying or listening to soothing music but by not withholding your anxiety, so its full speed ignites a take-off into *the empty breath* (see [Duality Hack #9](#)).

Less than a minute with *the empty breath* is needed to clean the slate, thus returning as the basic self (see [Duality Hack #9.10](#)). Since it perceives its response to an experience as *'it is what it is,'* the reaction is not sensed as singular but twofold. Therefore, as you probably already know, descending to hell is complemented by ascending to heaven.

That does not mean non-duality is a fusion of heaven and hell or a union of all contrasts. On the contrary, non-duality is neither something nor nothing because it takes more than one to be anything. Yet it is everything because it is formless, thus endless.

However, the topic of this Duality Hack (#8) is not non-duality but living per duality. You need to be fully anchored in the belief that you are someone in a world of duality to undo it – just like you need to play a game to finish it. Hence, we continue with duality in the following hack.

*) You may find the book [Descent to the Goddess](#) interesting regarding the descent into hell, even though it is not in line with Alexius' Duality Hacks and supposedly only for women.



You may interpret this image as spiritual. But it cannot be that because spirituality is formless, and every experience is shaped by a world defined by time and space. Besides, spirituality cannot be experienced since it is oneness, and it takes more than one to be aware of something. Hence, every experience considered spiritual is fake.

Hack #8,2, 'What if...?' versus 'it is what it is'

As mentioned, you need to be fully anchored in the belief that you are someone in a world of duality if you want to undo that belief – just like you need to play a game to finish it. That is why this hack (#8.2) is written within the context of duality. In that world, psychological and physical issues do not mix. However, most assume their

worries are caused by something physical or what you feel in your body is caused by your anxiety.

Maybe you interpret the physical pain in your foot as fatal and imagine it is linked to a psychological issue from the past. Hence, you conclude the psychological aspect has caused the physical one.

Hereafter, the physical and psychological issues seem to impact each other significantly the more your imagination runs wild on a loop set off by envisioning 'what if...?' However, since your reaction to your thought-up outcome is revealed as two-fold when perceived as '*it is what it is*,' there is no specific reaction to confirm your alleged cause-and-effect between a non-physical and physical issue. Hence, it is no more and never was except in fantasy. See [Duality Hack #1.11](#).

Consequently, the physical problem can be dealt with materially and the psychological one immaterially. Naturally, this is much easier and less scary than fantasising about a connection between physical and psychological issues – just like daily life feels less dangerous when not mixing it with fantasies.

»» *You cannot change physical reality. But if your perception of it makes you suffer, you can change your perception to one that makes you feel good.* ««

Twofold reactions make you feel whole in a world of duality

Having vertigo* is a glaring example of believing that the experience of something beyond the bounds of possibility is authentic. The world does not spin around you. Instead, it is an inner vision where everything rotates to suppress your horrifying interpretation of an event. But since the whirling sensation disturbs the image of yourself, you project it onto the outside world.

That is until you stand by your horrifying interpretation, so it can be perceived as '*it is what it is*.' That makes a crack in the horror,

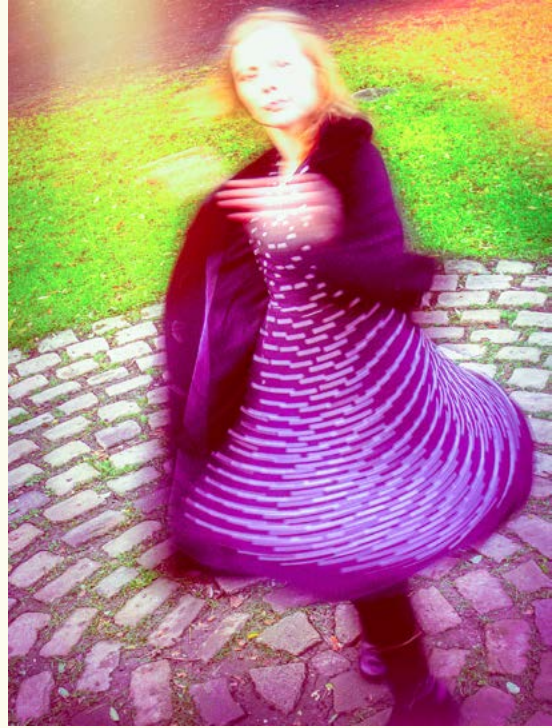
and out of it comes something feeling pretty abstract. But as soon as horror has defined it, it settles as fearless to redefine horror. Therefore, since you cannot feel afraid without being fearless and vice versa, you do not need to avoid the experience you initially interpreted as too scary.

Twofoldness make you feel together

Another way to explain what happens when the perception 'it is what it is' is used on a single-minded response like sadness. In a laid-back manner, you wait a little and then out of sadness comes an air-ball. If you do not attempt to contain the vacuum, it feels like it balloons outward in a swelling bubble of gladness.

However, if you hold onto gladness to eliminate sadness, you feel alone because gladness is a singular feeling. On the other hand, going with the interaction of gladness and sadness, you feel at home in their togetherness.

Should this procedure seem too complicated, and you forget



You probably are diagnosed with vertigo if you tell a doctor the world spins around you. However, that does not mean the doctor believes your experience is real. On the contrary, it is a hallucination because the world cannot revolve around you. However, that does not mean you should reject experiencing it – only that it is real. Doing that, the fear disappears, and you realise the whirling sensation is only inside you. Outside, the world goes on as usual. Therefore, you correct the experience of the world spinning around you, like constantly correcting seeing the earth as flat. Eventually, you realise that all experiences need correction. None of them is real because it takes more than one to be aware of something, and there is no more than that which is One.*

what to perceive as *'it is what it is,'* you perceive your reaction to the confusion as *'it is what it is.'* And since it reveals your response is not singular but twofold, you are in *the duality flow*, thus feeling fulfilled.**

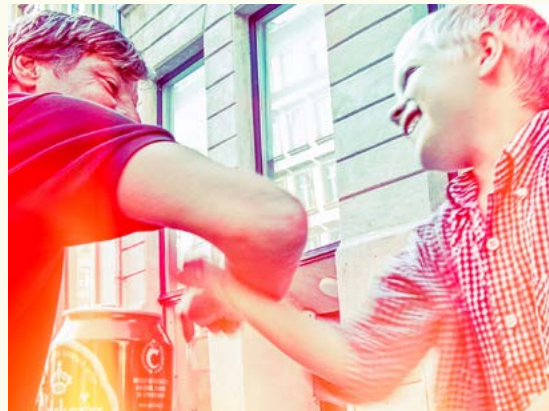
Other ways to approach vertigo

If your vertigo is not too intense, you can approach it practically by doubting your experience and requesting the brain to correct it so the world does not seem to move around you.

But suppose a physical problem, such as tiny calcium crystals loose in the inner ear, causes your vertigo. In that case, you deal with it materially, for example, by consulting a healthcare professional or doing the [Epley exercise](#). However, if your reason for doing that is to get it over and done with, you are most likely fixated on returning to things as they were.

Hence, you do not feel fine regardless of the outcome like you do when you perceive your reasoning as *'it is what it is'* and see it as twofold, not singular. But you must explore what interacts with your singular logic because this hack is about to finish. If that seems abrupt, and your reaction is astonishment, please perceive it as *'it is what it is'* to feel the interaction of surprise and calmness.

Always perceiving your response to something as 'it is what it is,' you do not have to control your reaction to something to avoid feeling wrong because it is complemented by feeling right. However, that does not mean right and wrong are balanced. Dualism is not about balance because that cancels out contrasts, thus duality. Instead, dualism is about the dynamic interaction of opposites, for example, breathing in and out.



And then move on to other duality pairs, such as abrupt/gradual, beginning/end, or expectation/surprise. If you do not stop *the duality flow* by avoiding or enhancing one of the parts in a duality pair, you, eventually, are blown away by the interaction of opposites. Hence, nobody walks a path without distance or direction to that which is everywhere since it is formless, thus endless, namely non-duality.

*) The article [Psycho-Physiological Dizziness Syndrome](#) describes vertigo as a psychological problem more detailed than in this hack but not aligned with the basic view of Alexius' Duality Hacks.

**) Alexius does not write about something he has not encountered himself. So he knows that the perception 'it is what it is' works in the way he puts forth. In his case, though, he does not only use the fulfilment that comes from the duality flow to deal with the world of duality in a relaxed way but as a stepping stone to glimpses of the Enlightenment of that which is One. Thus, he goes to sleep bathed in light and wakes up in the morning to the transparent sound of Celestial Music. See [Duality Hack #11.5](#)



During childhood, we learn to suppress the emotions that make our parents uncomfortable. See [Duality Hack #6.3](#). But every experience comes in pairs in a world of duality, so you feel disconnected if you suppress hate to appear lovable. On the other hand, you feel connected if you do not perceive love and hate as distinctive feelings excluding each other but win a duality pair collaborating to define each other.

Alexius tries to fit into a photo set up to please his parents.

Hack #8,3, Alexius' wonderful and terrible childhood

Alexius interpreted many experiences in his childhood as horrible and blamed something outside him for having caused them. Therefore, disassociating himself from his fear, he could hide behind an image of being on top. Especially because he also separated himself from his affectionate feelings by projecting them onto something he decided to see as wonderful.

That seemed to work until Alexius got older and sometimes felt so bothered by something deemed terrible that his suppressed fear flared out in verbal attacks on others. Although there was no physical violence, his outbursts seemed as wild as when his father lost his temper and hit him across the dinner table when Alexius was a child. So, since he felt ashamed for being as hostile as his father, he hid his hostility from his awareness by projecting it onto his stomach. Actually, he already started hiding his aggression there as a child to avoid

saying something that would make his father burst out in a rage so violent that it could have been the end of Alexius.

Instead, Alexius fought his father with silence, which seemed to work. On top of that, Alexius tried to look sad and in poor health to make his father feel guilty for his cruelty. However, that did not work on his father – only on Alexius because he felt guilty himself. After all, both used each other as a scapegoat for their inner demons.

Alexius does not know if this description of his childhood is correct because it is done in hindsight. Besides, he is neither a physician nor a psychologist. Nevertheless, it seems he disguised his reactions of fear, aggression and shame to events in his childhood behind the physical problems arising from his congenital disability in the vertebrae.

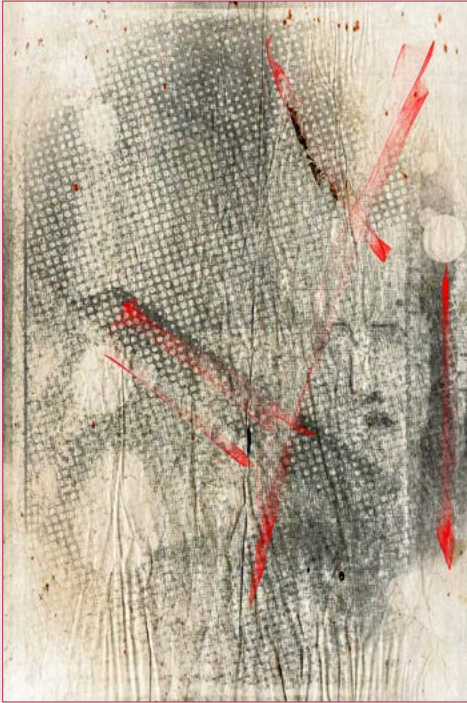
One of these physical problems was that the malfunctioning vertebra disturbed a nerve going to the stomach, thus making it bloated. It made it easy for Alexius to imagine the bloated belly could be used to camouflage



In 1972, Alexius returned from *the Enlightenment of that which is One* as nobody. Hence, he could only remain in a world where there seems to be more than one by pretending to be somebody. Actually, that also applies to the time before that because we are nothing pretending to be something. But since he was not aware of it before he returned from *the Enlightenment of that which is One*, this hack (#8.3) is based on his memories of believing to be somebody instead of pretending it. However, as a child, he already began to grasp that everything is pretence. See [Duality Hack #8.4](#). Be aware that Alexius's childhood story is compressed, so his progress may seem quick, although that was not the case. Nevertheless, it was effortless after having welcomed *the Enlightenment of that which is One*. See [Duality Hack #10](#).

the shame he felt when he, petite and adorable, was exploited by his mother to get the affection her husband could not provide.

Due to Alexius' bloated stomach, the diaphragm hardened. And since it is the primary mover of the breath, his chest turned to stone. So, he imagined using it to block his naivety and natural empathy so it would not cause him to be preyed on in the future.



Alexius grew up in a war zone in the sense that he never knew when and where his father would hit him again. Since his mother did nothing to help Alexius, he felt terrified and alone. To disassociate himself from that, Alexius decided to see his father as cruel and himself as kind. But by disassociating viciousness from himself, he also sepa-

Alexius' memories a dark childhood, which was revealed to contain light – painted on an iPhone.

rated himself from his kindness because viciousness defines it. Consequently, he always looked for kindness outside him. But what he saw he mostly judged as vicious.

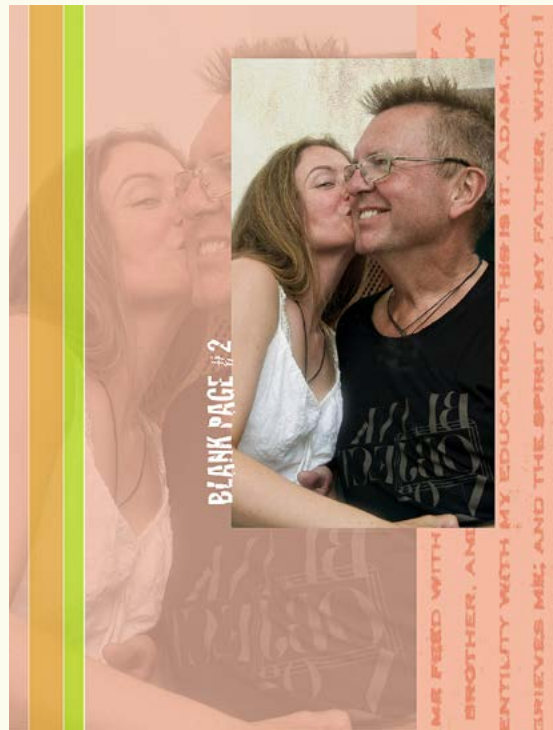
Finally, Alexius realised that the reason for that was his suppressed darkness. Fortunately, not hiding it, lightness* was revealed because light and dark are like two sides of the same coin in a world of duality. This polarity, and those that naturally followed, made him feel complete. Therefore, since there was no fear of evil, there was no need to hide it by perceiving the world as vicious. Consequently, the apparent difference between himself and the world stopped making a difference. Thus, *Alone Together* (see [Duality Hack #12](#)), he walks a path without distance to that which is undivided: oneness

**) This is not the light of Enlightenment but the mundane contrast of light and darkness.*

Fortunately, he got in touch with his compassion again when he grew up. But we go on with Alexius' childhood and his father, whom he perceived as the devil responsible for the destruction he experienced in himself. Unfortunately, Alexius did not want to realise it was his viciousness that he saw in his father, so he hid his inner demon in the neck, weakened by the malfunctioning vertebra. But he also did it because he assumed that he would only get his parent's love by acting like an angel. However, since his parents only loved the divine image he made by suppressing everything devilish, he felt lonely and complained about not being seen.

When the devil behind his false front of goodness popped up, he interpreted the psychological disturbance as a physical issue in the neck where he initially imagined hiding his devilishness. Hence, the physical problem became an unsolvable mystery, later diagnosed as a psychosomatic disorder, that hid the helpless little boy, full of sorrow, rage and fear from Alexius' awareness. See [Duality Hack #7](#) about using the body to hide your feelings.

When you do not try to hide sexual lust, grievances, envy, anger, negativity, or whatever you consider politically incorrect, your thoughts and feelings about something are seen in pairs. Negative thoughts, for example, are coupled with positive ones. You already know this because when one part of you senses something is good, immediately another part sees it as bad. If you do not try to decide between good and bad but join their interplay, you feel as entertained by this polarity as any other. The more you experience everything in pairs, the less dangerous it is to be angry. Actually, you feel relieved being angry because it contains calmness.



But after he became one who is to be compared to *the Enlightenment of that which is One* when he was about 20 years old (see [Duality Hack #10](#)), his two distinctive perceptions of the world as terrible or wonderful were revealed as not separated but interdependent, working together as a pair. Hence, in his unpleasantness, there was pleasantness and vice versa.

One who is to be compared to *the Enlightenment of that which is One*

Welcoming *the Enlightenment of that which is One* is a bit like getting to the point of orgasm. Nothing else matters. But whereas the desire for something drives an orgasm, the absence of something fuels *the Enlightenment of that which is One*.

That does not mean you must become purer by avoiding sex or something else, nor must you be harmonious, physically fit or breathe specially. All that is needed is to forget what and where you are because *the Enlightenment of*

that which is One cannot enter something definable.

For the same reason, it does not change your appearance in a world where there seems to be more than one. But since Alexius keeps getting glimpses of *the Enlightenment of that which is One*, he is constantly reminded that his appearance in a world where there seems to be more than one is make-believe.

Thus, he feels like in a roleplay, where one acts out a role in a story governed by the gamemaster. In the case of a world where there seems to be more than one, the gamemaster is the brain. Being aligned with it, the perception '*it is what it is*' comes naturally. Therefore, since the interpretation of past events loses their specific meaning, the past does not make you feel stuck in a mental combo of physical and non-physical issues.

Everything looks the same after having welcomed the Enlightenment of that which is One. However, everything feels different because one knows every experience is fake.



When Alexius hikes in the primordial forest, he does not label his dualistic reaction to it. Being someone somewhere is enough to feel the togetherness of twofoldness, thus going with the duality flow and having glimpses of the Enlightenment of that which is One.



Consequently, since their interaction made him feel complete, there were no specific feelings to project onto his body. And those he once had projected onto it were seen in the psychological sphere where a feeling is not something tangible but an intangible element in constant interaction with its opposite, like helpless and powerful, sorrow and delight, rage and calm, fear and confidence. Fifty years later, Alexius named the constant interaction of opposites *the duality flow*.

Since it reduced his psychosomatic disorders to physical issues, they could be fixed physically. However, congenital disabilities cannot be completely sorted. So, he still has malfunctioning vertebrae and fallen arches, for example. Yet, everything has been solved to the extent that the experience of being someone in a body has become more comfortable.

Nevertheless, out of habit, an old single-minded view of disgust is sometimes Alexius' first choice when confronted with something new. But fortunately, he soon remembers that every experience comes in pairs of opposing elements to define each other in a world of duality. So then, as from an invisible crack in his conditioned feeling of disgust, a sense of liking unfolds.

Going with the interplay of this polarity, others soon replace it, for example, humility and boldness, serenity and lust, calmness and confusion, union and separation, and so on. However, *the duality flow* is so gratifying that he does not sense when the interplay of one polarity is over and another sets off. The beginning and end are another interaction of opposites that makes him feel adequate.

» *Not trying to control the future, thoughts become unimportant. Hence, they turn into insignificant noise in the background. See Duality Hack #6.4.* «

In other words, the opposing elements in the duality pairs you encounter may not be noticed specifically. No worries, *the duality flow* is about the interaction of opposites in a duality pair, not its specific elements – like one does not need to label the sides of a coin to sense its twofoldness. Thus, thoughts are reduced to insignificant jabber in the background.

» *A holistic experience is not singular but dualistic when in a world of duality. That is why wholeness comes from twofoldness. But in non-duality, there is no wholeness to experience because it takes more than one to be aware of something.* «

To sum up, even though the experience of duality is imaginary (see [Duality Hack #3.3](#)), within its apparent reality, you feel incomplete if you separate the duality pairs into distinct elements. But going with their interaction, you feel complete – like you feel fulfilled by the interplay of breathing in and out.

You do not have to be one who is to be compared to *the Enlightenment of that which is One* to feel completed by twofoldness. You only need to perceive your specific opinion of something as '*it is what it is*' because it reveals your fixed view is twofold. Hence, you get the satisfaction of duality. We explore that in the following hack.



First, Alexius thought his fear was caused by his father, who often beat him as a child. Next, Alexius assumed his anxiety was caused by himself because he did not live up to his parent's expectations, thus awaiting their punishment. Then, he stopped looking for a cause. And since there is no effect without a cause, fear as a specific feeling was gone. Hence, he was free to go with the duality flow. It is not substantial, thus not tangible, yet expressible.

Hack #8,4, You must play the game of duality to hack it

When Alexius was about six years old, lying on the floor while his father kicked him, he became aware that appearing in a world of defined by time and space, everything you do is a charade to make it look describable. Hence, he instinctively mimicked fear by shivering all over. And since it seemed to satisfy his father to see him frightened, he stopped beating Alexius. Thus, he concluded that making the body tremble to appear scared was the way to stop being maltreated, thus being in control, although miserable.

But Alexius soon forgot everything is pretence. However, he remembered provoking a muscle spasm in the body prevented him from feeling helpless, so it became his way of dealing with danger.

Much later, when he again remembered everything is a pretence, he realised there is no need to look for authenticity. Being frightened or bold is something one pretends, like when we pretend to kill someone in a game. See more about playacting in [Duality Hack #2](#).

Furthermore, he recognised that no feeling is singular. They come in pairs of opposing elements constantly interacting to make you feel complete when aligned with duality. But as promised in *Duality Hack #8.3*, this piece is not about Alexius' way to *the duality flow* but how you join it and follow it to the end of duality.

» *Contrasts are the building stones of duality, so when you interpret something as beautiful, you are bound to see something deemed ugly. Therefore, if you do not try to correct or remove the ugliness to hold onto a distinct view of beauty, you feel the togetherness of twofoldness.* «

The loneliness of singularity versus the togetherness of twofoldness

Since everything is twofold in a world of duality, a distinct impression, such as love, is fake. Hence, you feel disconnected when holding onto it. Fortunately, it is easily corrected. First, you perceive your singular feeling of love as *'it is what it is.'*

Twofoldness occurs as automatically as breathing in is followed by breathing out – and feels as refreshing. When you welcome twofoldness, the experience of one polarity is replaced by another. Thus, you remain in the interaction of opposites until the end of the duality fantasy.



Then, in a state of expectation calling for nothing specific, your unique feeling of love gently turns inside out and unveils its counterpart, hatred. Shortly after, hate gently turns inside out, and love returns. Be aware that breathing in and out is not experienced simultaneously, nor is love and hate or any other duality pair. Still, when you experience love, you know it is part of hate and vice versa – like you know one side of a coin contains the other, although you do not see them simultaneously.

Therefore, since the love you feel is defined by hate, which is characterised by love, there is no true love without hatred and vice versa. In other words, when you have one of them, you have both. But if you, out of habit, suppress hate to hold onto a specific memory of love, you have none of them and feel disconnected until you remember that feeling connected comes from twofoldness and, therefore, the collaboration of love and hate.

You may not notice the transition from love to hate, like you generally overlook the changeover of breathing in and out. That is why



That something is ugly is not a fact but how you perceive it. However, this singular interpretation prevents you from experiencing it as it is because all experiences come in pairs in a world of duality.

If you uphold a romantic idea of love by hiding your hatred in a rigid part of the body, you set yourself free from this imagined mix of psychological and physical issues by perceiving your reaction to the rigidity as *'it is what it is.'*

Since that reveals your response is twofold, there is no specific reaction to the rigid body part to establish your hatred linked with it. The sense of nothingness that replaces the supposed link makes you laugh.

it probably takes time to acknowledge the constant movement between the opposing poles in the duality flow, which, like rolling waves, without highs and lows, runs throughout your awareness (see [Duality Hack #8.9](#)).

Nevertheless, since perceiving your reaction to an experience as *'it is what it is'* aligns you with duality, you feel connected immediately. But *not* if you mistake your response to an event for being it because then you establish the meaning you have assigned to your response as the event. For example, a person leaves you, and you feel damaged. Immediately, you disassociate yourself from the feeling as yours by mentally equating it to the person. Thus establishing your response as the person's character is damaged.

Another example: Suppose your nostalgic reaction to a photograph of your hometown is mistaken for the image. In that case, perceiving it as *'it is what it is,'* nostalgia is not understood as something you feel but as the specific look of the image. Hence, the perception *'it is what it is'* has been used to suppress



The perception 'it is what it is' does not set you free from anger but free to experience it paired with delight. In other words, this perception does not end duality but reveals that living by it is joyful. However, since everything has an end in a world of duality, enjoying will be the end of it.

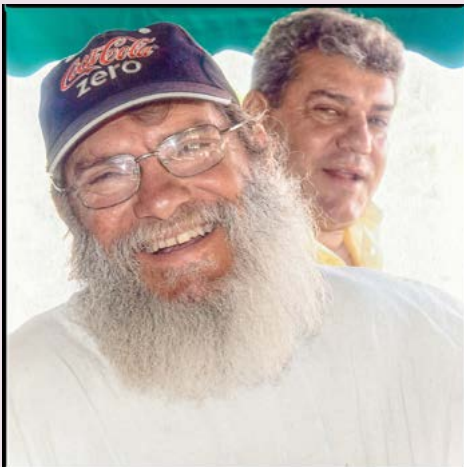
Many people choose a distinctive opinion of something to hide feeling attacked. However, since you must fight to uphold your specific view, you enhance feeling attacked. In contrast, choosing a twofold opinion, there is no particular view to maintain. Hence, you are in the resilient energy between opposites, like the springy drive making a yoyo going up and down. However, you may not catch it since it is a gentle sense of pleasure, not a sensational feeling. But you will notice that *the duality flow* revitalises you. Thus, being present does not require any effort.

how you feel about the picture to appear detached from it and, therefore, your hometown. Besides, since the perception '*it is what it is*' is '*I know what it is*' in disguise, your opinion about your hometown's photo remains single-minded, so you do not get the togetherness of twofoldness but the loneliness of singularity.

And one more sample: Suppose somebody makes you feel awful, and you get rid of feeling bad by projecting it onto the other person. In that case, perceiving the supposedly awful person as '*it is what it is*,' you use the person to distance yourself from feeling bad. Thus, feeling alienated from the person and the world and maybe mistaking that for detachment.

In short, when the meaning of an event is replaced with the meaning you have assigned to your reaction to it, and you state it as a fact, your perception is '*I know what it is*,' regardless of saying, '*it is what it is*.' Hence, you do not feel vitalised by the interaction of opposites but fatigue from suppressing what you feel about something to appear above it.

So, if you wish to be vitalised by twofoldness, it is not your experience of something you perceive as '*it is what it is*,' but the specific response you determine your experience brings about. For exam-



If you repress your negativity to appear solely positive, you do not get the togetherness of *the duality flow* but the loneliness of singularity. Besides, being only positive, you do not feel it is genuine because, without negativity, positivity cannot be defined. So, if you want to be genuinely positive, do not avoid your negative by explaining it away, but include it unedited. As a bonus, this interaction, *the duality flow*, makes you laugh from feeling whole.

ple, if you decide your reaction to rejection is sadness, you perceive that as *'it is what it is.'* It reveals your one-sided response is two-fold, wherefore sadness does not settle into definite grief but gently opens up and reveals gladness inside it. Literally speaking, you feel sadness replaced by gladness as automatically as breathing in follows breathing out.

However, you may be so used to make up mental explanations hiding your initial response to something so you are unaware what an experience makes you feel. Fortunately, when you become aware of that, ever so slightly, and perceive the definitive meaning you assigned to your response as *'it is what it is,'* it opens up, and its counterpart unfolds from inside, as already described.

Revealed as twofold, your response does not appear exclusively right or wrong, therefore neither generating pleasure nor worry. Instead, it brings about fulfilment, remaining no matter what happens because it does not depend on something specific.

That does not mean you cannot respond with sadness if somebody rejects you. But since your sadness is perceived as *'it is what it is,'* it is revealed to interact with gladness. Accepting this

You do not have to apply *Alexius' Duality Hacks* perfectly. A willingness to undo the belief in duality is enough. Therefore, if you are not in touch with your spontaneous reaction to something, you perceive your bewilderment as *'it is what it is.'* After all, that is what it is.



interplay, another duality pair rapidly replaces it. Thus, sadness did not last long.

Had you not perceived feeling sad as *'it is what it is'* but held onto a definite feeling of grief, you would have had to cut off its counterpart, gladness, from your awareness by imagining hiding it in the chest, for example. Hereafter, when you want to hold onto feeling specifically sad, you do that by focusing on pain in the chest. Read about the unfortunate fusion of psychological and physical issues in [Duality Hack #7](#).

To repeat, when your single-minded reaction to something is perceived as *'it is what it is,'* it is not limited to a rage response, for example. Instead, you go back and forth between that and its contrast, peacepeace so that the opposing elements can define each other, and you can experience them to the fullest.

Being amused by this potency, you remain in *the duality flow*. Hence, the duality pair of rage and peace is soon replaced by another intensely experienced polarity. It continues like that until you feel so euphoric that there is no need for more and, therefore, the belief in duality fades out. That may take may years but since



As you adjust to the rules of a computer game, you adapt to the game of duality by acknowledging you are in a world of twofoldness..

time is an illusion and you feel fulfilled by *the duality flow*, it does not matter.

That is why you should not use the perception '*it is what it is*' if you do not want to finish the experience of being someone in a world of duality. Instead, you better use the perception '*I know what it is*' to establish you as someone definitive in such a world. However, to make it work, you must ignore the counterpart of what you claim to know. So if you want to appear as knowing the way, you must hide feeling lost, thus missing something. And no matter where you look, you will not find it if you keep insisting, '*I know what it is.*'



Should you want to speed up the undoing of the belief in duality, you say, '*dunno what it is,*' thus not knowing more than one. That does not mean you are transformed, or the world of duality is replaced by non-duality, but that you are in a *state of not-knowing*. Hence, there is nobody to confirm duality as real until returning to the consciousness of duality. See [Duality Hack #9.10](#).

How do you suppress feelings?

- Talking about what others do or say instead of how that makes you feel.
- Helping others to remove the attention from you and how you feel yourself.
- Holding onto loving someone to hide your self-hatred inside.
- Talking about metaphysical things instead of acknowledging what you feel.
- Being upset about something on behalf of others.
- Meditating, chanting, praying or doing similar things to fend off the present moment.
- Explain what you feel.
- Eating or drinking to suppress one's emotions.
- Trying to prove a factual point to hide what you feel.
- Following ideas for living in the now or trying to live by another totalitarian concept.
- Blaming others and justifying your feelings by them.
- Doing much planning.
- Constantly looking for new things to buy or change.
- Trying to always be in a good mood.

- Working a lot and, for instance, cleaning your home when you are upset.
- Reading or playing computer games regularly.
- Having revenge sex.
- Staging yourself on Facebook to get as many likes and followers as possible.
- Publish photos of your happy and shiny life on Instagram.
- Quoting others to prove you are right.
- Feeling good by making the world better.
- Sitting with crossed legs, locking the knees by bending them backwards when standing, raising one or both shoulders or pushing them forward.
- Holding back the breath.
- Assuming to know what is right and wrong.
- Concluding this and that.

How do you not suppress feelings?

- In *the duality flow*, feelings become very defined, but only in relation to their counterpart. Therefore, since they are not definitive but relative, you have no specific feelings to suppress.



Feeling inferior is your decision because your emotions are shaped by how you perceive your reaction to something. But if your perception of your response is not specific but twofold, you are in sync with the brain because it operates in pairs. Thus, you feel inferior and superior and, therefore, complete.

Hack #8,6, Notes on Feelings

»If you're sitting in a safe and comfortable position, close your eyes and try to feel your heart beating in your chest. Can you, without moving your hands to take your pulse, feel each movement and count its rhythm? Or do you struggle to detect anything at all? This simple test is just one way to assess your 'interoception' – your

brain's perception of your body's state, transmitted from receptors on all your internal organs ... There's a constant communication dialogue between the brain and the viscera (internal organs).«

The above test, to see if the connection between the brain and the body works, is from the article in *The Guardian*, [Interception: the hidden sense that shapes wellbeing](#). Like *Alexius' Duality Hacks*, it concludes that many people have cut off the link between the body and the brain. And since the latter controls the body, it is left without guidance.

Therefore, according to *Alexius' Duality Hacks*, this link must be re-established so the brain can govern the body. But the article in *The Guardian* has another conclusion. It says you need to master the body, and in doing so, you get in touch with its signals and, therefore, your feelings because they are in the body.

But perceiving psychological feelings in the body entails suffering because psychological feelings seem heavy when assumed to be in something substantial instead of fleeting state of minds in the airy psychological zone. Besides, you are a product fabricated and conducted by the brain. So, believing you are the master, not a servant, you feel fatigued because you do not know what you are like the brain does.

You do not need to balance breathing in and out. It happens by itself when you do not intervene. Likewise, the brain automatically takes care of the physical and psychological zone if you do not try to integrate them per body-mind ideas.



In other words, you are not a boss but a puppet mastered by the brain. That is why you feel vitalised when playing by the brain's rules of duality, like playing along with the rules of a computer game makes you feel energised. In contrast, you feel fatigued trying to make your rules fit into the brain's set-up, which is to go with *the duality flow* to feel fulfilled by the constant interaction of opposites.

However, if you do not want to play the game of duality, you are free to leave it. But you can only do that if you play it. And since participating involves feeling it, we continue in the below, looking at the twofoldness of feelings.

As usual, we do not begin somewhere specific or end with a conclusion. *Alexius' Duality Hacks* have nothing to establish because they know they are as illusionary as anything else in a world of duality. Nevertheless, reading the below ragbag of clips may help you see the illusion of what you believe in being.

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This hack (#6.5) is not about Enlightenment or the reality of oneness but twofoldness because, seeing more than one, you must have opted for duality instead of non-duality. To undo that decision entirely, you must live by duality completely. Fortunately, it is easy when you do not suppress aggression, for example, but go with the interaction of that and peace, like breathing in and out.

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In the game of duality, the brain is the game master. You cannot change that, but if you go along with it, you have plenty of fun in its duality fantasy.



You cannot breathe out before you breathe in, and vice versa. You cannot have one without the other. That is the way of duality. Every experience comes in pairs. Acknowledging this, you feel complete. In contrast, dividing the duality pairs into separate elements makes you feel incomplete.



You cannot experience something as positive without judging something else as negative. Hence, negative thoughts are a confirmation of positivity and vice versa. That is why polarity makes you feel complete.



Many try to replicate non-duality in a world of duality by being solely positive. However, this singleness is not a confirmation of non-duality but separation as it is based on excluding negativity.



The main reason most suppress negative feelings is that they fear they are dangerous to express. For example, when Alexius was a kid, his father beat him if he said or did something judged offensive. Thus, Alexius was afraid to voice his negative emotions accidentally.

Negativity is just as crucial as positivity. A computer, for example, only functions when connected to the negative and positive poles in an electrical wire. In other words, twofoldness is the name of the game, which you must adhere to if you want to be in a world of duality. Also, if you wish to leave the game of duality, you can only do that when playing it.



But just like the negative pole in electricity is as important as the positive one, you need negative feelings as much as positive ones. When you avoid the negative ones, you deteriorate and blossom if you approve of them.

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When somebody triggers an old feeling of rejection in the special self, it first interprets it as an attack. Next, it blames the perceived attacker for having caused it. Therefore, since the unpleasant feeling seems to originate in the attacker, the special self concludes it has nothing to do with itself.

If the perceived attacker exposes this self-deception, the special self points out something from the past to make the attacker feel rejected. Hence, the special self feels off the hook and assured that it is loved and the attacker is not.

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Is life suffering, as some say? No life is non-dual, and it takes more than one to suffer. But appearing in a world of duality is suffering if you want to have singular experiences. On the other hand, if your approach to appearing there is twofold, you are aligned with duality.

If you feel like a loser, you do not solve it by blaming others but by completely feeling it. Since that means there is nothing else, there is not something to contrast it, thus not anything to define it. Hence, you do not feel something specific, wherefore you are in the bliss of nothing.



Thus, you cannot suffer without feeling perfect because suffering cannot be defined without it. In other words, when your response to something is twofold, you are in the constant interaction of opposites and, therefore, in the duality flow.

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Nobody but yourself has the power to make you suffer. Therefore, if you feel bad, it is because you see yourself as somebody. Hence, do not try to be anybody.

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Trouble always follows in the footsteps of somebody, whereas the bliss of nothing comes in the wake of nobody.

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Suffering comes not from something but from how you interpret your response to it. However, you do not fix that by making another interpre-

To prevent being touched by the duality flow, you ensure everything in your environment is adjusted to the rules of Feng Shui or another totalitarian system based on singularity..



tation because you probably choose a singular one, which is the root of your misery. But if you perceive your suffering as '*it is what it is*,' you see it is not specific but coupled with contentment. Hence, you neither feel specifically hurt nor content but vitalised by their constant interaction.



If you want to undo the belief in duality, denying feelings by focusing on their energies is not helpful because the experience of duality is based on feeling it.



To feel is not to exist because it takes more than one to feel something, and life is that which is One. In other words, it is only possible to feel something if you imagine being in a world where there seems to be more than one. Can you feel it? Of course, you can. You are reading this. That means you think it is possible to be and have more than that which is One, and you uphold the illusion as 'real' by feeling it.

You undo your mistake by acknowledging what you feel. Next, you perceive your reaction to it as '*it is what it is*,' revealing your response is not singular but twofold. Then, you do not focus on the two polarity elements but go with their interaction, which is the duality flow. Remaining in the flow, you feel so complete that the experience of more than one eventually is dismissed as real..

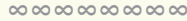


Unlike the special self, the basic self does not want to create, modify or change anything. So, although it is scary when the brain's script brings it down, it knows fear contains joy because everything is twofold in a world of duality.

Going with the interaction of fear and joy, the basic self gets the thrill of *the duality flow*. But the special always does not get that because it bans fear from its awareness, expecting to feel joy only. But since there is no joy without fear, it feels dissatisfied.



The special self insist in knowing what is right or wrong and gets up-set when it sees something it has judged as wrong. In other words, it is imprisoned by its rules. In contrast, the basic self has no need to control what is right and wrong. It sees these opposing elements collaborating in *the duality flow*.



Like a criminal, the basic self does not think in terms of right or wrong. But unlike a criminal, it does not replace these categories with a calculation of what it can get away with. Instead, it remains in the interaction of right or wrong, thus *the duality flow*.



When experiences are not seen as something, there is nothing to be excited about. Consequently, there is no expectation of something to prevent the bliss of nothing.

Hack #8,5, Notes on Perception

When you perceive your reaction to an experience as *'it is what it is,'* you are in sync with the brain's script. But if you start analysing your response and conclude, *'I know what it is,'* you are out of sync. You cannot know anything because you do not know who you are and never will because you are a fantasy of the brain. Nor can you see what is real because everything is unreal in the brain's fiction.

Your experiences will continue as scripted by the brain, regardless of how you perceive them. But since the brain out of love injects you with shots of happiness, it is in your best interest to have a perception in sync with the brain because otherwise, you do not notice its love injections.

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Being in sync with the brain's script feels like using the right tools for an assignment.

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Your experiences have no meaning, nor are they yours. It is an illusion created by the brain, which thinks up experiences that make you believe you see, hear, feel and taste something real outside you. It is easy to deceive you into believing that because if not, it is obvious the brain also thinks you up.

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The image you have made of yourself only exists in the impression you imagine to make in the world. And that only seems real because of what you imagine it does to you.

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Since non-duality is formless, thus without a beginning and end, it is everything. However, that does not mean it includes the experience of duality. On the contrary, formlessness cannot be experienced, so everything experienced is fake.



Since every effort to improve yourself is based on the belief in being wrong, doing something about it enhances that belief and, therefore, suffering. But it suits you perfectly because it manifests you as something instead of nothing.



You do not have to use the exact words in the perceptions mentioned in *Alexius' Duality Hacks* regarding being aligned with duality, denying it, taking a break, or forgetting duality. Instead of saying, '*it is what it is*,' you could say, '*Shit happens*,' or '*So what*.' As long as the essence is alike, the perception works the same. That said, the perception '*I know what it is*' only works in the context of believing in being independent of the brain. In other words, it does not work because, like the basic self, you depend on the brain's script regardless of beliefs.

You leave the brain's script momentarily or for good by choosing the perception '*dunno what it is*.' Although you are still what and where the brain has planned, you do not perceive the experience as something, so you are in the bliss of nothing. Read about these perceptions in [Duality Hack # 6.7](#).

To uphold the perception '*I know what it is*,' you must suppress your actual response to an experience. Still, it never works as intended because you are not all-seeing. The two other perceptions do not involve denial. On the contrary, if you deny your response to something, it cannot be perceived as '*it is what it is*' or '*dunno what it is*.' But those perceptions do not work when you use them to get something over and done.

Fortunately, that can be solved by perceiving the response to your plan as '*it is what it is*.' It flushes out any idea of achieving something specific. And if your response is perceived as '*dunno what it is*,' there is not something to accomplish because you are in the bliss of nothing.



Non-duality is *one perpetual present*, which, in a world of duality, is simulated by a *state of not-knowing* where experiences are not perceived to make a difference.

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The more you perceive your responses to your experiences as *'it is what it is,'* the more carefree you feel. Perhaps so much that your perception automatically changes to *'dunno what it is,'* which often brings about glimpses of *the Enlightenment of that which is One*. See [Duality Hack #11.2](#).

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You feel fulfilled when a duality pair, such as love and hate, dynamically interact. However, since the interplay takes away the sense of control, many people choose to separate love and hate by projecting romanticised love onto one person and iron-fisted hatred onto another. But insisting on this division, they miss the joy of togetherness because it does not come from a singular but dualistic feeling.



Better not hide your reaction to something by making a story in which you are unimpressed or detached. Instead, feel your response so you know what it means to you and can perceive your single-minded opinion as 'it is what is.' Since that expands the interpretation of your reaction, it is not limited to being singular. You realise it is twofold, thus feeling fulfilled since you are in a world of duality.

Fortunately, that is corrected when the meaning they have assigned to love or hatred is perceived as '*it is what it is.*' For example, if they have classified hate as a weakness, it is revealed to be paired with strength. Hence, giving you the revitalisation of togetherness. Furthermore, other people are set free from the conceptual way you used to see them.



Those who like to talk about their emotions have not felt them because if something is wholly felt, it is unveiled as nothing. Hence, there is not something to talk about.



A feeling can only be known when explained. And since that makes it mental, you feel benumbed when claiming, '*I know what it is.*' To compensate for that, you indulge in stories of a better world.



To perceive anything as '*I know what it is*' is as crazy as thinking you know where you are in a dream. You are not there but in your bed.



You cannot explain feelings away, nor will they ever disappear or be transformed through meditation or something else. But if you stand by your emotions, you can perceive them as '*it is what it is.*' It reveals that fear, for example, constantly interacts with fearless. So, since you are neither afraid nor unworried, but in their constant interaction, you do not want to escape fear because you are not revitalised by the duality flow without it.



You can alleviate the symptoms with air purifiers, pills, sprays and drops if you have allergies. However, it may still feel depressing. No worries. If you perceive your depressed reaction to your allergies as '*it is what it is,*' you see it interacts with joy to vitalise you with

the duality flow. Although it is not a miracle cure for allergies, it no longer feels so heavy when in *the duality flow.*

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You must judge something as inharmonious to know that you experience something else as harmonious. But since most people after that exclude the inharmonious, there is not something to define the harmonious experience. Consequently, what they get is an intellectual idea about harmony.

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Since your reaction to the internal comments about the world generally is singular and therefore cut off from its complementary part, you appear to judge yourself and others as incomplete. Fortunately, you can undo this limitation by perceiving your present reaction to an internal comment about somebody as *'it is what it is.'* That reveals your opinion is not singular but twofold. Whether you notice the elements of this duality pair, you cannot help but laugh being in the flow of their interaction. Hence, the interplay of opposites, like waves in the ocean, hastily but without haste wash away your narrow-minded opinions.

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If you feel sad and do not experience the gladness it contains, you have chosen to perceive your reaction to something as 'I know what it is' instead of 'it is what it is.'



If you feel something is missing in music compressed into MP3, you can get the same music in a non-compressed version. Should that not feel satisfying, you can get better speakers, wires and whatnot. And if that is not good enough, live music might satisfy you.

But no matter how the music is presented, it will never satisfy you if your response is singular. That is because every experience comes in pairs in a world of duality, so you cannot feel fulfilled unless your reaction to the world is twofold. Therefore, whether music is compressed, you feel satisfied when your response is dual.

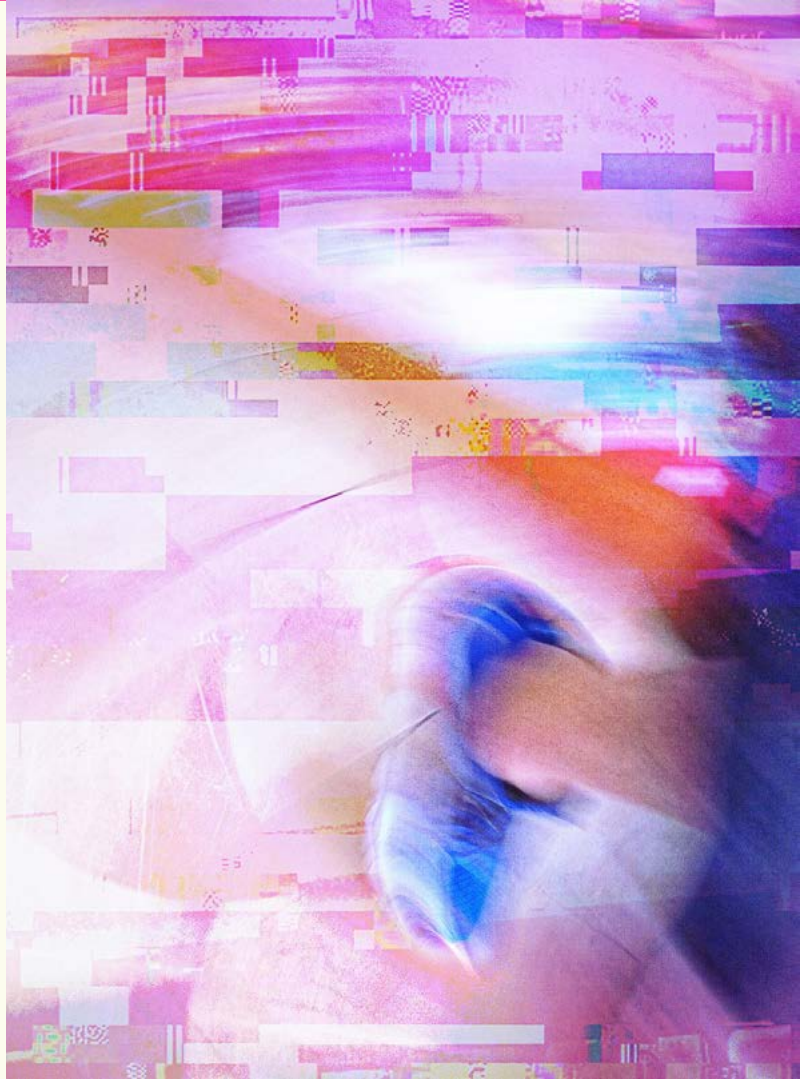


Most of those who believe that negativity should be avoided, like crystal stones for healing. But many of these stones, like Amethyst, heal by emitting negative ions producing biochemical reactions that create positive vibes/moods and relieve stress. And most infrared heating pads heal via negative ion generation.



The purpose of *Alexius' Duality Hacks* is not to explain the truth but to show there is nothing to explain because it requires more than one to do so, and there is no more than that which is one since it is formless, thus endless.

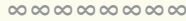
The basic self does not need to edit the experience of the world into something that complies with concepts of being together in harmony, balance or whatnot. On the contrary, since everything experienced is created by the brain, the basic self is together with everything, regardless of appearance.



Hack #8,7, Notes on 'the duality flow'

Being in sync with the brain's manuscript is not about responding positively but be aware about your reaction so it can revealed two-fold. For example, if you feel upset because things do not unfold per your ideas of fairness, you do not disassociate yourself from feeling

troubled. Instead, you perceive it as '*it is what it is.*' Since that reveals it is coupled with its counterpart, you go from feeling troubled to untroubled. After a while, you no longer sense the specifics of this duality pair but their interaction. And since that is *the duality flow*, you are in sync with the brain's script of duality.



When you believe in being unique, you must constantly look for somebody to ratify your significance. But as closeness may reveal your need for others is egoistic, you substitute genuine feelings of togetherness with conceptualised ones. For example, you adjust to the table manners of a traditional dinner party, thus appearing close without being it – or you get popcorn and a classic movie to rewatch with someone to create an illusion of closeness.

On the other hand, the basic self is not definitive but relative. Hence, it automatically adjusts to the moment as it is – also if that seems scary because fear is defined by calmness, which outlines fear. Therefore, by experiencing their collaboration, you feel them genuinely in their interdependency. And since twofoldness is the nature of dualism, being in interaction of opposites establishes you as someone in a duality world. Hence, you have fun hacking it while in *the duality flow*.

That said, when you are not interested in being special, thus going on automatic gear as the basic self, you do not have to perceive specific feelings as '*it is what it is.*' The brain automatically does that. Maybe it does not perceive them using those words. But you know specific feelings are exposed as twofold because you cannot help laughing, feeling *the duality flow*.

Read about the basic and special self in [Duality Hack #5](#).



In a world of duality, every experience comes in pairs of opposites that interact with each other. Therefore, since nothing is definitive,



Comparing the desire for something with the drawback of getting it is a typical interplay of opposites. Going with it, you feel complete, thus indifferent to the outcome.

you only appear empathic if you construct an image of yourself where its counterpart, hatred, has been left out. But without it, there is nothing to define empathy. Hence, your empathy is a show.

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It seems substantial when you disassociate yourself from one of the elements in a duality pair by imagining dumping it in your body or seeing it as describing someone else. Hence, it is enduring instead of fleeting as when seen in your psychological sphere. Consequently, you feel imprisoned. Fortunately, as you already know, perceiving your reaction to it as '*it is what it is*' sets you free.

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Being with duality is easy when you stop holding onto something specific. That does not mean you cannot have a particular spouse but that your reaction to the relationship is twofold.



If your attitude to something is single-minded, you get a specific experience. But it does not last because every experience comes in pairs of opposites in a world of duality. Therefore, feeling on top is soon replaced by feeling down. On the other hand, if your approach is dualistic, you do not aim for the top to avoid depression but go for the constant interplay of up and down. Although it may not feel as exciting as being at the top solely, there is no fear of falling because you are in *the duality flow*.



Do not plan on getting your wishes fulfilled when you join *the duality flow*, but count on being fulfilled.



The duality flow depends not on the specific elements in a duality pair but on the resilient energy between them – like the springy drive that makes a yoyo go up and down.



The satisfaction you get from being in the duality flow is unlike what you get from something specific because you are always afraid of losing it, whereas you cannot lose the duality flow.



Accepting the constant interaction between up and down makes you laugh when you reach the top and cry at the bottom. But since you know it goes up from there, you have a splendid time going up and down in a world of duality.



When you feel you have nowhere to go and do not perceive it as a singular state of mind but a dualistic one containing nowhere and everywhere, you are in the duality flow. The same applies if you go with the interplay of irritation and relaxation. But the flow is not about the elements in the duality pairs but their interaction. That makes you feel complete – like the interplay of breathing in and out is vitalising.

And like the opposing elements in breathing depend on each other, so do the components in all duality pairs. Therefore, if you are not in the constant interplay of positivity and negativity your positive attitude is a concept conjured up by distancing yourself from negativity. But that is like separating yourself from either breathing in or out. You need them both to survive. To repeat, in a world of duality, every experience comes in pairs of opposing elements. Going with their interaction, you feel vitalised by *the duality flow*.



*You either breathe in or out.
One excludes the other.
Yet, they pave the way for
one another. It is the way
of the duality pairs.*



You can use unmanipulated breathing as a portal to the vibration symbolised by *AUM*, *Soham*, and *The Word of God* (see [Duality Hack #11.4](#)). And you can also use it to get in touch with *the empty breath* (see [Duality Hack #9](#)). But basically, the breathing is a manifestation of duality. Therefore, it is the easiest way to get into *the duality flow* – at least, theoretically speaking.

But practically speaking, most hold their breath to avoid or cling to specific ideas and emotions. Therefore, unable to go with its rhythmic flow of breathing in and out, they miss *the duality flow*. That is why *Alexius' Duality Hacks*' recommends perceiving your fixed judgments as '*it is what it is*' to see they are not static but in constant interaction with their opponent to define each other. Going with that interplay, the breath flows freely and following its non-manipulated rhythm, you are in *the duality flow*.



You do not establish your experience of something as specifically good or evil when in *the duality flow*. They complement each other. So, since one is not better than the other, there is nothing to judge, thus nothing to establish fear as a specific feeling. Instead, you notice that it interacts with trust, thus continuing in *the duality flow*.



Suppose you neither hang onto a negative nor positive response to how duality unfolds but go with their interaction. In that case, you are in the duality flow, thus feeling fulfilled by duality's interplay of opposites.



You suppress your reaction to the world to prevent seeing that your complaints about it are misplaced because you are not restricted by it but by your totalitarian ideas.



When you are fed up WIT the totalitarian environment established by your singular opinions, you say, »I prefer *the duality flow*.« Then you see, it is already in the interaction of breathing in and out (see [page 415](#)). That does not mean you must remember the breath to be aligned with *the duality flow* because breathing happens by itself when you do not interfere. In other words, *the duality flow* occurs automatically if you do not restrict yourself by hanging onto singular points of view.



There is nothing to forgive when you are in *the duality flow* because feeling wrong constantly interacts with feeling right – and regret with delight. As you probably have read before, the opposing elements in a duality pair interact to define each other. Therefore, since wrong feels as strong as right, you are not set on the specific elements in a duality pair but on their interplay. Like when you breathe, it is neither a matter of feeling extracted nor contracted but how gorgeous the interplay of these opposites makes you feel. Or like when on a see-saw, down interacts with up, thus equally exciting (see [page 415](#)).



If you want the satisfaction of *the duality flow*, it is essential not to focus on anything specific. The same applies if you wish to undo the belief in duality. Therefore, since the perception '*it is what it is*' cancels out specifics, you kill two birds with one stone by choosing that perception.



Having established '*it is what it is*' as your default perception, you are always in the togetherness of *the duality flow*, thus feeling plen-

tiful and not needy as when you divide the duality pairs into separate components.



To feel important is a single-minded notion that has been separated from its counterpart. Hence, it entails loneliness. But in *the duality flow*, importance interacts with unimportance, so you get together-ness.



Going with the breath is a fundamental way of connecting with *the duality flow*. But you neither attend to breathing in the manner described regarding *Aum* and *Sohang* (Duality Hack 11.4) nor *the empty breath* (Duality Hack #9.4). Actually, it is not about how you breathe. Whether it is through the mouth or nose, slowly or fast, steady or restricted, the expansion and contraction that breathing entails goes on. Sensing their interplay is like being on a seesaw, not in balance but in the constant interaction of opposites. Factually speaking, this is felt in the stomach and chest. But since it is *the duality flow* and it is everywhere, you feel it anywhere, psychologically speaking.

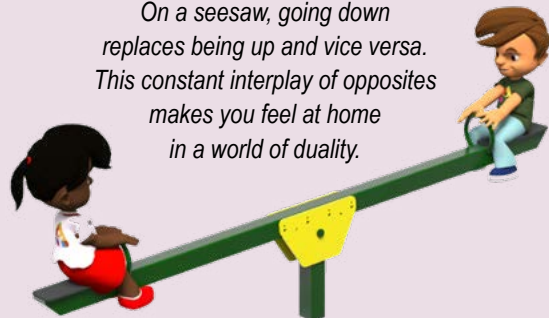
Should the interplay of expansion and extraction be disturbed by sudden anger, for example, you get an interplay of anger and calmness. Therefore, since the disturbance does not prevent you from being in *the duality*

flow, you probably return to the interaction of expansion and extraction.

This constant interaction of opposites is so close to *the empty breath* that you suddenly are in a *state of not-knowing* (see Duality Hack #9.10). Going back and forth between *the duality flow* and a *state of not-knowing*, you are at super speed on the way without distance to non-duality.

Practically speaking, being in *the duality flow* or a *state of not-knowing*, the body gets so relaxed that you automatically pick up the signals it gets from the brain of what and when to do something in your mundane life.

On a seesaw, going down replaces being up and vice versa. This constant interplay of opposites makes you feel at home in a world of duality.



When you have followed *the duality flow* for some time, the particular state of mind you formerly conjured up to feel at ease is forever out of reach because everything is seen as twofold. What that means, you do not know. Nor do you care because you feel completed by the constant interaction of opposites, so there is no need for a specific understanding or state of mind to escape feeling disturbed.



Being in *the duality flow* is like having an electronic calendar. The appropriate thoughts automatically pop up when needed. However, not systematically, like when seeds are planted in rows to get the most in return, but in the creative way of nature that enthusiastically throws seeds everywhere to see what chaos brings about.

In other words, *the duality flow* is unpredictable except for having fun. However, please remember that everything is twofold, so you do not have fun without feeling bored. Fortunately, that is not a problem in *the duality flow* because the interaction of opposites feels entertaining.



Being intuitive, you do not try to interfere with the brain. Hence, you are in the duality flow.

Since the brain is always in charge, you never have to plan, neither when not in *the duality flow*. However, you probably assume you know better, thus dismissing the brain's signals. But you only seem to be doing things in your way and pace because you, in retrospect, edit your perception of your experiences so it confirms everything has turned out as planned – like you shape a chaotic dream into something consistent with your point of view by systemising it with concepts of patterns, displacement activity, unity, synchronicity and karma.

But making it look like you are in the know is exhausting, and it limits you by your conditioned view. In contrast, perceiving your experiences as they are, you are not busy living up to a conditioned view of the world, thus feeling relaxed.



From reading this Duality Hack, you may get the impression that you should avoid specific opinions and emotions. However, *Alexius' Duality Hacks* is not

Should things not proceed as expected, when you are in the duality flow, you are not afraid of getting upset because you know every experience comes in pairs. Therefore, since your concern is complemented by unconcern, the duality flow continues uninterrupted.



about banning something. So, if you have a specific opinion about something, you acknowledge it so it can be perceived as *'it is what it is.'* Hence, since your reaction is revealed as twofold, you are not involved with specifics but with their constant interaction. Therefore, in *the duality flow* as supposed to in a world of duality. That is not a betrayal of non-duality because it is formless, thus endless, so there could not be a duality fantasy without non-duality. Hence, living the fiction per its premises of twofoldness is a positive confirmation of non-duality.



Fortunately, you do not need to understand the nature of duality to be vitalised by *the duality flow*. If you perceive your single-minded response to an experience as *'it is what it is,'* you sense it is not singular but twofold. Thus, you are in sync with duality. You can also get there by entering *a state of not-knowing* because you come out of this state with your slate wiped clean, being the basic self dedicated to duality. See [Duality Hack #9.10](#).

Therefore, since you do not attempt to pull apart the duality pairs into independent elements fighting each other but comply with their

*Applying Alexius'
Duality Hacks
is the end of
everything familiar.
But unlike death,
which feels like life
is over, the duality
hacks do not finish
anything but your
belief in duality.*



synergy, the collaboration of love and hate, for example, gives you the complete relationship experience.



Long ago, Alexius conditioned himself to hide his sadness behind justified anger and disgust. That changed when he did not try to hide or rationalise it but felt it so he could perceive it as '*it is what it is,*' thus meeting a little boy floating on waves of happiness inside his sadness.

In other words, when he saw his sadness was paired with happiness, he stopped fencing off sadness to look okay. Instead, the interaction of happiness and sadness became his basic experience of *the duality flow*.



The duality flow is very active, so you do not get it by sitting and meditating but by being physical activity in a rhythmic and uncontrolled fashion, for example, [Nordic Walking](#). Practising that makes it hard to initiate something yourself, so it is great for getting into *the duality flow*. That said, *the duality flow* is not physical, so you feel it in the psychological sphere, not the body.

Over time, *the duality flow* goes to non-duality. That is the end of all experiences because it takes more than one to be aware of something. Consequently, you are not there anymore and never were anywhere because that requires more than one. Still, you are everywhere because non-duality is formless, thus endless.

The duality flow values the opposing elements in the duality pairs equally. Hence, it is probably the closest you get to a singular state in a world of duality.

Maybe that is why the more you are in the duality flow, the more you forget to believe there is more than one.



Hack #8,8, 'The duality flow' frees you from isolation

Suppose you stand by your reaction to *Alexius' Duality Hacks*. In that case, the definitive meaning you have assigned to your response can be perceived as '*it is what it is,*' so you see your opinion is not singular but twofold and, therefore, not feeling alone but together.

The first time in *the duality flow*, you may feel as if you have vertigo. When you constantly move between opposites, you have no definitive reaction to determine what to do. But you never had. It was something you made up to feel in control. Not doing that anymore, *the duality flow* feels natural.

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Getting into *the duality flow* is difficult if you consider yourself spiritual because it is often based on excluding the feelings preventing you from achieving a singular state of mind. Therefore, since you cannot perceive them as '*it is what it is*,' they remain in the dark, and you in a numbed state of detachment, considered spiritual.

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*What you need, you see
without looking for it when
going with the duality flow.
If you miss it, you are not
afraid of getting upset
because every experience
comes in pairs in a world
of duality. Therefore, if
you feel upset, you are in
the interaction of that and
feeling calm.*



Unconsciously, you are always in the duality flow because no matter where you look, your eyes do not settle before they have found the highest contrast so that they can rest in the flow of opposites. Just look at the images in this hack to see that your eyes do not seek balance but the energising flow between the most contrasting elements



When you know any singular opinion or feeling is illogical in a world of duality, it is not essential to label the opposing elements in the duality pairs you encounter. So when you judge something as dangerous and see it is complemented with harmless, you do not dwell upon the opposing in the duality pair but their interaction – like it is neither up nor down, but the interaction between those opposites that gives the thrill of playing yoyo.



If you perceive your reaction to everything as '*it is what it is,*' there is no need to fence off seeing yourself as a monster by accusing others of being evil because that perception reveals the beast is complemented by an angel. Like all other interactions you feel complete, so there is no need to denigrate others to feel better.



You enter *the duality flow* by perceiving your emotions as twofold. Unfortunately, most are removed from their feelings, except those they blame others for making and, therefore, do not consider their own. Nevertheless, everyone seems to be in touch with their grievances. So, if you have judged someone as stupid, you perceive your condemnation as '*it is what it is.*' Thus, witnessing condemnation is interacting with approval to interact you are *the duality flow*, feeling free to everything.



Nothing disappears in *the duality flow*. For example, if you feel wrong, you continue doing that. However, it is not alone anymore



The duality flow *cannot be used for something specific*. No worries, there is no desire to achieve anything in particular when in the duality flow because it makes you feel complete.

but coupled with feeling right. Hence, you feel free from the confinement of single-minded reactions.

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The constant interaction of opposites in *the duality flow* makes it equally entertaining to be somebody as nobody.

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The brain generates ongoing internal communication with conflicting opinions to uphold its fantasy of duality. However, that is very disturbing if you want to be someone definitive with distinct views. That is why some try to silence the inner dialogue via meditation, others by keeping themselves so busy that they seem to be above it, or they talk so much externally that the internal conversation seems drowned out.



Before the duality flow, you probably had a particular mood you recalled when you wanted a sense of happiness. However, in the duality flow, pleasure does not come from something specific, such as a particular place, but from having a two-fold reaction to it. Therefore, since you are in the constant interaction of opposites, you do not need to go somewhere specific to feel happy.

But they deceive themselves. It takes two to meditate, be busy or talk with others, so they do not establish themselves as singular but dual. If they instead accept twofoldness, they are in *the duality flow* with constant interaction of opposites. Therefore, their headspace is at peace since the brain does not need to generate ongoing internal communication with conflicting opinions to establish duality.



In *the duality flow*, violence collaborates with kindness to define it and be defined by it. Therefore, if you do not feel kind, you suppress your violence. However, not fending off your violence, you can perceive it as *'it is what it is,'* thus sensing the kindness inside it.



Going with *the duality flow*, you feel complete. Thus, going against society, which favours planning, controlling and manipulation to get

more money, power, friends, love, or whatever one imagines, brings about fulfilment.

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When an emotion seems hidden but feels substantial, perceiving the form you feel as *'it is what it is'* reveals it is complemented with space. Joining the interplay of form and space, you feel free in *the duality flow*.

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Alexius' Duality Hacks recommends you look at your singular feelings in the psychological zone by perceiving them as *'it is what it is,'* thus seeing they are twofold. But since Alexius was born and grew up in the Western world, his writing is coloured by that culture. Therefore, if you come from a culture with less emphasis on feelings and psychological matters, your way to feeling relieved by *the duality flow* may not be by facing your emotions but by joining the interaction of form and space.

For example, if you feel stuck by a specific form, perceived mental or physical, you acknowledge it so you can perceive the form as *'it is what it is,'* thus feeling free



Since dualism is a fantasy, a world of duality is not physical but mental. That is why it is a mental experience to be someone in a material world. In the duality flow, it is obvious because it is not specific but abstract. Thus, going with the duality flow, you end in non-duality.

because that reveals the form constantly interacts with space. That also applies regardless of whether a form is judged troublesome or lovingly.

Western people can use this approach when their emotions seem hidden but somehow substantial. Perceiving the form as '*it is what it is*' reveals it is complemented by space. Joining their interplay, you feel free in *the duality flow*. Of course, that does not solve financial problems, but handling them is more manageable. It is also easier for the brain to use the biological system to heal the body.



As already said, an easy way of being in *the duality flow* is to join a basic duality pair like breathing in and out or expansion and contraction. You could also go with the interaction of the physical and psychological area or the outward and inward-facing senses. Both are an interaction of heaviness and lightness. Read about the outward and inward-facing senses on [page 573](#).



Initially, Alexius was mostly into connecting with *the empty breath* and having glimpses of *the Enlightenment of that which is One* because he likes the time out of duality that it entails. But nowadays, he also enjoys *the duality flow*, thus feeling good in duality while hacking it.



When you are in *the duality flow*, light feelings complement dark ones. Hence, there is light in the darkness and vice versa. If you have not realised that, you will fear falling through a black hole into that which is One.



Accepting you are someone in a world where there seems to be more than one, you honour your choice to believe it is possible to be and have more than one. Consequently, you are in a position to

undo it. Since the temporal length of an event is an illusion, you may take your time and begin following *the duality flow* so you can enjoy appearing to be and have more than one until this experience, like anything else that has a beginning and end, finishes with no effort of yours.



Not looking for something, you are in *the duality flow* on the way to non-duality. That does not mean you see everything becoming one. But that, eventually, you do not experience something. Actually, you never did because it takes more than one to be aware of something.

When you enter a roller coaster, you cannot leave it before the ride ends. Likewise, you cannot escape the fantasy of duality before the ride ends. So why not enjoy it with the duality flow, thus on a wave going nowhere but non-duality?





You do not get the duality flow if you try to hold onto being hurt, for example, to prove you are a victim of somebody. But you get it if you go with the interplay of hurt and happiness, thus not seeing distinct but fleeting feelings in the duality flow.

Hack #8,9, You undo the belief in duality by enjoying it

No feelings are singular

The duality flow is not about the opposing elements in the duality pairs but their constant interaction. However, to join that, you start by acknowledging one of these elements is your distinct response to a present experience. Hence, you can perceive it as *'it is what it is,'* thus having revealed your specific reaction interacts with its opposite.

Therefore, as aforementioned, hate complements love and vice versa so they can define each other. Their interaction happens constantly. Any second, though, hatred may reveal that kindness can also define it. Then, that twofoldness replaces the former until kindness is defined by selfishness. Hereafter, humility may partner with selfishness to explain it. And so it goes until you break *the duality*

flow by focusing on a specific element in a duality pair, thus excluding its partner.

Believing you are not dual anymore but someone definitive, although not knowing what that is, continues until you are fed up with the hectic stream of thoughts required to hide that you are not singular but twofold in a world of duality.

All feelings are twofold

The first time Alexius experienced what he later named *the duality flow* was during a gentle but very physical massage many years ago. Without thinking, he did not try to escape a particularly unpleasant feeling triggered by the massage but kept being it emotionally. Then, relatively quickly, the unpleasantness quietly opened up, and joy came out. But it was not until later that Alexius recognised the same happens if you perceive a specific feeling or opinion as '*it is what it is.*' That reveals it is not singular but twofold, meaning every emotion contains its opposite.

Much later, Alexius experienced something similar when his cat, Uma, died. He felt sad but also



When Alexius' beloved cat Uma died, he cried for ages. Fortunately, weeping is coupled with happiness. Hence, crying made him feel the happiness they had together and still have in the psychological sphere. Of course, Alexius still miss her physically. But since this feeling is in the psychological zone, he meets her there.

If you suffer because somebody has died, you stand by the discomfort so it can be perceived as '*it is what it is.*' Revealing your feeling is not singular but twofold, it does not make you feel alone but together.

confused because how could a dead cat create the feeling of loss he felt in his body? It must have been something he unconsciously had projected onto his body. Ergo, he consciously brought it back into the psychological sphere, where the loss was revealed to be coupled with birth.

So, although he had lost his cat physically, his loss was paired with birth in the psychological zone. Therefore, since Uma kept coming and going mentally, Alexius got into the interaction of life and death in the psychological area, thus feeling happy/sad with his cat.

In other words, since the death of his beloved cat made it impossible for Alexius to project love onto her physical being, his relationship with Uma returned to the psychological sphere, where it had always been and will remain until the experience of duality ends. That is not to say you should neglect the body. On the contrary, when you bring back into the psychological zone what you projected from there onto the body, it is free from your idea of integrating it with non-physical issues. Thus, the body blossoms physically.

Alexius' cat Uma was born with an incurable disease and died after four months. But they are still together in the airy psychological sphere. Alexius cannot touch Uma physically, but he is touched by the memories of their time together stored in the psychological sphere.

But initially, Alexius did not get in touch with that. He only felt the sorrow of missing her physical presence. Fortunately, it changed when he realised his mourning for Uma contained her. The moment she died in his arms and any other moment with her remained in the psychological zone. Thus, Uma is as close as she always was and will be.



So, if you want to feel good in a world of duality, do not use the body as a means to achieve that. Happiness is in the psychological sphere, in an ongoing interaction with sadness. When you join their interplay, *the duality flow* vitalises you and your relationships in the psychological sphere.

A feeling always contains the opposite

Having a singular feeling revealed as twofold is not an intellectual process. First, you perceive a specific feeling as '*it is what it is.*' Second, in a state of expectation, calling for nothing specific, you patiently wait, from a few seconds to a minute. Third, your singular feeling opens up, and its companion takes its space in an opposite way for a brief moment – like breathing out for a short time replaces breathing in.

The transition is so gentle that you forget the specific feeling, you perceived as '*it is what it is.*' But unlike that, the opposite feeling does not seem singular because it is defined by the first one, which the new and completely different feeling then defines when it returns. As both feelings are experienced via their opposite, they are not distinctive but dual. Their interplay is as automatic as breathing in and out, where one automatically leads to the other. That is why you may forget the elements in a duality pair. However, you do not forget how well-grounded and beloved you feel in the interplay of opposites.

Vitalised by *the duality flow*

At first, you may get to *the duality flow* from the perception, '*it is what it is,*' as described above. But soon, you can recall it by memory. After all, it is your natural state of being in a world of duality. So, of course, you do not want to divide the duality pairs into distinct components seen at odds but enjoy their collaboration, thus feeling the abundance of twofoldness and not the scarcity of singularity.

Having said that, initially, Alexius was so amazed by the revealed component of a duality pair that he dived into that instead of going with the interaction of opposing elements. Fortunately, soon, he could



Listening to the ocean's waves is like being in the duality flow. You feel vitalised. However, if you insist on doing things your way, you must adjust everything to look like you are in control, thus not feeling vitalised but weakened.

not help but go with *the duality flow*. He often feels it like being emptied by waves gracefully going nowhere. At other times, it feels like there is a pendulum in the psychological sphere. Since experiences are personal, yours may differ from Alexius. Nevertheless, you know you are in *the duality flow* when you keep smiling for no reason.

»» *First, you imagine to dump your unwanted feelings in the body. Second, you perceive the body as tight, so it seems to hide the feelings you imagined to store there. Third, you interpret the tightened body as proof of having concealed your unwanted feelings in its darkness. Fourth, you forget all about it.* ««



Every story has an end

When you consider food eaten at noon as lunch, you do not have food but a lunch story. That is one example of how our days consist of stories telling us how to behave. Besides, we adapt to the division of days as if time is real, not an agreed-upon construction to imprison us.

Fortunately, you do not have to stop or change your stories to find reality. Instead, perceive your reaction to any internal or external story as 'it is what it is.' Since it reveals your response is twofold, you join the duality flow, the interaction of opposites. That does not stop the story but makes you indifferent, thus not conditioned by your fantasy, wherefore being in a world of duality becomes entertaining. However, duality is also a story. But like all stories, it has an end, so the experience of it naturally stops when you live by it.

If you have made a story about the perfect romance, you automatically adjust your perception of events per your story and expect the world to do the same. Thus creating a prison for yourself and others. And although the new story might be judged better, it is just a change of conditioning. Fortunately, your fantasies do not imprison anybody when your response to them is dual because then you do not expect them to play out in a specific way.

Doing that does not mean your home, spouse, and work, for example, must be twofold, but your response to your experience is twofold. You may have thought finding non-duality was a matter of singularity. But non-duality is neither singular nor anything else since that requires more than one. For the same reason, non-duality is not something you can find or realise.

However, when believing there is more than non-duality, thus experiencing a world of duality, you can realise this belief has a beginning and, therefore, an end. Hence, it is only a matter of time before the belief in duality does not seem to cover there is no more non-duality. The belief's end comes faster when living per duality because you feel so complete in the duality flow that you soon forget to believe there is more than non-duality.

Going with duality

None of the opposing elements in *the duality flow* are constant. You can compare it to sitting on a see-saw on a playground, where one person goes up as the other goes down. If you try holding onto the top by avoiding going down, the feeling you get is fake because you need to go back and forth to define what is up and down – like there is nothing to describe breathing in if you do not breathe out.

Twofoldness is always the way in a world of duality. For example, walking requires two legs. Taking a step forward includes the past because it is the building stone for your future step. So, if you exclude one of the legs, you cannot walk.

Likewise, if you exclude hate from love, you do not hit the road of duality and, therefore, not getting the togetherness of twofoldness but the loneliness of singleness. The latter may feel like a non-concrete pain in the body, even though it does not come from there but from the psychological sphere. Inside that, you hold yourself spell-bound by the idea that twofoldness can be separated into independent items, thus enabling you to separate hate from love.

Many people try to do that by projecting their hatred onto a vulnerable body part. After that, they lure themselves into believing they have gotten rid of their psychological issue by feeling it as a physical problem in the weak part of the body. Finally, they render themselves unconscious of what they have done to see themselves as full of love. However, emotions are abstract, and bodies are substantial, so assuming you can dump hate in flesh and bones is absurd.

Therefore, since you cannot remove your hatred from the awareness by hiding it in a vulnerable part of the body, the disturbance experienced there is in the psychological sphere. And since that is abstract, the problem is not solved materially but mentally. Therefore, you gently look at the perceived disturbance in the psychological zone, where you quickly see it is not definitive but twofold. Hate is paired with love to make you feel whole in *the duality flow*.



Alexius' Duality Hacks are written within the concept of duality. They do not claim to be non-dual or know what it is since that requires more than one. But they claim to know what is not non-dual, namely, everything experienced, as it takes more than one to be conscious of something.



» The empty breath *brings you into*
a state of not-knowing *where*
the experience of the world
is not perceived as something,
thus in the bliss of nothing. «

You can use any speedy thought or feeling, whether seen as positive or negative, to ignite a take-off into the empty breath.

HACK #9.1, Take-offs into 'the empty breath'

In this hack, the outward and inward-facing senses are introduced. The latter is perceived as inside and abstract, the former as outside and material, yet the sensory system is the same (see [Duality Hack #9.8](#)). They are not similar to the physical and psychological areas (see [Duality Hack #7.2](#)), which are the brain's differentiation of physical and non-physical matters in the world of the outward-facing senses



To ignite a take-off into *the empty breath*

Success or failure in the world of the outward-facing senses tends to speed up thoughts and feelings. That can be solved by applying joining the duality flow like in [Duality Hacks #8.9](#). That makes it comfortable to appear as someone in a world of duality while hacking it. However, if you would rather solve the stress by taking a break from duality, this Duality Hack (#9,1) is for you. In so, you go with the raw energy of unsuppressed stress until it ignites a take-off into the empty breath. It only takes a second, and the empty breath immediately brings you into *a state of not-knowing*.

In other words, when stress is not suppressed in the world of the outward-facing senses, its unbound energy ignites a take-off into *the empty breath*. In that state, the substantial world of the outward-fac-

ing senses is synced with the abstractness of the inward-facing senses, so the speedy thoughts and/or feelings in the low-frequency world of the outward-facing senses do not seem disturbing but soothing when perceived from the high-frequency world of the inward-facing senses. Therefore, since the latter becomes the foundation for perceiving the world of the outward-facing senses, walking down the street hectically feels like walking on clouds.

Where is *the empty breath*

It has taken the brain one second to produce your current experience of a world outside you, so if you go back one second, you get

Except for the inward and outward-facing sense of sight, the sensory organs are the same for both. The difference between them is that the world of the inward-facing senses is relatively unprocessed by the brain, thus appearing abstract and within. In contrast, the world of the outward-facing senses seems tangible and outside you. That said, what the brain receives from the sensory system is nothing twisted into something. Hence, all experiences are fantasy, including that the brain makes them because there is no more than that which is One, and it takes more than one to do something. But within the belief that there is more than One, *Alexius' Duality Hacks* use the concepts of this belief to expose everything experienced is an imagination nobody makes or has.



the unprocessed version of being someone who reads this now – at least theoretically speaking.

However, none of your experiences is based on information from the sensory system, as the brain claims, and most choose to believe because otherwise, it is evident they are processed from nothing, thus a fantasy. In other words, the unprocessed version of reading this is nothing twisted into something by the brain to make it look like someone reads something.

Since this has taken the brain one second and *the empty breath* is in the unprocessed nothingness, you connect with it by going back one second to the nothingness of your present experience. A split second before you reach it, you see the brain's first attempt to turn nothing into something. It is the abstractness of the world of the inward-facing senses, which almost a second later is refined by the brain into your current experience of being someone substantial in the tangible world of the outward-facing senses reading this.

You cannot experience the abstractness in the world of the inward-facing senses without partly being conscious of yourself as someone substantial. That is why the empty breath syncs the world of the inward and outward-facing senses, so you partly believe in being material while in the abstractness of the inward-facing senses. The only Duality Hack that immediately undoes the senses' supposed spectacle is [Duality Hack #10](#). The other hacks wipe it out over time, so you can enjoy sensing something while the display is nullified.



When you connect with *the empty breath*, that experience is downplayed but still in play – otherwise, there would not be somebody to experience the empty breath and its bliss of nothing. Your eyes do not need to be closed to experience that. The world of the outward-facing senses is automatically minimised, so you can be in the world of the inward-facing senses and, from there, experience the world of the outward-facing senses.

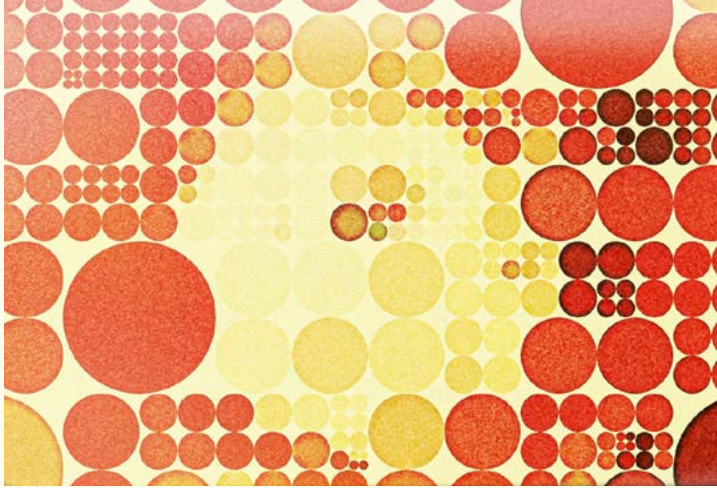
You do not need to understand the explanations about the inward and outward-facing senses to connect with *the empty breath*. After all, they are not real but conceptual constructions to explain the impossible, namely that the brain creates something from nothing. Nor do you have to recognise you are brought back one second in linear time to be with *the empty breath*. On the contrary, the less you know, the easier it is. You connect with *the empty breath* by not doing anything about how you feel, so its unedited energy ignites a take-off into *the empty breath* that, in one second, fills you with the bliss of nothing.

»» *If you insist on connecting with the empty breath in your way and pace, you do not meet it because you are not in charge of anything except how you perceive your reaction to it.* ««

In other words, you must be willing to go with the rapid flow of chaos to ignite *the empty breath*. However, realistically speaking, you are probably not ready for that. Fortunately, by acknowledging that, you do not deny your fear of the unknown. Thus it fades out, and off you go into the unknown.

Unedited issues ignite a take-off into *the empty breath*

Any unedited experience of tension in the body or psyche will ignite a take-off into *the empty breath*. It is as easy as going with the flow of erotic energy until it explodes and brings you into another state of mind. Feeling depressed also works fine for igniting a take-off into *the empty breath*. Should it not seem easy to have chaotic thoughts and feelings ignite a take-off into *the empty breath*, you can use mu-



If you want to connect with the empty breath, do not try to collect data from this hack into something meaningful, but go with the uncertainty you may feel from reading it.

sic to help set the explosive mood, for example, the first track on the album [Burn](#) from [All will Surely Burn](#) by Sons Of Kemet's.

However, tensions and emotions do not magically disappear when connected with *the empty breath*. See [Duality Hack #7.4](#). Nevertheless, they do not seem disturbing because *the empty breath* is indifferent to appearances.

That does not mean you should stop taking medicine to for headache, for example. On the contrary, doing so may help you to relax so you do not try to escape the fear of bodily pain but use its build-up energy to ignite a take-off into *the empty breath*.

The experience of *the empty breath*

The take-off into *the empty breath* may be experienced as a pleasant explosion of accumulated thoughts and feelings at the top of the head, expanding them with nothing, thus igniting *the empty breath*.

That could result in experiencing [the operator of the empty breath](#). Or perhaps you get into [the swing of the empty breath](#) – or one of the other ways described in [Duality Hack #9.4](#). If in a physical mood, *the empty breath* might be experienced as an engine pumping out emptiness from the gut or the chest. See [Duality Hack #9.6](#).

But since the connectedness with *the empty breath* is a *state of not-knowing*, there is nobody to know what you experience. That is why the descriptions of *the empty breath* in [Duality Hack #9.4](#) are based on the memories popping up when Alexius returns from a *state of not-knowing* to the consciousness of being someone.

There is no right way to feel *the empty breath*. Actually, you may not feel it at all because its main attribute is indifference (see [Duality Hack #9.5](#)), which is not a feeling. However, not feeling the stress of believing to be someone definitive is a big relief.

If you feel confused about what *the empty breath* is and how to connect with it after reading the above, do not try to resolve the disorientation. Instead, remain in the complex energy of confusion until it ignites a take-off into *the empty breath*, and you feel a big smile expanding your face.

If you still need clarification and feel disconnected from *the empty breath*, check the following hacks in [Duality Hack #9](#).



The methods described to connect with the empty breath are detected by Alexius via his connection. So he knows from experience that anything that is experienced as irritating or exciting can be used to ignite a take-off into the empty breath, whether you sit on a bus, walk around in the city, or whatnot.

There is no need to repeat a mantra, be positive, or be still in unique surroundings with exceptional people to take off into *the empty breath*. Neither do you need to refrain from something or stop thoughts. Actually, they are the fuel for the take-off.



The music you hear via AirPlay travels through the air for more than a second to reach your speaker. So, if you want to listen to the origin, you must travel back in time and enter the media from where the music comes from. Unfortunately, the media contains nothing but combinations of zeros and ones. So it makes no sounds before an app created by another combination of ones and zeros translates them into something it can transmit to your speaker, reproducing it as vibrations perceived as music.

Doing this does not involve a soul or anything mystical. It is purely mechanical – likewise, when the brain uses one second to twist nothing into an experience of something that seems to establish you as someone substantial in a tangible world.

Seeing the world is like hearing music via Airplay. It takes a second to manifest it as something you believe in experiencing.

HACK #9.2, How to ignite a take-off into ‘the empty breath’

As soon as you have had enough of the frustration from keeping together a particular image of yourself and you do not edit your feeling of desperation into something bearable, the raw energy automatically ignites a take-off into *the empty breath*. Since it resides in nothing and the brain has processed your current experience of something from what it imagined seeing in nothing one second ago, the take-off into *the empty breath* is a journey back in time that takes one

second. Since there is not something there to confirm you as someone, you are in the bliss of nothing.

However, you probably fend off the nothingness of *the empty breath* by forcing the physical breath going through your body as something so it feels substantial. Fortunately, *the empty breath* sees everything as nothing when you stop fighting it.

That said, the function of *the empty breath* is not to heal the body but the sick belief in being inside it. Yet, as a side-effect, *the empty breath* may heal painful areas in the body by approaching them in the nothingness from where the brain produces painful experiences. However, that does not mean the body should not be taken care of while you believe in residing there. Therefore, do not hesitate to seek medical attention or any other help the world can offer for your continence as a substantial being.



What you believe in being is nothing twisted into something by the brain. In the presence of the empty breath, which is nothing unprocessed by the brain, you become indifferent to the experiences of something. Therefore, since they cannot define you as someone, you are in a state of not-knowing

Speediness, not calmness, ignites *the empty breath*

Although unaltered speed and chaos probably connected you with *the empty breath*, it is not speedy or chaotic being with it. Think of being high up in the sky in an aeroplane. Even though speed ignited the take-off and must be maintained to keep the aircraft in the air, speed is not what you feel but a relaxed floating experience.

Regarding speed, whether connected with *the empty breath* or not, we are always moving extremely fast because the Earth is spinning at 1,000 miles an hour while hurtling around the sun at 67,000 miles an hour. However, since most maintain a definitive perception of themselves and, therefore, are stagnant, they cannot feel this speediness and use it to ignite a take-off into *the empty breath*. That is why Duality Hack #9 is mainly about using our suppressed energy as a take-off into *the empty breath*.

The empty breath cannot be experienced as something definitive because it resides in the nothingness untouched by the brain. Hence, you do not notice it if you want to experience something specific.





Let us imagine you have covered your eyes with your hand to daydream about a world where everything turns out in your favour. Although it feels great, you start doubting it is real because you hear sounds from a world outside you. When you want to see it and sense your hand is the obstacle, you automatically remove it to see what it hides.

Having had enough ignites a take-off into *the empty breath*

The story in the above box resembles how a take-off into *the empty breath* is ignited. The hand symbolises selected thoughts organised into a spiritual or mundane vocabulary that you share with like-minded to establish you as real and not a fantasy of the brain.

You loosen the grip on the vocabulary when you feel imprisoned by it. Next, you use the energy suppressed by the vocabulary to ignite a take-off into *the empty breath*. In its emptiness, you still appear as someone in a make-believe world. But since you are there with *the empty breath*, you are not attributed with a specific meaning, thus in a *state of not-knowing*. See [Duality Hack #9.10](#).

If this seems confusing, do not try to clarify the turmoil but go with its unedited energy to ignite a take-off into the empty breath – or dive further into *Duality Hack #9*. However, you will never know how to connect with *the empty breath*. It is not something but nothing, and you cannot learn how to connect with nothing. But if you forget what you know, you are connected with *the empty breath* because you do not appear to be something hiding that you are nothing.

HACK #9.3, Chaos ignites a take-off into 'the empty breath'

Contrary to common belief, oneness is not stillness but loudness. However, hearing the noise from its extreme speed is impossible because it requires more than one. You could also compare oneness to an analogue movie played so fast that its frames cannot be seen or heard. In the context of this metaphor, a world where there seems to be more than one is a slowed-down version of oneness consisting of frames divided by time and space. See [Duality Hack #9.9](#).

Therefore, since it is not quietness but fastness that is the bedrock of oneness, you need to accelerate the slowed-down movie of oneness if you want to return to oneness. Hence, *Duality Hack #9* is not about slowing down or stopping thoughts but going with their uncontrolled speed to ignite a take-off into *the empty breath*.

It syncs the speedy thoughts in the low-frequency world of the outward-facing senses with the high-frequency world of the inward-facing senses, so they can be further accelerated without you panicking when they move so fast that there is no time to hold onto them to establish you as someone in a world where there seems to be more than one.



That which is One can be compared to a movie running so fast that no frames can be seen. In this context, a world where there seems to be more than one is the same film slowed down to the extent that it appears to consist of many different frames. See [Duality Hack #9.9](#).

When people tell you to slow down and relax via mindfulness, they sabotage the fastest way to take it easy, not to prevent thoughts and feelings from setting off in all directions, thus igniting a take-off into *the empty breath* and its bliss of nothing.

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If you do not project your feelings onto others but keep them in yourself, they build up the energy to ignite a take-off into *the empty breath*.

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Please be aware that the explanations in these notes are as absurd as any other because they require more than one to explain something, and there is nothing but oneness since it is formless, thus endless. That said, believing in a world where there seems to be more than one is foolish, so you need crazy solutions.

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Not interfering with thoughts and feelings, they are free to speed up and ignite a take-off into the empty breath, syncing the outward and inward-facing senses. Hence, what seems specific in the low-frequency world of the outward-facing senses is absorbed by the abstractness of the high-frequency world of the inward-facing senses, thus not experienced as something definitive.



Duality Hack #9 is about unlearning your conditioned ways of pacifying yourself via meditation or television, for example, and instead, stepping into the full uncontrolled speed of thoughts and emotions to ignite a take-off into *the empty breath*. It wipes your slate clean, so when you return to the consciousness of being someone, you are nobody pretending to be somebody. See [Duality Hack #2](#).

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You do not have to do something particular, like sitting in a specific posture, to take-off into *the empty breath*. Instead, whether active or inactive, you acknowledge the present chaos of thoughts and feelings without trying to shape them according to a specific belief system, so their unbound energy ignites a take-off to *the empty breath*.

If you have already organised the chaos of thoughts and feelings per a specific belief system, there is no need to go back into chaos to ignite a take-off into *the empty breath*. Instead, you acknowledge your suppression by being only that. Since that leaves nothing to define you as suppressed, you are not something specific. Hence, *the empty breath* enters.

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Since any construction of thoughts can be used to ignite a take-off into the empty breath, and since a world where there seems to be more than one is a construction of thoughts, everything in it can be used to ignite a take-off into the empty breath.



If you avoid a feeling, it appears to be something, whereas acknowledging it fades into nothing. Thus, you know the absence of something is blissful.

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Not caring about the result, anything you do or say can ignite a take-off into *the empty breath*. For example, if you are wholly dedicated to someone or something and stick to it, although unattainable, the intense energy builds up and ignites a take-off into *the empty breath*.

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Like most people, you probably have systematised thoughts and feelings into an image of yourself as good. However, thoughts and feelings do not support your mental image when asleep. So, in dreams, you are both good and bad. If that seems frightening, you probably solve it when you wake up by perceiving the negativity in the dream as caused by others.

*Not being
and seeing
something
specific is a
blissful revelation
of nothing.*



But suppose you feel imprisoned by the system you have set up to appear solely good. In that case, you acknowledge the ugly parts of the dream as yours, so their unedited energy can ignite a take-off into *the empty breath*. It syncs the world experienced by the outward-facing senses with the world of the inward-facing senses in which everything moves so fast and disorganised that there is no differentiation between good and bad, thus no dilemma.



Since no specific language has been established between humans and pets for sharing love, trying to do that often ignites a take-off into *the empty breath*.



Taking deep breaths, or in any other way manipulating the breath, is not beneficial for connecting with *the empty breath* because doing so enhances the belief in being in charge. The same applies to concentrating on being centred, balanced, or focused.



The more you limit yourself to being definitive, the more you feel like cracking. To prevent it, you improve your definition until you feel so constrained that you burst out in anger, not giving a shit about holding yourself together. Hence, the uncontrolled energy of the suppressed thoughts and feelings ignites a take-off into *the empty breath*. However, it does not help you escape your cage but the belief that you are in it.



If the present stream of thoughts or feelings is not manipulated or suppressed, its natural energy ignites a take-off into *the empty breath*. In its presence, you can make up stories of love or anything else because it sees the world where you believe in being as a blank computer screen. So, although the stories you fabricate seem to disclose something on the screen, they do not change it.

In other words, how you perceive the experiences produced by the brain does not matter when you are with *the empty breath*. You do not need the happiness from being in sync with the brain. You are in the bliss of nothing until you define it as something.

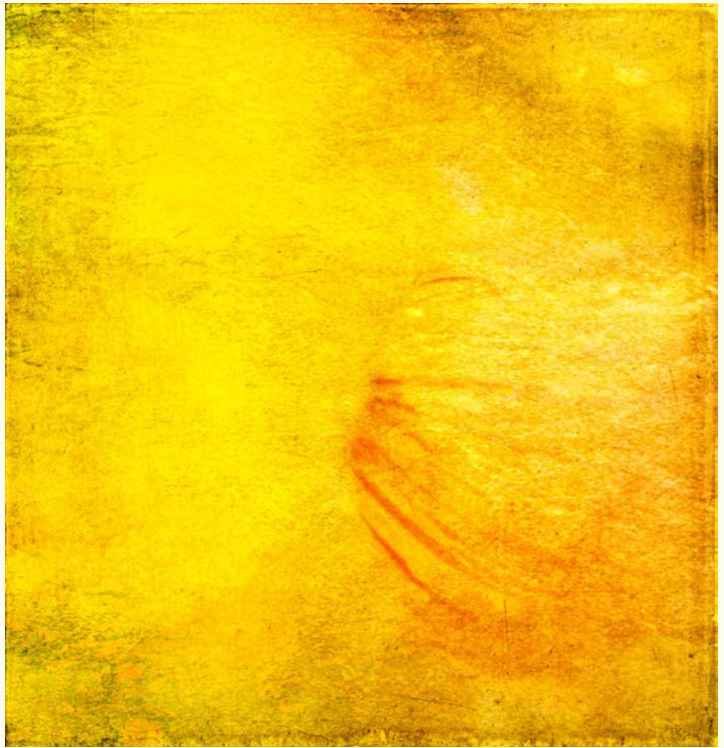
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Since the brain took one second to fabricate the experience of someone reading this now, and the experience is made from nothing, there was not something one second ago. And since that is where *the empty breath* resides, you connect with it by not perceiving your present experience as something, thus going back one second to the nothingness unprocessed by the brain.

Should you wonder who has set this fiction in motion or is wondering about it, the answer is nobody because there is nobody in empty space – like there is nobody in a dream and nobody making it. Nor

*The peace you seek
via mindfulness,
quiet music, and
whatnot does not
have the energy to
ignite a take-off into
the empty breath.*

*Actually, it has so
little energy that you
probably fall asleep
and mistake heaven
for dreaming.*



is the dream inside the one appearing to experience it because it consists of nothing.

To make long short, what and where you believe in being is a construction of thoughts that, just like a mirage, is experienced as something until you take a closer look, seeing it is nothing. That is what *the empty breath* reveals because it sees itself in everything, namely, nothing.

Unfortunately, when you read the description in [Duality Hack #9.4](#), you may get the impression that *the empty breath* is something. But please remember it is not defined by time and space and, therefore, not something in a particular location that can be felt in a specific way.

Also, be aware that the description of *the empty breath* in the following hack is written by one who is to be compared to *the Enlightenment of that which is One*. So, like the concepts of the world in a computer game are accepted but not believed real, the experiences of a tangible world in empty space are acknowledged but not perceived as substantial because there is nothing else than the formlessness of oneness.



If something seems to bother you, use the frustration to ignite a take-off into *the empty breath*, and you will see that what you judge as terrible is nothing.



We usually learn something by replicating others. For example, we learned to walk and talk by imitating our parents. However, connecting with *the empty breath* is not about learning but unlearning. So, the purpose of *Duality Hack #9* is not to learn something but to unlearn everything you believe in knowing.

Hence, the way Alexius experiences *the empty breath*, as described in [Duality Hack #9.4](#), is not meant to be learned but to give you an idea of what it may feel like to be an empty vessel for *the empty breath*.



Since the empty breath is not definitive, it cannot be experienced in a specific way. Yet it can be felt in undefinable ways anywhere within its non-definitive framework, whether that appears to be inside or outside the body. But it can never be experienced the same, although it is always present.

What does 'the empty breath' feel like?

You can feel *the empty breath* in several ways within its non-definable frame of a ball-like thingy. It has no fixed size, but often, its top goes through your head and the bottom through the stomach. However, it is not explicitly experienced inside or outside the body. Hence, it is not an out-of-body experience. Besides, such an experience is based on the belief in being someone in a body, and the empty breath undoes that idea. Therefore, since it is a no-body experience, it is not experienced by the outward but inward-facing senses. However, that does not mean you do not care for the body and the world surrounding it when connected with *the empty breath*, but that you are indifferent to the outcome.

Feelings are subjective

If you are future-minded, you may experience *the empty breath* starting in front of you, whereas it may come from the back if you are concerned about the past. And if you are into concepts like living in the now, being centred and balanced, it might feel like it has a centre. In other words, the experience of *the empty breath* is coloured by your conditioning.

That is not a problem for *the empty breath* because, contrary to you, it does not need to be acknowledged in a particular way. So whether you experience it in the stomach, the chest, or outside the body, it carries out its purpose, making you indifferent to your experiences.

Since *the empty breath* is not static, its experience may quickly change and differ from those described below. No worries, connecting with it is not about doing something specific to feel something definitive but going with the flow. You only feel obliged to do 'the right thing' when you want to make a difference, but that is not the purpose of *the empty breath*.



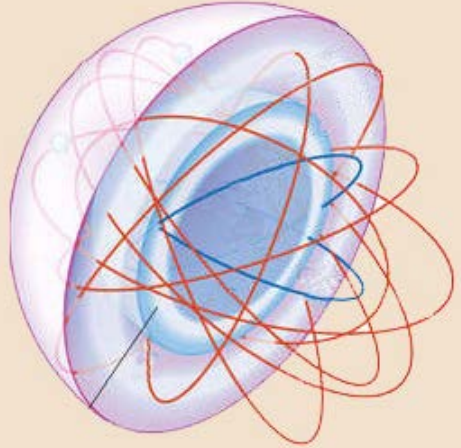
The empty breath has no definitive centre or border, nor is anything else fixed. Everything is constantly moving, so the experience changes from moment to moment, maybe feeling it inside or outside the body. The illustration is an animation grab.

Basic intro to the non-definitive shape of *the empty breath*

The empty breath is modelled like an egg-shaped ball with oval circles moving inside it. But contrary to what you see in the illustration to the right, it does not have a definitive centre or border – nor do the circles inside it. They are countless, and there are two yin-yang-shaped waves inside each one. You cannot see the waves inside the circles in the simplified illustration at the bottom of this page. But on [page 459](#), there is a sample of two waves inside one of the circles.

That *the empty breath* has a non-definitive form does not only mean its edge is blurry, but neither size nor shape is constant. It may get bigger and smaller here and there, so it momentarily feels more pear-shaped than egg-shaped. But it has no up and down, and the apparent centre of each circle inside the non-definitive ball of *the empty breath* is floating. So, there are many non-fixed centres.

The innumerable amount of diffused shaped circles inside the non-definitive boundary of *the empty breath* are located vertically and horizontally, plus in between, with yin-yang-shaped waves inside each circle. The circles are working together as one yin-yang-shaped movement rolling in all directions, like in the three animation grabs of soundwaves on [page 454](#).



Alexius has manipulated a scientific illustration to give you an idea of all the circles that simultaneously rotate vertically, horizontally, and everywhere in between within the ball of *the empty breath*. However, the ball and the circles are not clear-cut like here but non-definitive.

However, since that is very difficult to comprehend in a world where we are conditioned to divide reality into more than one, most do not feel the simultaneous movements of the circles as one. Instead, they sense one of the many circles inside *the empty breath* at a time. No worries. It is not about perfection but going with the flow as it comes to you.

It could be a circle going vertically from the stomach around the back of the body to the top of the head when breathing in, and from there, in a circular movement in front of the body back to the stomach when breathing out. Or it could also be in the opposite direction. It does not matter.

Or perhaps it is a circle, about the same diameter, from the groin to the throat and back or from the rectum to the heart and back. The circle can also expand its diameter, so it goes from the groin to a point above the head and back or from the rectum further above the head and back. Since the latter circle metaphorically goes from hell to heaven, you may feel frightened or spaced out if you get stuck in one of those extremes. See [Duality Hack #8.1](#).

But the circle may be smaller, from the heart to a point above the head and back. Or you may not feel the flow in a vertical circle from the back to the front of you but horizontally from the left to the right



Although *the empty breath* seems to consist of endless circles with yin-yang-like waves moving independently inside each one, it is one movement in *one perpetual present*. Since this is hard to comprehend in a world defined by time and space, you may find it easier to experience one circle at a time.

side or anywhere between these two. But no matter where you feel *the empty breath*, it is the same emptiness you get.

Below is a short introduction to some ways of feeling *the empty breath*, followed by a more detailed description. Be aware that it is only possible to feel it if you do not wish to be or have more because *the empty breath* has nothing to give but the sheer bliss of nothing.

A basic intro to the ways of feeling *the empty breath*

Sensing *the operator of the empty breath* (see [page 462](#)) feels like you are floating on clouds of bliss. In contrast, going with the rhythmic flow of *the empty breath* is more like being moved by clouds of bliss.

The rhythmic flow can be heard as a distant sound ([page 464](#)) or felt like a swing ([page 454](#)). It can also be sensed as if nobody is surfing two yin-yang-like waves in and outside the body ([page 459](#)). These categories are not meant to limit your experience of *the empty breath* but to inspire you to go with the flow.



If the body seems to get better when you connect with *the empty breath*, it is not due to that – at least not directly – because *the empty breath* does not know about something that needs improvement. Indirectly, though, it is due to *the empty breath*. In its presence, you forget to manipulate your body with non-physical concepts like mindfulness. Being that forgetful, you can use *the empty breath*, as described on [page 468](#), on areas in the body to heal them.



Each non-definable circle inside the cloudy ball of *the empty breath* (see the illustration on [page 456](#)) consists of free-flowing yin-yang-like waves (without holes). It may feel like you are surfing these waves, more or less in sync with the physical breath. The colours of the waves in this image are illustrative.

Surfing *the empty breath*

There is a simplified illustration of *the empty breath* on [page 456](#). However, the circles are not actually red, and there are an endless number of them. Besides, the drawing does not reflect that *the empty breath* has no definitive border or centre and that each circle contains two non-definitive yin-yang-shaped waves (without holes), like in the image above. The colours in the picture only have illustrative purposes because *the empty breath* is colourless.

When the breath expands the body, you surf the outside of the blue wave vertically from the stomach and behind the body up into the head. From there, you surf the outside of the yellow wave in front of the body down to the stomach while the breath contracts the body.

That is, if you sense the waves in a circle this size going vertically from the back to the front of the body. But, as mentioned above, the direction does not matter, and the circle can be smaller or bigger. Furthermore, you can also surf the waves in a horizontal circle or anywhere between.

It is not essential to be in total sync with the rhythm of the physical expansion and contraction of the body because that is experienced with the outward-facing senses, and the empty breath is experienced with the inward-facing senses. Nor does it matter if part of *the empty breath's* circular movement is skipped. What matters is you follow the flow as it comes to you. By doing that, you are mainly in the world of the inward-facing senses. Therefore, since you forget the physical breath, it can take care of itself without you trying to inflict it with ideas of synchronisation, balance and whatnot.

Maybe the ecstatic way to surf the waves for you is to go the whole way around one of them and then continue by going the entire way around the other, more or less aligned with the breath extracting and contracting the body. Many joyous ways are revealed when follow the flow.

As already said, you can surf the waves of *the empty breath* in both directions. Going counterclockwise tends to lessen physical awareness, so you become less interested in returning to the conscious experience of being someone substantial in a tangible world.

The same applies if the non-definable edges of *the empty breath* are experienced to pass over the head and below the groin. That sets the body free, so it can follow its biological system without you trying to integrate it with mental ideas of wellness. However, you can also surf the waves of *the empty breath* to ease the pain in the body. See [page 468](#).



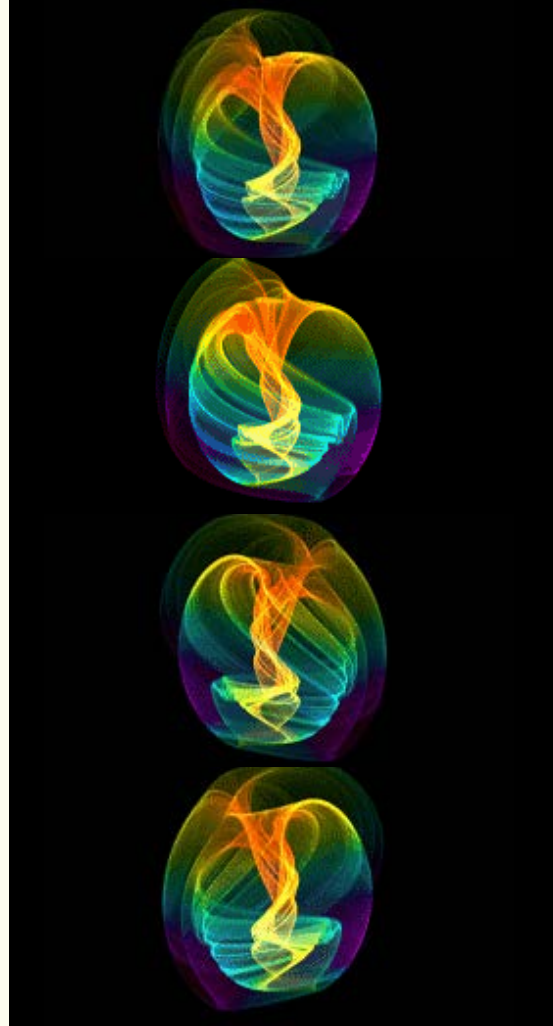
Alexius has never surfed in the world of the outward-facing senses, so when he says that going with the flow of the two yin-yang-like waves in the empty breath feels like surfing, it is something he imagines based on surfers he has seen at the beach.

»» *Since it takes more than one to feel something, it is only in a world where there seems to be more than one it is possible to do that. Therefore, the more the belief in such a world is undone by the empty breath, the less you feel it.* ««

The swing of *the empty breath*

You surf *the empty breath* on the yin-yang like waves in any of the circles within the non-definitive border of *the empty breath*. It is primarily felt outside the body. But the swing of it, you get in the body from the movement of the non-definitive curved line between the two yin-yang-like waves in any of the circles (see the curved line in the four animation grabs to the right). Probably due to the definitive size of the body, the curved line in *the swing of the empty breath* feels less bowed and shorter than the line between the two waves described above about *surfing the empty breath*.

The swing of the empty breath extracts and contracts the body in a steady rhythmic flow



The swing of the empty breath cannot be captured because it is without definable form and movement. Still, via the above animation grabs (from [here](#)), you may sense it is a blurred curved line in the middle of *the empty breath*, expanding and contracting the body, thus making you energetic and laid-back.

of breathing in and out. It may seem slower than when you imagined being in charge of breathing. And the break in between expansion and contraction probably feels longer. Nevertheless, *the swing of the empty breath* feels more powerful – so much indeed that it is like the body does not have enough room at first, even though it swings nothing but emptiness.

You may sense the curved line swinging vertically from the back to the front of the body, horizontally from side to side, and everywhere in between. Though you can feel all these directions simultaneously, it may be too unfamiliar, so you may prefer to feel *the swing of the empty breath* in one vertical circle at a time.

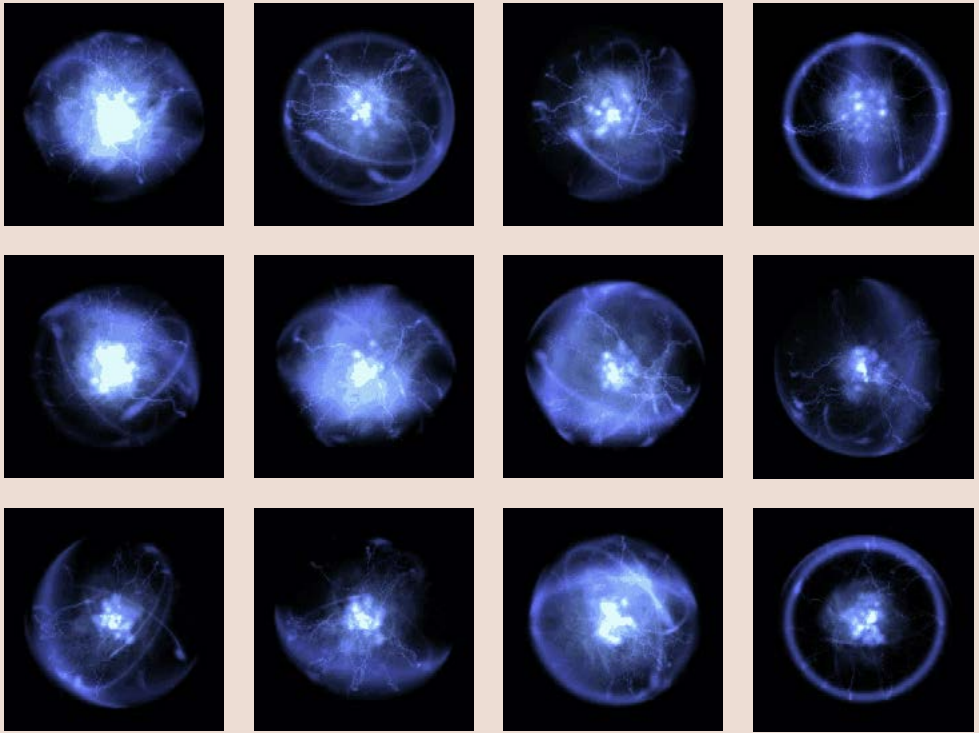
The circles with *the swing of the empty breath* are more egg-shaped (see the animation grabs on [page 461](#)). But you will not notice that because it is only the swing of the curved line inside 'the egg' that you feel, probably in a way that does not seem logical. For example, breathing in, you may solely experience *the swing of the empty breath* at the bottom of 'the egg' and breathing out at the top – or the other way around, or only at the bottom, or the top. You can also experience the curved line going repeatedly or up and down simultaneously.

Like the other ways of feeling *the empty breath*, it presupposes you acknowledge you are not in charge. Using the technique for *the Immortal Sweetness* ([page 589](#)), you automatically lose control because, whether you taste it, the method is beneficial for defocusing. And without focus, you are out of control..

If you experience *the swing of the empty breath* in all the egg-shaped circles simultaneously, you initially feel like spinning so fast that everything stands still. See [Duality Hack #9.9](#). Thus, you feel the bliss of indifference to what and where you appear.

The operator of *the empty breath*

Besides feeling *the swing of the empty breath* or surfing its yin-yang-like waves more or less in alignment with the extraction and



The swing of the empty breath does not feel so speedy as in these 12 animations grabs illustrating *the operator of the empty breath*, a chaotic rush of energy underpinning the non-definable ball that constitutes *the empty breath*, that feels as fast as in the above animations grabs (taken from [here](#)). But even though the particles in *the operator of the empty breath* are moving completely unstructured and at any speed, fast or slow, it is such a relief to merge with this chaos. It prevents you from focussing on anything specific, so you feel like a fountain of sparkling joy.

contraction of the physical breath, you can also feel a constant rush of energy at the root of *the empty breath*. It is not rhythmic but chaotic. Yet, it is the force behind the continuous rhythm of *the empty breath*. Connecting with it you get a subtle sense of being here and everywhere, or as if whirling through a world with no limits, undefined as someone, thus a *Duality Hacker*.

There are no rules, but it could be that a take-off into *the empty breath* takes you to the operator of it. And what a relief it is to float in chaos instead of fitting into the rigid world of the outward-facing senses.

Unlike *the swing of the empty breath*, but like surfing its waves, *the operator of the empty breath* is sensed inside and outside the body – or rather like there is no inside and outside. When you do not try to catch this abstractness, it feels like you are a fountain of joy. It may be easier to start by recognising the sparkling joy outside the body, so its density is not an obstacle. Then, you will automatically be taken inside because the operator does not know one from the other. Next, you may start surfing the empty breath, feeling the swing of it or hearing its transparent sound.

The transparent sound of *the empty breath*

Like the bass rhythm, *the empty breath* is heard and felt in the body. It is like 'so' when it expands and 'ham' when it contracts.

Sometimes, it is as if this rhythmic sound of 'so-ham' comes from the nose, but at other times, it is sensed from an undefined space in the back of the head. And then again, since the sound does not seem to have a definable location, it is neither sensed inside nor outside the head. It may even appear to originate from an invisible space outside the body.

In other words, catching the sound of *the empty breath* is not a compelling experience because it cancels out the notion of being in a body – as if there is no definable border between the body and its apparent surroundings. For example, a sofa does not seem to differ from the body sitting there when deeply connected with *the transparent sound the empty breath*. So, since there is no inside and outside, there is nothing to define a world defined by time and space, thus exposed as make-believe.

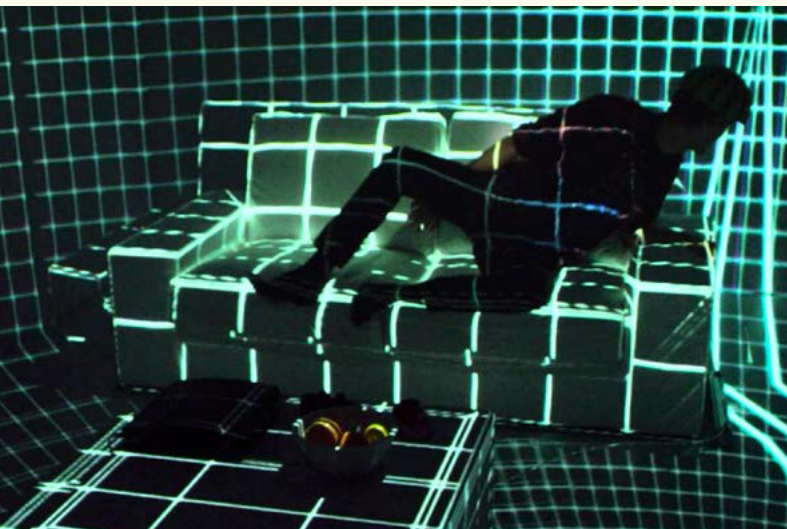
But just as the set-up in a game world is the same whether you know it is fictional, a world defined by time and space remains the same even though you know it is an illusion. However, your relation-

ship with it changes: Appearing there is pretence, like when you pretend to be someone in the world of a game. See [Duality Hack #2](#).

»» *Since a rhythm has a beginning and an end, it is best not to get attached to the rhythm of the empty breath because it finishes when the body ends. At that moment, it is better to merge with the indifference of the empty breath or the non-rhythmic and chaotic energy in its operator. Hence there is not something specific to stop the Enlightenment of that which is One from absorbing the nothingness of you.* ««

Via the transparent sound of *the empty breath*, you naturally float into glimpses of *the Enlightenment of that which is One*. The visual-minded experience them as visions of light, and the auditory-minded as never-ending *Celestial Music*. However, if you are more emotional-minded, you may feel the vibration that *Aum*, *Sohang*, and *The Word of God* symbolise or taste the *Immortal Sweetness*. See [Duality Hack #11.1](#).

»» *The connection with the empty breath is a state of not-knowing. Therefore, since there is no sense of separation, the apparent difference between past, now and future makes no difference.* ««



Hearing or feeling the sound of *the empty breath* makes you feel transparent as if nothing separates you from other appearances in the world of the outward-facing senses.

The empty breath brings about a state of not-knowing

You cannot know what it feels like to be connected to *the empty breath* because you are in a *state of not-knowing*. Therefore, Alexius had to toggle between this state and the conscious experience of being someone to compile his description of *the empty breath* feels. Consequently, his descriptions may seem patchy and confusing. If so, do not try to correct your disorientation but use it to ignite a take-off into *the empty breath*.

Please remember that although the connection with *the empty breath* is impersonal, your memory of it is personal. So, you may not remember it as Alexius.

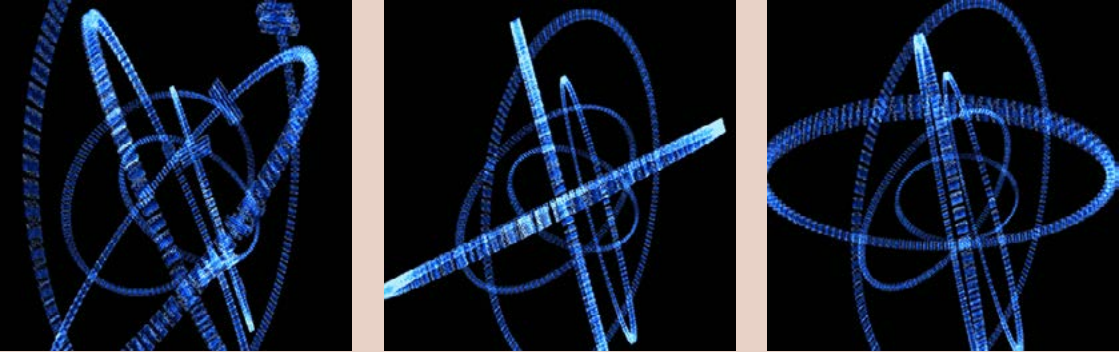
If you still need clarification, you are welcome to contact Alexius (see [page 1](#)). However, using your uncertainty to ignite a take-off into *the empty breath* is preferable because he can help neither you nor himself, as he sees nobody needing help.

»» *Nothing appears disturbing in the connectedness with the empty breath. But trying to connect with it, everything seems problematic because the purpose of trying to do something is to delay it.* ««



Alexius searched the web for images to illustrate the movements of *the empty breath*. He mostly used animation grabs from [Electromagnetic Plasma Energy Light](#). However, this illustration is an animation grab from [here](#).

It is impossible to illustrate the empty breath in its totality. But this grab from a yin-yang animation may give you an idea about the simultaneous movement of yin-yang-like waves inside it.



The look of these animation grabs of sound waves reminds Alexius of how *the empty breath* often feels and makes him indifferent to the apparent differences in the world of the outward-facing senses.

Thus, you are better off reading about *the empty breath* until you can hardly stay awake. Then go to bed, forget what you read, close your eyes, and patiently wait for the connection with *the empty breath*. However, your eyes do not have to be closed, and you do not have to go to bed to connect with *the empty breath*. You can sit anywhere in any position – or walk, run or talk. But you cannot bring about *the empty breath* by manipulating the physical breath or exercising any other form of control. Instead, it is the other way around. When you are not in control, *the empty breath* joins you.

That is not to say that techniques cannot help you tone down the outward-facing senses, thus activating the inward-facing ones. But unfortunately, most forget that techniques have nothing to do with their accomplishments. Like the remote control for your music does not make it.

Surfing the empty breath to heal the body

Usually, Alexius connects with *the empty breath* without thinking about directions and whatnot because, in his case, it primarily entails a sense of indifference. However, it is possible to be pickier. For example, if you worry about a pain in the back, you can have it massaged by continuously surfing the whole wave behind you but not the wave in front of you in a vertical circle. It may not make the pain go away, but indeed the worry. And without it, the pain may not seem dangerous, thus easier to handle. See [Duality Hack #7](#).

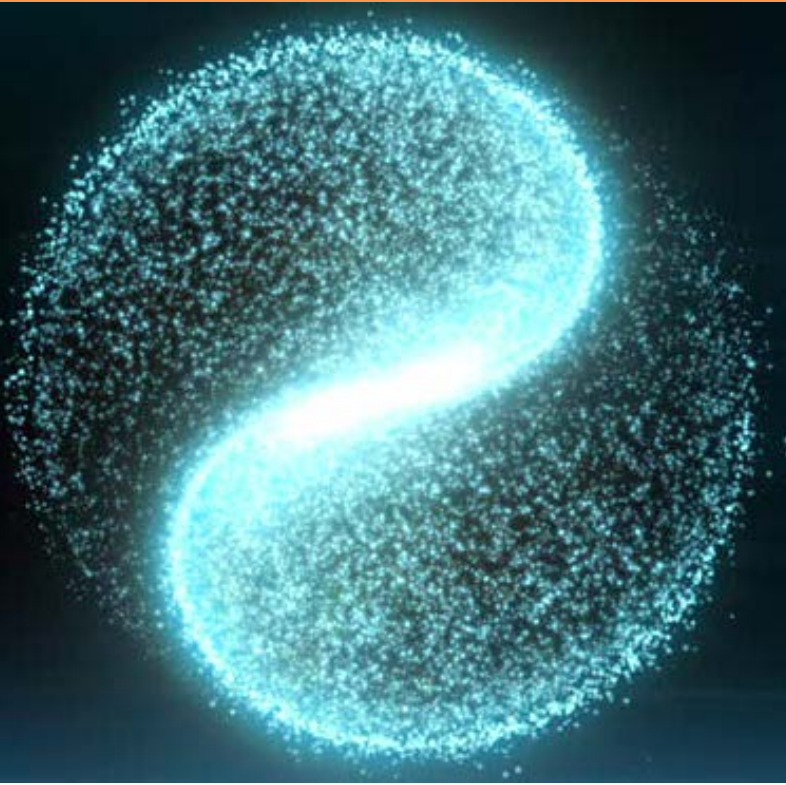
Should you want to be grounded, you surf the waves at the edges of a horizontal circle, passing through the groin or even lower. Suppose you want to enhance being impulsive. In that case, you surf all the way around the wave to the right inside a horizontal circle going around the head. If you want to be more calculated, surf the left wave instead.

In a circle that is also horizontal but around the chest, you can surf all around a wave in front of the chest to ease the restricted feeling caused by imagined emotions there. Surfing both waves in a horizontal circle around the head or stomach is excellent in the case of vertigo.

Sometimes, problems like spasms are the body's way of shaking parts into a position that benefits the whole. In such cases, spasms should be left course. But in other cases, you can use the empty breath to calm the spasms.

If the spasms are in the hips or groin, or those areas are blocked, you surf the whole wave behind you and then the one in front in a horizontal circle going through the lower back. You could also try surfing in a similar circle where the waves are not behind and in front of you but on your sides. The circle size, thus the waves, adjusts per the problems in these areas.

The empty breath is also beneficial for alleviating allergy symptoms or the symptoms of IBS and COPD, for example. However, it may not end these or the aforementioned physical sicknesses because *Alexius' Duality Hacks* aims not to heal the body but the sick belief in being there. See [Duality Hack #8.8](#). But since that frees the body from your domination, it often heals itself. That said, if this is what you want, it is best not to use *the empty breath* but instead be used by it and trust that its emptiness heals you from the belief in being something, thus not burdened by anything.



The experience of something is supposed to supply the belief in being someone specific. But it is not the purpose of *the empty breath*. On the contrary, its purpose is to undo that belief, thus being in the bliss of nothing.

Hack #9.5, The indifference of 'the empty breath'

Feeling connected with *the empty breath* by surfing its yin-yang-shaped waves, or going with the swing of it, or being in its transparent sound, or the non-rhythmic energy behind its rhythmic flow (see [Duality Hack #9.4](#)) – is not something that can be fabricated like a romantic evening generated by candles, unique clothes, music and red wine. On the contrary, you feel *the empty breath* when not busy trying to construct a specific feeling but instead using your frantic energy to ignite a take-off into *the empty breath*.

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You miss it if you expect to get something from *the empty breath* because feeling it is the absence of something, thus the bliss of nothing.

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The less you believe in being substantial, the more you feel the non-rhythmic transparent energy of *the empty breath*.

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You may feel imprisoned when connected with the empty breath, but this is a projection based on feeling confined.

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Since you depend on continually being acknowledged as someone definitive by somebody perceived outside you in a physical, astral or online world, you feel imprisoned and want to break out. But *the empty breath* has no need to be something definitive, so connecting with it – no matter how it is experienced – you are in its indifference. Hence, the apparent difference between feeling free or imprisoned is not perceived to make a difference.

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There are several established ways of feeling yourself as someone substantial. But there are no ways to feel *the empty breath* other than momentarily not feeling what you believe in being.

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The comparison of *the empty breath* with a yin-yang sign should not be taken literally. A yin-yang sign is too simplified to illustrate *the empty breath*, which rather is to be compared to the galaxy to the left.



When you are connected with a Fitbit watch, it is not the connection that gives you a fantastic feeling but the data it gives you.

Likewise, you may not feel excited about the connection with *the empty breath* because its radiance of indifference makes you indifferent to the apparent differences you experience. But since this empties you, you get the bliss of nothing.



Since *the empty breath* has no personality, it has no personal expression. Therefore, if its rhythmic flow is experienced as weaker when you feel sick or about to die, *the empty breath* has adjusted itself to what you believe in being.. But you may choose not to experience *the empty breath* when the body is troubled as that makes you indifferent, thus questioning your belief in being a body. That does not mean you should not take care of the body and have it checked by a qualified healthcare professional occasionally. You also bring your car to a garage for a check-up, even though it is not you.



Even though *the empty breath*, theoretically speaking, should produce a constant rhythm of expansion and contraction in the body, your experience of it may not be that it is consistent. And you are right. It does not care about consistency – only those who insist on being definitive need that.



The empty breath can be compared to the cats in Alexius' home. They go around as it pleases them. Yet he always counts on them to greet him when he gives a call. Likewise, he always feels *the empty breath* in one way or another. For example, maybe he surfs a single wave in one of the circles inside *the empty breath* several times in a row, after that feeling *the swing of it* in his head, and then surfing both of the yin-yang-looking waves in one of the other circles of *the empty breath*. See [Duality Hack #9,4](#) for more ways of experiencing *the empty breath*.

After igniting a take-off into *the empty breath*, he often lands at the root of it in its speedy and chaotic flow, not going somewhere but everywhere. It feels like freedom compared to the rigid world of the outward-facing senses. Going to bed, the transparency of its sound often comes to him. But first of all, he feels the indifference of *the empty breath*. However, since the apparent differences in the world do not appear to make a difference, it is hardly a feeling.



In the flow of [Nordic Walking](#), you probably forget to think about something specific, thus igniting a take-off into *the empty breath*. In contrast, holding onto something specific may expose the defence mechanisms you have built up in the body against *the empty breath*. That is not to say all these defence mechanisms must come to an end to feel the bliss of nothing. Actually, if you do not suppress their inherent energy, it ignites a take-off into *the empty breath*.



Feeling the empty breath is like receiving a new gift every moment. However, there is no way to know what you will receive or when because the empty breath puts you in *a state of not-knowing*.



The energy at the root of *the empty breath* can be experienced like in this animation grab (from [here](#)) but in less defined forms and without colours. See [the operator of the empty breath](#).

The nature of *the empty breath* is not to provide happiness but indifference, and since that releases you from the suffering induced by separation, it may feel as if you are in a merry-go-round world.

However, feelings never last, so if you hang onto pleasure instead of being in the flow of indifference, your merry-go-round world is replaced by a world of sadness. That is because you mistook *the empty breath* for the giver of pleasure instead of indifference. But going with the latter, you are in the bliss of nothing, whether the world seems pleasurable.



When not focused on an experience of yourself as someone definitive, you are in the bliss of nothing.



When connected with *the empty breath*, what you seem to receive from the world is always the same because you get what you hand out psychologically, which is what you have, namely the indifference of *the empty breath*.



Feeling the connectedness with *the empty breath*, you cannot help but smile because, in its flow, you are indifferent to becoming and getting more.



The empty breath is indifferent to the world's apparent differences, so the more you connect with it, the more you adapt to its indifference, and the less you want to be someone who makes a difference.



You may not always experience that *the empty breath* is your best friend because it does not help you regarding what and where you want to be. Instead, it enables you to see through its eyes of indifference. Hence, you feel good regardless of what and where you appear.

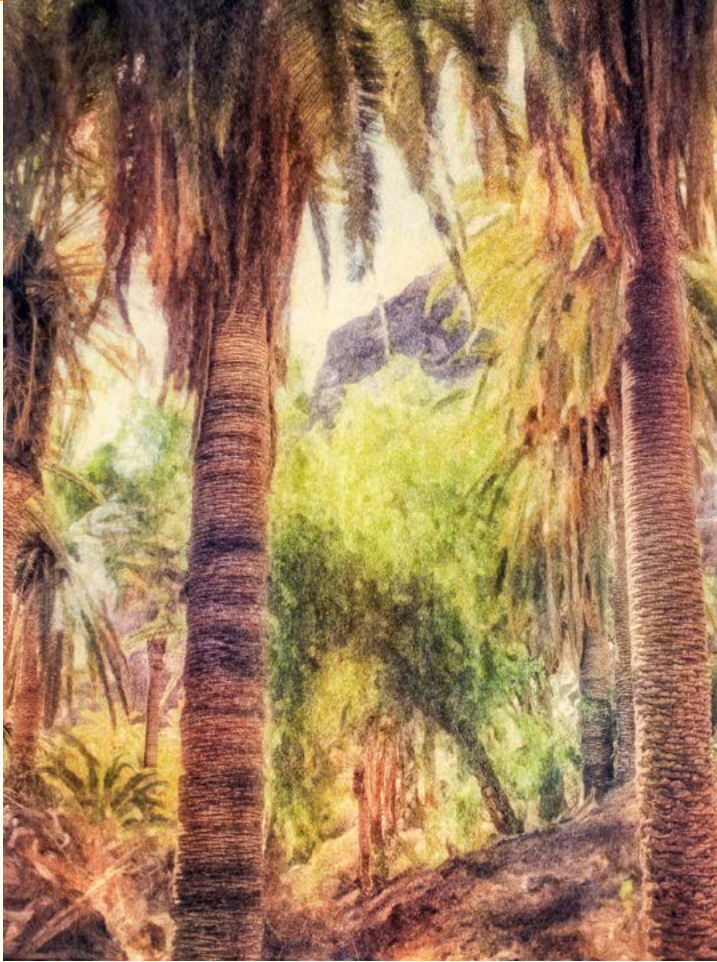


You may have read in *Alexius' Duality Hacks* that since it takes more than one to experience something, every experience is fictional. Yet the experience of the empty breath, deeply rooted in an archetypal image of a never-ending rhythmic flow, slowly but surely undoes the belief in being and having more than that which is One. Furthermore, this belief becomes unproblematic because you are indifferent to it.

If that feels confusing, do not try to figure it out. Instead, go with the chaos until you cannot make ends meet and feel like you are about to explode, thus having the build-up of tensions igniting a take-off into *the empty breath*.

Since the empty breath is indifferent to differences, being loved does not make a difference.





Although being in the bliss of nothing is straightforward, it may seem complicated if you assume thoughts must be stopped to get there. On the contrary, when not trying to control thoughts, they speed up until the explosion of their unedited energy ignites a take-off into the empty breath, thus the bliss of nothing.

HACK #9.6, Everywhere and nowhere with 'the empty breath'

Connecting with *the empty breath* may initially feel like having two kinds of breaths. Maybe you struggle with the physical one, taking quick gasps of air, deep breaths or manipulating it per a specific philosophy. And perhaps you feel that the empty breath does not supply you with enough air. But that could be because its pace is slower than expected. It has a more extended break between breathing in and out to stabilise breathing in oxygen and breathing out carbon dioxide.

Up and down with *the empty breath*

It does not feel like it is yourself but a hidden 'generator' in the groin that gets *the empty breath* going. However, it may feel like hardly any air gets through the nose because the empty breath is experienced via the inward-facing senses, so there is little awareness of physical movements. Nevertheless, *the empty breath* brings about all the necessary air, and the physical motions handle themselves. First, the stomach and chest are gently expanded. Second, after a short break, the body is contracted. And then it starts all over

The generator of the physical breath is a muscle called the diaphragm, between the stomach and the chest (see [Wikipedia](#)). The air may come in and out through the mouth or nose. However, they should not be used to boost breathing. That tightens the shoulders and, thereupon, the diaphragm. Hence, the stomach bloats, and your need to push the breath by grasping for air, breathing faster or more deeply, is enhanced. If that turns into a habit, the shoul-



Connecting with *the empty breath*, you do not aim to go higher but to fall into the bliss of nothing. You can pave the way by not blowing yourself up by pushing the physical breath through the nose but falling into the stomach, having the muscle, the diaphragm, generate breathing. Then, it is easy to fall further into the groin where the generator of *the empty breath* supplies you with the bliss of nothing, experienced with the inward-facing senses. In contrast, the joy of something from the physical breath generated from the diaphragm unmanipulated is experienced with the outward-facing senses.

If your diaphragm is too tight to breathe freely physically, you can surf *the empty breath* (see [page 459](#)) in a circle, going around the diaphragm horizontally to soften it.

ders and diaphragm become rigid. That said, it does not interfere with *the empty breath* as it is not experienced with the outward but inward-facing senses.

Breathing through the nose is preferable to get in touch with *the empty breath*. It allows you to use the mouth for *the Immortal Sweetness* technique (page 589) to defocus. Therefore, since you do not see something specific, it is easy to connect with *the empty breath* and get the bliss of nothing. Besides, breathing through the nose moisturises the air and acts as a filter before it reaches your lungs, so it is better for you physically.

Be aware that this Duality Hack (#9.6) does not intend to present a factual explanation of breathing when *the empty breath* is in the driving seat but how it feels. Since *the empty breath* is felt through the inward-facing senses and the physical breath through the outward-facing senses, the experience of *the empty breath* continues undisturbed by the body's physical condition.

Therefore, if you have an issue with the lungs that shortens the physical breath, you still get the whole experience of *the empty breath* when you rely on the inward-facing senses and patiently wait for *the empty breath* to fill your lungs with the bliss of nothing.

Following the rhythm of the empty breath, as described in Duality Hack #9, is hypnotising. Hence, you forget to experience yourself as someone separated from others by time and space.



As already mentioned, it feels like the 'dynamo' of *the empty breath* is in the groin. From there, you follow *the swing of the empty breath* (see [page 461](#)) to the top of the head, more or less aligned with the body's expansion from the groin to the chest. At the same time, you acknowledge thoughts and feelings without editing them. Hence, their unbound energy ignites a gentle explosion at the top of the head, erasing the perception of being someone. Then, it is like having a body that is not there because you are in the bliss of nothing.

This *state of not-knowing* remains while the body contracts, and you go with *the swing of the empty breath* down to the groin. After that, you keep going up and down with *the swing of the empty breath*, thus still in *a state of not-knowing*. It does not mean it resides in the breath's flow. *A state of not-knowing* and its bliss of nothing is nowhere, thus obscured by the experiences of something, confirming you are someone definitive in a tangible world.



The empty breath *cancels out the apparent differences in a world where there seems to be more than one. That does not mean they are not experienced as different anymore, but that difference is not perceived to make a difference.*

When you continuously return to *the empty breath*, nothing remains a problem because the differences appearing to cause it are not perceived to make a difference. That is, if you do not prevent that by insisting your spouse, for example, makes a difference. Fortunately, the frustration that seems to arise from upholding a particular perspective can be used to ignite a take-off into *the empty breath*.

In the above example, you followed *the swing of the empty breath* going up and down (read about *the swing of the empty breath* on [page 461](#)). But you could also have surfed the yin-yang-shaped waves in a vertical circle from the front to the back of you or the other way, thus going up and down in a circular movement (read about surfing *the empty breath* on [page 459](#)). Or you may have listened to *the transparent sound of the empty breath* while going up and down (read about *the transparent sound of the empty breath* on [page 464](#)). of course, you could have changed between those ways or done them simultaneously.

But if you stay in a *state of not-knowing* for more than 20 minutes, 45 at most, at a time, you cannot return to the experience of being someone definitive in a tangible world. See [Duality Hack #9.10](#). So, if you want to do that, you better depart a *state of not-knowing* relatively quickly. Fortunately, you do that with the slate wiped clean, so you come back unconditioned. Hence, igniting a new take-off into *the empty breath* is easy. Below, we look at how you can quickly go back and forth between a *state of not-knowing* and the conscious experience of being someone.

Everywhere and nowhere with *the empty breath*

Above, you followed *the empty breath* from the groin to the head, where you entered a *state of not-knowing* and remained in that for some time.

However, in the coming sample, you are only in a *state of not-knowing* when you follow *the empty breath* from the head to the groin while the body contracts. But when its expansion begins, and you set off from the groin, you remember something specific, thus returning to the conscious experience of being somebody. Fortunately, with the help of *the empty breath*, you do not perceive that as something. Hence, you return to the head as nobody and go down to the groin in a state of-not-knowing while the body contracts. From there, you go up to the head again as somebody and leave as nobody in a *state of not-knowing*. And so on.



Suppose you assume there is something better around the next corner. In that case, you probably do not notice the empty breath because it is not behind anything but before everything that the brain has twisted into an experience of something from out of nothing.

In a *state of not-knowing*, conditionings are cancelled, so you return to the consciousness of being someone as the basic self in *the duality flow*, unable to uphold a specific decision. Fortunately, it is unnecessary because a *state of not-knowing* complements *the duality flow*. Besides, a *state of not-knowing* makes you laugh, so you may still be laughing when returning to the conscious experience of being someone and, therefore, quickly re-enter a *state of not-knowing*.

»» *When parts of the body, like the head, are mentioned in the movements of the empty breath, you do not experience those parts as compact but transparent because you are with the empty breath.* ««

Having done this for a while, going back and forth between a *state of not-knowing* and the conscious experience of being someone becomes automatic. Eventually, you do not know when you are somebody because the contrast of up and down – somebody and nobody – takes you to *the duality flow*. Thus, it feels as if nobody is going nowhere and everywhere.

» *There was nothing before there was something, so the nothingness of the empty breath gives you maximum charge when not looking for something.* «

Since you long ago accepted that the body's expansion and contraction are related to breathing in and out, you no longer think about this connection. The same applies if you psychologically decide that breathing in means you are conscious of being someone and breathing out that you are in a *state of not-knowing*.

You do not need to remember every detail of this photo to get a sense of it. Likewise, you do not need to remember all the explanations about the empty breath to sense it.



From the third eye with *the empty breath*

So far, we have said *the empty breaths* dynamo is felt in the groin. But if you prefer a more metaphysical approach, you can use the third eye as the dynamo and start going with *the empty breath* from there.

You do that by defocusing on the third eye, then patiently waiting til the breath starts by itself. However, you do not follow it. Instead, you rest in the space that seems to have opened in the third eye, filled with the transparent sound of *the empty breath*. From there, you probably sense the swing of *the empty breath* in the upper part of the body, and when breathing in, you have glimpses of *the Enlightenment of that which is One*.

Whether connecting with *the empty breath* from a 'dynamo' in the groin or the third eye, you hardly notice the constant streaming of thoughts from the brain. So, except when returning to the conscious experience of being somebody, you are in the bliss of nothing, thus feeling transparent, regardless of looking the same.

*Since the empty
breath sees
emptiness where
you believe in
seeing something,
it has no need
to be free from
anything or to be
recognised as
something.*



You can also sense a 'dynamo' for *the empty breath* in the eighth chakra above the head. From there, you start in a *state of not-knowing* and in a vertical circle going sideways, you simultaneously surf both sides down to the heart. Here, you begin contemplating the bliss of nothing, so you are not in a *state of not knowing* when you surf back to the eighth chakra simultaneously on both sides of a vertical circle that goes forward and backwards your body. Returning to the eighth chakra, you are back in a *state of not-knowing* until you surf down to the heart, where you again contemplate the bliss of being nobody. And so it goes. That may be the preferred way for high-frequency persons.

Forgetting up or down

Connecting with *the empty breath* is not a matter of letting go or surrendering because doing so enhances the belief in being someone definitive. That also applies to figuring out which way to follow *the empty breath* or if it follows the physical breath. Besides, you can never know that because you are in a *state of not-knowing* when connected with *the empty breath*.

It is a matter of speech when *Alexius' Duality Hacks* say that *the empty breath* fills you with emptiness. It does not supply you with anything. But it exposes the body as nothing camouflaged by an experience as if it is something. The same applies to all experiences. Acknowledging they are nothing disguised as something, you are not bothered by something. That is why it is so blissful to be with *the empty breath*.

Should you forget to go up and down with *the empty breath*, there is no reason to blame yourself because there is no self. It is make-believe. Of course, that also applies to being connected with *the empty breath*. Nevertheless, it does not establish you as something because it gives you nothing. Hence, what you believe in being is exposed as unreal.



Alexius is so devoted to his cat Uma that even though she is dead, thus nothing, she almost appears as something.

Relating to the nothingness of
the empty breath as something

It may be easier to remind yourself about the nothingness of the empty breath by relating to it via something. For example, sometimes Alexius calls it Uma, the name of his beloved cat. She is dead, thus not appearing as something but nothing like the empty breath, so the memory of her hooked up with the empty breath is like a laser of nothing going through his perceived obstacles of something in the body. So, nothing stops him from feeling connected with the empty breath.



The function of the empty breath is not to improve one's appearance or location but to facilitate the undoing of the belief that one is experiencing something real.

Hack #9.7, Notes on 'the empty breath'

The empty breath is not about getting healthier, more money, success, love or anything else, but realising what you appear to be and have is nothing. Hence, there does not appear to be something hiding the formlessness of oneness.

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It is impossible to leave oneness since it is formless, thus endless. Yet, it appears possible to imagine not being One but in a world where there seems to be more than one. In that context, you get a life jacket from oneness: *the empty breath*.

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Since *the empty breath* loves you unconditionally, it is not bothered by your fantasies of being someone definitive. Besides, *the empty breath* is nothing, thus not seeing something definable. That is why every experience of something is perceived as nothing when connected with *the empty breath*. Of course, this does not mean you do not do something about a broken leg. But since it is seen as nothing, you do not add worries to the fractured leg.

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What you see on a computer screen are zeros and ones from a hard disk combined to look like something is on the screen instead of nothing. However, it is not before an app has processed the combination of zeros and ones that you believe to see something on the screen.

In this context, *the empty breath* is zeros and ones unprocessed by the brain, whereas something on the screen is zeros and ones processed by the app called the brain. But *the empty breath* does not know that you choose to believe the brain's fantasy of nothing is something.

All *the empty breath* knows is what is not oneness is nothing. Therefore, it breathes emptiness into the world of something you believe in seeing so that it does

Connecting with the empty breath has nothing to do with appearance but being a medium for nothing, which you are when willing not to be something specific.



not seem to hide, there never was or will be anything but the formlessness of oneness.

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Just like what you appear to be is nothing, so is *the empty breath*. But unlike you, it does not need to conceal its nothingness by appearing as something. Consequently, nothing prevents it from being what and where it is most beneficial for you – even under your feet if that is what it takes to make you see, you are a fantasy made from nothing.

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Following *the empty breath*, you automatically multitask because it does not know how to focus. Therefore, when you do not sense the empty breath, multitasking makes you feel it.

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Igniting *the empty breath* is no different from going with the flow of the genitals – no thinking is needed. However, being horny enhance the belief in being someone definitive, whereas *the empty breath* undoes it.

Going with the empty breath is just as easy as going with the flow of sex. The latter, though, does not result in the undoing of the belief in being someone definitive unless the orgasm is used to ignite a take-off to the empty breath.

That is not to say that sex should be avoided because excluding sex or anything else adds to the definition of you as someone definitive. Actually, an orgasm can be used to ignite a take-off into *the empty breath* if you do not hold back but are nothing but orgasmic. More sex in [Duality Hack #1.11](#).

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Connecting with *the empty breath* does not require meditation or other techniques based on exclusion, restraint or control. But neither does it need you to stop being exclusive because if you stand by your unwillingness to include everything unedited, the uncontrolled suppression energy ignites a take-off into *the empty breath*.

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The purpose of the brain's experiences is to entertain you with duality. But suppose you perceive your reaction to them per capitalism, socialism, spiritualism, or another conceptualised way of living. In that case, the thoughts you compile into a perception aligned with your belief system move faster and faster to escape your manipulation, so you do not feel entertained but irritated. No



Returning to that which is one is not a matter of going anywhere. Oneness is formless, thus endless, so it is impossible to leave it. However, it seems possible to imagine it. Fortunately, the empty breath undoes this belief so gently that we can enjoy our mistake while having it undone.

worries, if you do not try to stop this restless energy, it automatically ignites a take-off into *the empty breath*, where the slate is wiped clean. Therefore, since your perception is automatically synced with the brain's experiences, you feel entertained by all of them.

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If you once connected with *the empty breath*, it remembers you, even though you skip it. It syncs the inward and outward-facing senses (see [Duality Hack #9.8](#)) to make you indifferent to a specific interpretation of something. Therefore, when you enter *the duality flow*, you feel so good that nothing prevents you from forgetting to remember being someone (see [Duality Hack #8](#)), hence connecting with *the empty breath* again.

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Most resist being nobody, so they are unwilling to undo the belief in being somebody. But if you acknowledge it, you confirm your ap-



Some claim the amount of information coming from digital media makes them stressed. But that could be because they sort the news according to a particular philosophy. Thus, not the amount of information but manipulating it to support a specific opinion makes them stressed. Fortunately, the more stressed you get, the faster it disappears when you do not try to stop but use it to ignite a take-off into the empty breath.

pearance is make-believe, thus having the willingness to undo the belief in being somebody.

That does not mean you suddenly are gone, reborn or awakened. The story of Santa Claus does not change when you grow up. What changes is that we do not believe it is real. But there is one difference between the story of Santa Claus and the story of being someone specific in a world defined by time and space. When the belief in the latter is undone, or in the process of being it, you are not disappointed. Instead, you feel free to enjoy the fiction of a world defined by time and space.

You can take breaks from it by connecting with *the empty breath*, thus being in *a state of not-knowing*. Returning from that to the story of something, *the empty breath* helps you live in a world defined by time and space by syncing the inward and outward-facing. Since that makes you indifferent to a specific interpretation of your reaction to the story, you are in *the duality flow*.



A state of not-knowing does not only come from the empty breath. It can be brouhht about by all Alexis' Duality Hacks. However, if the

*Why is nothing
so blissful?
Because
there is not
something
to cause
problems.*



state is always the same cannot be known. After all, it is a *state of not-knowing*.

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Alexius' Duality Hacks gladly proclaim they are nothing. You do not get something when connected with *the empty breath*. Thus leaving the frustration of something and entering the bliss of nothing.

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Explaining the bliss of nothing is problematic because it comes from not perceiving experiences as something.

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Since you perceive experiences based on a remix of memories, adjusted every time you recall them to boost your story as someone fantastic, your perception does not match others' view of the same events.

Hence, you conclude something is wrong in you or others and start to correct what you judge as incorrect. The more you appear successful in this,



There are many ways to appear in a world defined by time and space, but there is no way to leave it because you are not in it – like within the context of such a world, a dreamer is not in their dream and, therefore, does not return to bed when the dream is over. Likewise, you do not return to the formlessness of oneness when your apparent life in a world defined by time and space is finished because you never left the formlessness of oneness.

the more it seems you can make a story that proves your points of view are correct. But your fiction is as empty as a dream where nothing is believed to be something.

Fortunately, you cannot make *the empty breath* look like something, so when you are connected with it, you are in the bliss of nothing. Thus, you are not conditioned to perceive your experiences according to a story made up to make them look like they are real.



The function of *the empty breath* is not to reveal oneness but to expose what you see as nothing so you do not interpret it as something to hide the formlessness of oneness. Like when not perceiving a dream as something, it does not seem to hide you are in your bed. Of course, you could contemplate that something is nothing. But it often turns into a joyless debate of something instead of being in the bliss of nothing entailed by the wordlessness of *the empty breath*.



Alexius automatically connected with *the empty breath* when, as a child, he devoted himself to the whereabouts of the breath every night, thus going to sleep in the bliss of nothing. However, others either talked about something as if it was real or could be transformed into a higher existence, so the bliss of nothing seemed foolish to bring about.

Thus, he hid being nobody in the bliss of nothing by pretending to be somebody in the world of something until he started writing *Alexius' Duality Hacks* in 2012. But it was not until writing [Duality Hack #9](#) in 2018 that he named the gate to the bliss of nothing: *the empty breath*.



If you want to know who chooses to believe in being someone and who has programmed the brain to produce experiences that seem to confirm this belief, or who wonders about this, the answer is nobody.

Hack #9.8, 'The empty breath' syncs the senses

Whether you see, hear, feel or taste the abstract world of the inward-facing senses or the substantial world of the outward-facing senses, it is something the brain has created from nothing to make you think you experience something real. But in the case of the abstract world, the brain has not fully processed nothing into something definable outside you. Thus, it feels as if there is an abstract world inside you.

In the world of the outward-facing senses, the brain has finished twisting nothing into something touchable, so you appear as someone in a tangible world outside you. The brain considers the abstract world of the inward-facing senses an uncompleted version of the substantial world of the outward-facing senses.

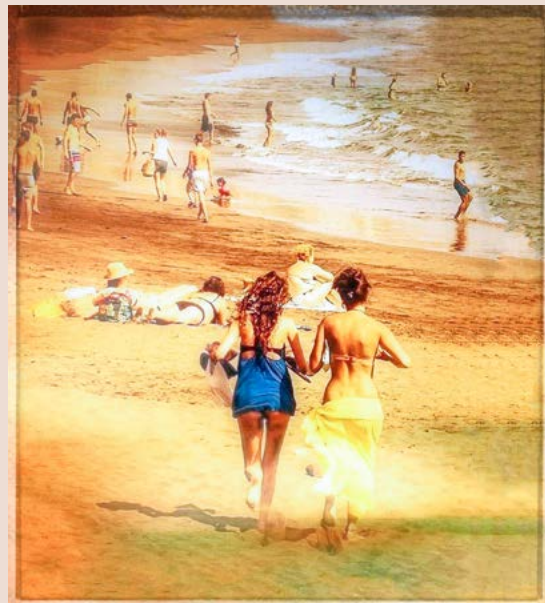
But the brain does not care about which one you prefer because its purpose of twisting nothing into something is to make you feel so entertained by its fantasy that it seems to take place, thus attesting to the brain as real. However, since it takes more than one to ex-

We see, hear, feel, smell and taste a world outside us via the outward-facing senses and within us via the inward-facing ones. The former has been fully processed by the brain to appear as a tangible world outside us. The latter is hardly processed, so it seems to be an abstract world inside us. But none of the worlds are based on info from the sensory system. They are solely a fantasy of the brain made from nothing. Therefore, the inward and outward-facing senses only refer to where we perceive something to happen. They should not be mistaken for the physical and psychological experiences described in [Duality Hack #7](#). They both

Much devotion to the world of the inward-facing senses probably makes you spaced out in the world of the outward-facing senses. Yet, if you do not have to be present there, you can go with the flow of the inward-facing senses, as if the world outside you stands still.

occur in the realm of the outward-facing senses.

Please remember that this explanation, like everything else in a world where there seems to be more than one, is mumbo jumbo. However, it makes sense if you want to expose that where you experience being is a mirage.



perience something, and since there is no more than oneness, all experiences are an illusion, whether with the outward or inward-facing senses.

Hence, it is only in the context of the brain's plot to deceive you into experiencing nothing as something that someone experiences an abstract world, lightly processed by the brain from the frequencies of nothingness, and a substantial world, heavily processed by the brain from the same frequencies. And it is also only in this context that the brain seems to receive something from a sensory system.

Furthermore, in this context, the abstract experiences of the inward-facing senses come about when one is not entirely focusing on being someone substantial in the world of the outward-facing senses. The little left of the belief in being substantial makes it



The abstract world of the inward-facing senses is experienced when time and space are not entirely considered real. Ultimately speaking, though, the inward-facing senses' experiences are not more real than the outward-facing senses' because any experience requires more than one, and there is no more than that which is One since it is formless, thus endless.

possible to experience the abstractness of the inward-facing senses. In other words, when one appears to be nobody in the world of the inward-facing senses, one has not entirely left the belief in being somebody.

Initially, the abstractness in the world of the inward-facing senses may be intimidating, but it is the reverse. In the world of the outward-facing senses, we are always afraid of not making it, whereas we have nothing to live up to in the world of the inward-facing senses.

Not being someone specific feels as if you are nothing, which seems pretty discomforting until you realise that being empty, you are a vessel for the empty breath, which takes you into the high-frequency world of the inward-facing senses, where glimpses of Enlightenment become the base for experiencing the low-frequency world of the outward-facing senses.



» You must constantly focus on the world of the outward-facing senses to make it seem real. But it is the other way around in the world of the inward-facing senses. That is experienced when there is no effort to focus or concentrate. «

As long as you intend to appear in a world where there seems to be more than one, it is best to multitask between the inward and outward-facing senses, so you focus when needed and space out when nothing is required of you. Fortunately, *the empty breath* is an automatic gear shift between the outward and inward-facing senses, so we go back and forth between them per our present situation.



This is a leaf from a palm tree that Alexius has processed into a fantasy of what it may look like when not seen in the world of the outward-facing senses but in the abstract world of the inward-facing senses.

However, he cannot illustrate the formlessness of oneness. It is without separation, so there is not something to see. But that does not mean it is nothing. On the contrary, since oneness is formless, thus endless, it is everything.



This picture and the yellow one beside it have been processed from the same digital photo. Nothing has been added to the images, but the digital information has been manipulated differently. It is a bit like when the brain from the same void of nothing renders experiences that appear different although they all are nothing twisted into something.

»» *Like everything else sensed, the empty breath is invisible and colourless until the brain ascribes a specific shape and colour. But as the empty breath does not aspire to be something, the brain does not care to twist it into an object. Hence, it remains invisible and colourless.* ««

The empty breath syncs the inward and outward-facing senses

When you hide from the sun, it remains where it is – likewise, *the empty breath*. Therefore, *the empty breath* remains with us if we once have been connected. It does not know, we have left it because it is unaware that we believe to be separated beings in the low-frequency world of the outward-facing senses.

Yet, *the empty breath* senses the stress our belief seems to create, so it syncs the discomfort with the high-frequency world of the inward-facing senses. That is not because the world of inward-facing senses is more peaceful than the world of the outward-facing senses. However, the stress in the low-frequency world of the outward-facing senses does not seem disturbing in the high-frequency world of the inward-facing senses.

Besides, the body does not seem troublesome because the tensions experienced due to psychological worries about the body's condition vanishes, when perceived via the inward-facing senses per what and where we appear to be.

However, it does not work if you suppress the involuntary movements that the ignition of *the empty breath* may bring about to get you into place with the inward and outward-facing senses. Therefore, should the ignition entail electric-like, physical and mental impulses do not suppress them. For example, if your shoulders usually are tight, they may click when they loosen up. Or, if you are feeling sad, you may laugh.

Sometimes, something extreme is needed to sync the senses. For example, when Alexius, as a child, was involved in an accident, he

forgot what and where he was, thus asking his mother when he came home with blood on his head, » Who am I?« His uncertainty remained, although his parents thought he soon returned to his usual self. However, appearing as they expected was something he had always pretended but was mainly unaware of until then. See [Duality Hack #8.4](#).

You cannot help *the empty breath* with the synchronisation. Still, you can prevent yourself from interfering, for instance, by doing [Nordic Walking](#) regularly, softening the eyes with heat by [RENPHO Eye Massager](#) before sleeping and resting on [far-infrared](#) heating pads with [PEMF](#).

It is essential to accept that although everything looks like before you were connected with *the empty breath*, nothing feels the same. At first, it may seem blander because you no longer have peak experiences in the world of the outward-facing senses. Fortunately, you soon see that when you do not split the duality pairs into separate entities, you feel neither up nor down because you are in the constant movement of opposites, thus having no need for peak experiences.

The inward and outward-facing senses are further explored in [Duality Hack #11.1](#) and [#11.5](#).



Letters, compiled in various configurations, are attributed as meaningful or meaningless. And when the supposedly meaningful ones are arranged in rows like on this page, it is as if you read a story written by somebody else. Hence, it seems to confirm you are in a world with more than One. But you do not get the story but your interpretation of it. Therefore, since you are the maker, it does not prove there is more than One.

Hack #9.9, More than one is like a film of oneness in slow-mo

Let us imagine that oneness consists of endless letters and that some make up the shapes appearing as a world with more than one. However, since there is no separation in oneness, the letters that oneness consists of cannot be distinguished. Furthermore, oneness is so fast that it is one perpetual present, so it is impossible to organise anything linearly.

But let us imagine slowing down the speed of oneness until there appears to be space between its letters. In that case, they seem to have different shapes that, over time, can be combined in several combinations attributed to specific meanings. Hence, space and time establish separation as real and the formlessness of oneness as unreal.

Fortunately, this fantasy of a world with more than one is easily undone. You reverse it, thus not slowing down the speed thoughts that establish the meaning of the letters but joining their nature, which is to speed up until there is no time to establish separated letters.

Suppose you need time to process this. In that case, it is not to understand but to reduce the speed of thoughts so you can remain in the experience of a slowed-down version of oneness and appear calm, although feeling alienated as a separated being because that which is you is the formlessness of oneness.



Thoughts are important in a world where there seems to be more than one

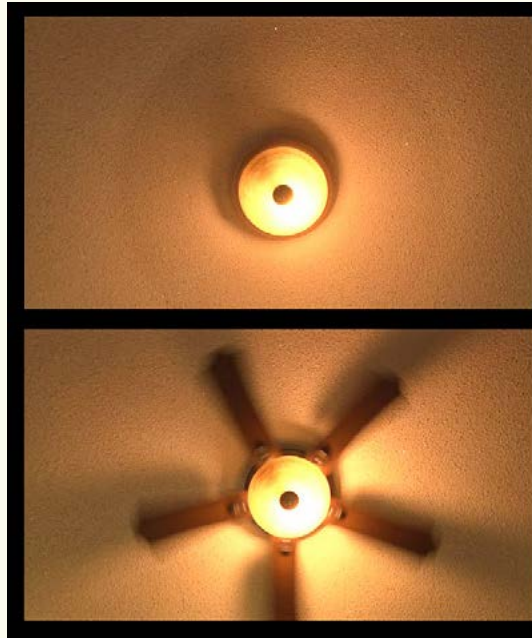
It is only in undoing the belief in more than one that thoughts should not be organised into specific shapes. When you appear as someone in a world where there seems to be more than one, thoughts are needed to set up particular constructions confirming your appearance. But maybe not how you expect.

Oneness versus a world with more than one

Oneness can be compared to a movie played so fast that its frames look like one, making it impossible to see anything specific. However, slowed down, it seems like oneness is full of frames with a particular look – like a world with more than one.

Therefore, if you believe to be someone in a world with more than one, you do not undo your belief by slowness but by quickness. You speed up the film of more than one – or rather, your interpretation. Since that is a construction of thoughts, the faster they move, the more the frames appear to press on, and the less you experience more than one.

That happens by itself when thoughts are not shaped into interlocking Lego bricks, used to build an appearance of you as someone in a world where there seems to be more than one. Then, thoughts are free to speed up until it is impossible to hold onto them, and you enter a *state of not-knowing*. After that, you return with the slate wiped



Everything moves so fast in that which is One that there is no separation – like in the first image, where the extreme speed of the ceiling fan annuls separation. However, when the fan is slowed down, separation occurs. Likewise, a world where there seems to be more than one appears to come into being when imagining slowing down oneness.

In the movie [Lucy](#), Scarlett Johansson demonstrates that there is nothing to see when time is sped up infinitely. That is comparable to that which is One. It is so speedy that there is no separation to define anything. That is why it is formless, thus endless, and a world where there seems to be more than one is non-existent.

clean to the awareness of being someone – or your consciousness is terminated by *the Enlightenment of that which is One*, so there are no experiences to hide there never was or will be more than that which is One.

To spell it out, returning to oneness is not about slowing down thoughts, least of all stopping them. If you do that, you are stuck in a single frame of an empty void, separated from similar ones. This numbness of stillness is as far away from oneness as you can get because that which is One is not deadlocked but free-flowing energy, moving at such a speed that nothing can be seen in the formlessness of oneness (see illustration [page 500](#)).

So, you undo the belief in a world where there seems to be more than one by speeding up thoughts to the extent that they do not appear to differ. Since that makes it impossible to interpret your experience as something specific, no shapes appear to hide the formlessness of oneness.



If you close your eyes after being deeply involved in something, physically or mentally, you may see blurred images of it speeding up like movie frames. But you do not feel disturbed if you are not holding back because then its unrestrained energy ignites a take-off into *the empty breath*, which brings about the bliss of nothing.

The same applies when you worry and do not try to appease yourself but instead step into the full uncontrolled speed of thoughts and emotions. Thus, a take-off into *the empty breath* is ignited.

The Ukrainian pianist [Lubomyr Melnyk](#) plays extremely rapid, intricate patterns of notes, which produce overtones so trance-inducing that a cascade sound of purity makes you forget, it is ignited by the speed and complexity underneath it.

Hack #9.10, 'A state of not-knowing' and the after-effect

Those who want to be someone in a merry-go-round world may like to read about the bliss of nothing entailed by the empty breath But when they realise the bliss comes from not believing to be someone, they avoid it by, for example, saying, »I need time to process it.«

Nothing twisted into something

It takes more than one to appear as someone, but, as mentioned before, oneness is formless, thus endless, so there is no more than One. Therefore, appearing as someone in a world with more than one is a fantasy made from nothing, experienced by nobody, al-

though it looks as if someone has them when you believe the brain's experiences are authentic.

The brain claims the experiences it produces are founded on information from our sensory system. Most people gladly accept that because otherwise, their experiences are exposed as a fantasy fabricated by the brain, so what we see does not consist of tangible elements but intangible thoughts. See [Duality Hack #1.2](#).

You may have noticed that even with your eyes closed, the brain can produce vivid images, looking like the world you see with open eyes. And it does not require you to be sexually stimulated by something in the physical world to produce an orgasm in your dreams. In short, what and where you believe in being is a fantasy synthesised by the brain from nothing into something that you see as real – like when you watch several movies in a row, the brain pieces their dif-



When not organising thoughts and feelings into specific categories, they do not seem to represent something in a substantial world. Hence, they do not blow out but ignite the empty breath,

ferent fictions into one continuous story that feels so compelling you believe it is real.

That is because whether experiences are perceived as yours or others, real or imagined, authentic or fake, fabricated or factual, physical or spiritual, the brain processes them all in one highly-piggledy. The brain views everything it processes as nothing that it must shape into something so engaging that you do not notice its experiences of you as someone substantial in a tangible world, like a dream, are fantasies made from nothing by nobody.

***The empty breath* exposes the brain's deception**

The fastest way to expose the brain's deception is to connect with *the empty breath*, which has not been twisted into something by the brain. You ignite a take-off into *the empty breath* by not organising thoughts and feelings into something but instead stepping into their uncontrolled energy.

Connecting with *the empty breath* does not make you deeper, higher, purer, balanced or something else. Being something is part of the brain's fantasy of nothing appearing as something, and *the empty breath* is not part of something but the nothingness from which the brain's experiences are fabricated. Therefore, since it cannot give you anything, you are the nothingness the brain has twisted into experiences of something in its connection. In this *state of not-knowing*, you do not pick up on the brain's deceptive fabrication of you as someone substantial in a tangible world, thus in the bliss of nothing.

»» *Getting into a state of not-knowing is as easy as told, but since we all are in the habit of looking for a solution in the experiences we perceive as something, we may get lost in them, thus feeling hopeless. No worries, there is so much energy in unedited hopelessness that it ignites a take-off into the empty breath.* ««



One second ago, the present experience of you as someone who reads this had still not been rendered by the brain because it has taken one second to make this experience from the info it claims to get from your sensory system. But since the world, according to science, consists of empty space, the brain picks up nothing. It hides that by twisting it into something experienced by someone definitive. In other words, one second ago, you were nothing and still are. But you conceal it by ratifying the brain's experiences as something so they attest to you as someone definitive.

A state of not-knowing

Since the brain has used one second to twist nothing into your present experience of something, you get to the origin of nothingness by going back one second. That is not about getting closer to your pure essence but meeting *the empty breath* which resides in the nothingness unprocessed by the brain. Being with *the empty breath*, you are in *a state of not-knowing* where there is nobody to establish the brain's fantasy of nothing as something.

The empty breath's indifference to the experiences manufactured by the brain wipes the slate clean, so when you return to the conscious experience of something, you sense its nothingness. Therefore, since conditioned ideas about something bind you, experiencing nothing as something is fun.

There is not anything that appears to make a difference in a *state of not-knowing*, so you have no special place to go or someone special to love. Nor do you have anywhere specific to hide unpleasant feelings. At first, that may feel like being stuck inside an unbreakable armour of pain instead of floating in the bliss of nothing.

»» *When you do not look for something, you get the bliss of nothing. It is like being in love with nobody.* ««

Fortunately, if you do not try to escape the feeling of claustrophobia but are that and nothing else, there is nothing to define you. Consequently, since there is no awareness of being shaped as someone, nobody is stuck inside something, so you are in the bliss of nothing falling into the body of something. But it is neither felt physically nor as integrated with higher energies because you are taking a break from labelling experiences as something. Please notice it does not mean that there are no thoughts and feelings but that nobody relates to them as something.

»» *In a state of not-knowing, the brain cannot establish you as someone definitive. However, it does not mean you are transformed into a higher consciousness but that there is no awareness of being someone. That is why a state of not-knowing feels like walking on air.* ««

In other words, even though the brain, as always, produces experiences of something from out of nothing, there is nobody to perceive them as something. That is why you are in the bliss of nothing, thus nowhere. But it is also why there is nobody to be aware of it until you return to the conscious experience of being someone definitive, and blissful memories of not believing to be something pop up.

Hence, everything said in *Alexius' Duality Hacks* about a *state of not-knowing* is based on Alexius' memories. And though a *state of not-knowing* is impersonal, memories are personal, so Alexius' memories may differ from yours – like two persons drinking the same tea often remember it differently.



In a state of not-knowing, your eyes may be closed or open. And you may sit in a bar, walk down a noisy street, talk a lot or be silent. Thoughts go on as usual because what and where you appear to be is a construction of thoughts. There is one difference, though. Before, thoughts were perceived as something, and now as nothing.

» *Although a state of not-knowing cannot last if you want to remain in the consciousness of being someone, the bliss of nothing is always there – just like the sun also shines when covered by clouds.* «

However, the brain feels abandoned if you are more than 20 minutes, 45 at most, in *a state of not-knowing* because you are not reacting to its fiction as if it is real. Therefore, since it is exposed as nothing, the brain gives up producing more experiences of you as someone, so you cannot return to the consciousness of being in a world of something, nor can you continue in the bliss of nothing since the fantasy about being someone is over.

» *You cannot welcome the Enlightenment of that which is One if you want to exist because it takes more than one. But that does not mean you have to die since it also requires than one.* «

Hence, *a state of not-knowing* induced by *the empty breath* must end relatively quickly if you want to resume the consciousness of

being someone. Otherwise, *the Enlightenment of that which is One* sets in, and consciousness is completely erased.

There is no need to worry about accidentally staying too long in a *state of not-knowing*, thus having the consciousness of being someone erased by *the Enlightenment of that which is One*. Hardly anybody comes to the point where the brain starts falling apart. Their urge to be someone is so deep-rooted that it is easy for the brain to seduce you with images of becoming and having more, making you forget the bliss of nothing. Besides, should you reach the point of no return, fear of survival is probably enough to reboot the brain, thus the experience of being someone in a world of something.

In short, you most likely leave a *state of not-knowing* a long time before the brain falls apart. And since you return to the consciousness of being someone with the slate wiped clean, you automatically serve the brain, thus everybody, because the brain has no personal preferences.



Every fact is make-believe. For example, it is not a fact that you see this image now. The brain has used one second to process this experience, so what you believe in seeing now is the past. Furthermore, there is no image. It is something the brain has thought up from nothing as if it is something, thus attesting to you being someone.

Suppose you no longer wish to appear in the brain's experiences of something. In that case, you do not mind the brain stops mapping out empty space as if you are someone. Hence, the nothingness of you, via *the Enlightenment of that which is One*, gently falls through a black hole into that which is one.



It is not thoughts that prevent us from being in the bliss of nothing but the desire to accomplish something with them.

If you try to return to a *state of not-knowing* by replicating the last one, you will not enter it again because what you intend to replicate is memories, and contrary to a *state of not-knowing*, they are perceived as something. And if you use second-hand knowledge of how to get the bliss of nothing, you become the special self. Since it focuses on realising itself, you will not enter a *state of not-knowing* because it is selfless.

Being a servant feels very satisfying, so you do not look for something specific but happily go with *the duality flow* ([Duality Hack #8](#)), sometimes taking a break from duality via a *state of not-knowing*. Maybe you have glimpses of Enlightenment in that state.

Glimpses of Enlightenment in a *state of not-knowing*

In a *state of not-knowing*, you may have glimpses of Enlightenment. But, like a movie trailer is not the movie but samples of it, those glimpses are not *the Enlightenment of that which is One*.

The Enlightenment of that which is One cannot be experienced as it requires more than one to be aware of something. Nevertheless, you can see, hear, feel or taste glimpses of it. Since these are experienced via the inward-facing senses, they do not blend with the world of the outward-facing senses. See [Duality Hack #9.8](#).

Having glimpses of Enlightenment, you stick to one aspect at a time. Therefore, if you feel it, do not try to see it. Yet, if visions of light start to take over, you go with that. And suppose you do not divide it into different shapes. You will not see patterns and colours but one bright light in that case. It sucks out everything you believe in being, so there is nothing to gracefully fall through a black hole into that which is One. See [Duality Hack #10.5](#).



In other words, the visual glimpses of Enlightenment do not make a room lighter. On the contrary, it makes it impossible to see it. And even though audio flashes are the most subtle polyphony bell-like sounds, they do not mix with church bells or any other mundane sounds. That is why you better block out samples of Enlightenment when doing something where you need to focus on the world of the outward-facing senses.

Since we are used to perceiving experiences from the outward-facing senses as coming from outside, we perceive experiences from the outward-facing senses, like glimpses of Enlightenment, to come from inside or another world. But that is not so. Both kinds of experiences come from nothing. Those from the inward-facing senses are almost unprocessed by the brain, thus very abstract. In contrast, the experiences perceived to be outside of us are heavily processed by the brain to appear substantial.

» You, as someone, can only be exposed as a hallucination if you agree to that. Having the willingness, the undoing occurs when you keep reading Alexius' Duality Hacks because they do not result in something but nothing, thus automatically hack the belief something. «

The after-effect of a *state of not-knowing*

As already said, if you want to return from a state of not-knowing to the conscious experience of being somebody, you must leave a *state of not-knowing* after 20 minutes, 45 at most. If not, you cannot ratify the experiences fabricated by the brain as something. Therefore, since they are exposed as nothing, there does not appear to be something to keep the brain together. Hence, it falls into a coma.

But if you leave a *state of not-knowing* before the brain collapses, you return to the conscious experience of being someone with the slate wiped clean, thus free to follow the brain's script. See [Duality Hack #6](#). It feels like you start from the ground up, moving very slowly with no purpose other than fine-tuning the body as a tool for sensing a tangible world.

Although this is not done systemically with coordinated movements, breathing, or meditation, some assume that if they replicate these slow movements in a focused mode, a la Tai Chi, they magically enter a higher state of higher being. However, a *state of not-knowing* does not arise from focusing but from defocusing, nor is it higher.

» Returning with the slate wiped clean from a state of not-knowing to the experience of being someone, you are nobody pretending to be somebody. Therefore, since you do not need others to confirm you as somebody, the relationships you had when you used to believe in being somebody may seem dull. «

As long as the after-effect of a *state of not-knowing* lasts, which is from a few seconds to several years, you rely on the brain to pro-

duce experiences of being someone in a tangible world – just like you depend on it to compose a dream where you appear to be. Reacting to the brain's experiences as they are feels like happily sleepwalking. But if you override the brain's experiences with a story you have made up per your ideas of wholeness, love and whatnot, it feels frustrating because nothing works out like you imagine. After all, you are not the boss.

In other words, being in sync with the brain's way is effortless, whereas doing things your way is stressful. Fortunately, unedited stress ignites a take-off into *the empty breath* and the bliss of nothing, from where you return with a clean slate, thus again having an effortless life as someone in the brain's fantasy of a tangible world.

Like *the empty breath* syncs being nobody with being somebody so you can move around in nothing as if it is something when you are in a *state of not-knowing*, it also does that when you return to the consciousness of being someone because it never forgets you. But, of course, the ratio is different in the after-effect of a *state of not-knowing*.

In a *state of not-knowing*, there is so little consciousness of being somebody that the different experiences hardly seem to

One of the after-effects of a state of not-knowing is the certainty the brain automatically produces the thoughts needed to experience a world of something.



*You probably go
back and forth
between the
consciousness of
being someone
and a state of
not-knowing many
times before you
forget to go back
to being someone,
thus welcoming the
Enlightenment of
that which is One.*



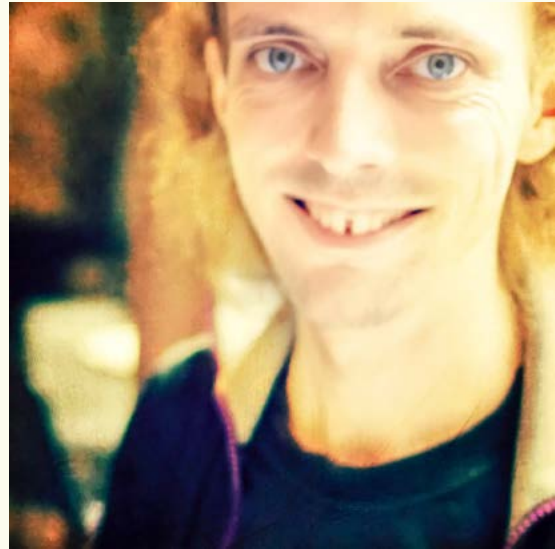
make a difference. That is why you are in the bliss of nothing. But in the after-effect, *the empty breath* syncs the bliss of nothing with the conscious experience of something, so the nothingness is forgotten when you need to drive a car, for example, but highlighted when asleep. So, in a *state of not-knowing*, you are mainly nobody and, in the after-effect, somebody.

Be aware that there is no will to perceive anything in a particular way when in *a state of not-knowing*. The transition from *a state of not-knowing* to the consciousness of being someone is not noticed because there was not somebody in *a state of not-knowing* to be aware of it.

For the same reason, you do not know that the bliss of nothing has wiped the slate clean. But since your psychological projections on the body have been lifted, your perceptions are automatically generated in sync with the brain's script ([Duality Hack #6](#)) when you return to the consciousness of being someone. Hence, you are in *the duality flow* ([Duality Hack #8](#)), which you know because the body feels light, and you have no need to inflict it with singularity.

That does not necessarily mean it always is like that. Your conditioned way of reacting may be so rooted that you return to a familiar response pattern. No worries, a quick visit to *a state of not-knowing* allows you to start over again with a clean slate in the fantasy world of duality pairs.

Sooner or later, you feel so entertained by twofoldness that it blows you out. Therefore, since there does not appear to be someone ex-



Thoughts and feelings may seem distant in a state of not-knowing, but when you return to the consciousness of being someone definitive, they are very close. However, since they are no longer perceived as something but nothing, you enjoy the intimacy of nothing in the shape it appears to take.

periencing something, nothing seems to hide, there has never been or will be anything but the formlessness of oneness.

»» *The willingness to have duality undone is often initiated by admitting you are not willing to recognise it as nothing. By acknowledging that, you agree that where you appear to be is make-believe and, thus, not real.* ««



Since every experience comes in pairs of opposites in a world of duality, you cannot have happiness without its partner, sadness. Accepting this twofoldness, you are in *the duality flow*, thus feeling complete. But most insist on being solely happy by suppressing sadness from their awareness. How-

Looking for happiness to come from something, you miss the bliss of nothing.

ever, since they are still happy/sad but without being conscious of their sadness, they feel incomplete.

Fortunately, if this frustration is not edited, its uncontrolled energy ignites a take-off into *the empty breath*. It brings you into a *state of not-knowing* in which nobody is conscious of something. Hence, in the bliss of nothing until focusing on something supposedly important, and, therefore, again feeling the loss of upholding something as singular instead of twofold..

But since the bliss of nothing has wiped the slate clean, you soon leave your conditioned behaviour behind. So, instead of insisting on a specific opinion, you go with the interaction of opposites. Thus, in the duality flow, where there is not something specific preventing you from returning to the bliss of nothing when you want a break from duality.

Ways to enter a *state of not-knowing*

All *Alexius' Duality Hacks*, except the *Enlightenment of that which is One*, will eventually bring you into a *state of not-knowing*. A few of them are mentioned below.

When you feel speedy and restless, you use the uncontrolled energy to ignite a take-off to *the empty breath*, as explained in *Duality Hack #9*. But if you feel tired, pretending to be that is probably a better choice because what you pretend to be is not you ([Duality Hack #2](#)).

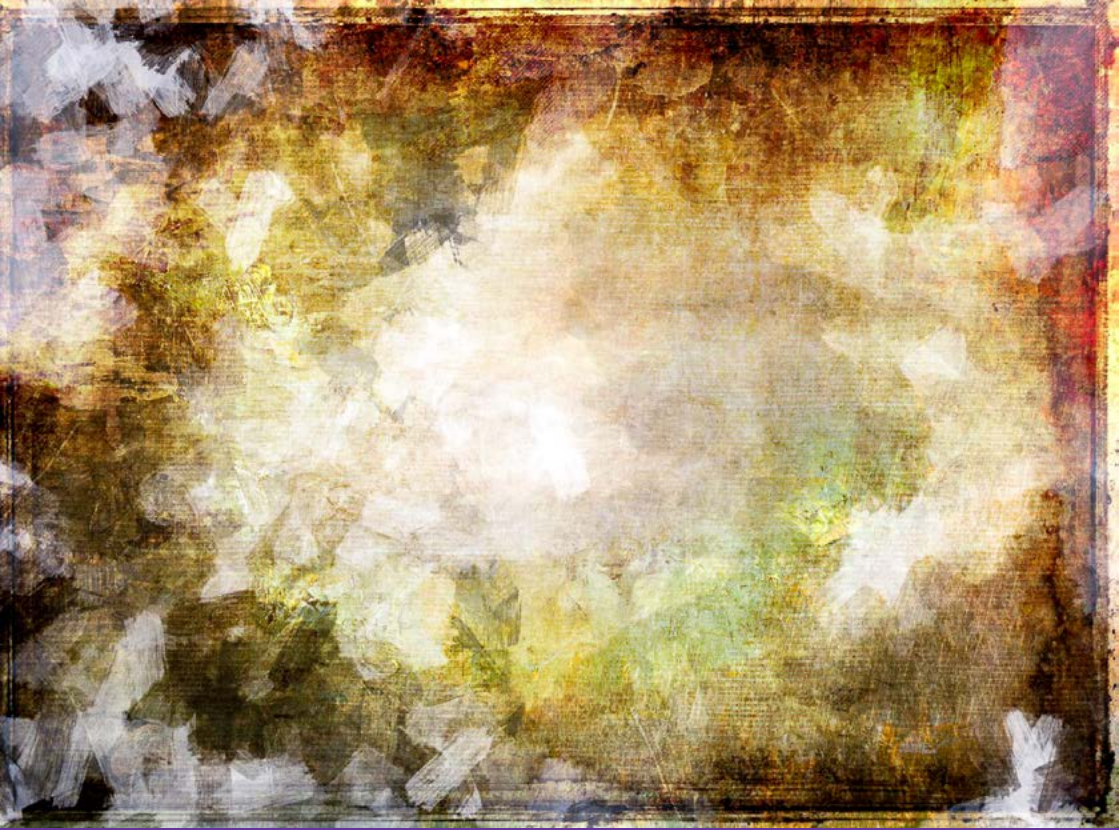
If you tend to blame the world for everything unpleasant, perceiving everything as symbols of oneness could be the hack to apply ([Duality Hack #3](#)). But being *Alone Together* is also a good hack for that ([Duality Hack #12](#)).

Please be aware that *Alexius' Duality Hacks* do not aim to heal the body but the sick belief that you reside there. That said, the more the unhealthy belief is healed, the more the body is set free from your psychological dominance. Hence, the biological system is not blocked from caring for the body on material terms.

However, sometimes kickstarting the system may be helpful for the body. For example, [nootropics](#) can boost the brain, [Blackroll](#) can relax the muscles, weightlifting can tone them, and [far-infrared](#) heating pads with PEMF can provide deep bodily relaxation. [PEMF devices](#) emit magnetic fields nearly identical to the frequencies created by the body's cells, organs, bones, and tissues. Hence, the body's polarity is restored and, thus, your natural ability to be with *the duality flow* ([Duality Hack #8.9](#)), when not taking a break from duality in a *state of not-knowing*.



Read *Alexius' Duality Hacks*
until you feel so empty that a take-off into *the empty breath* automatically is ignited
– or you are so tired of reading that you forget
to control yourself, so uncontrolled energy
spontaneously ignites a take-off into
the empty breath.



» The Enlightenment of that which is One
immediately erases all experiences.
Hence they do not appear to hide,
there never was or will be more than
that which is One. «

The return to that which is One does not involve transformation but the destruction of you as someone definitive. So if you are into self-realisation, awakening, living in the now, coming from the heart, and so on, the Enlightenment of that which is One is not for you.



HACK #10.1, Welcoming 'the Enlightenment of that which One'

Since it takes more than one to be aware of something, *the Enlightenment of that which is One* cannot be experienced. Thus, nobody can tell you what it is or teach you how to welcome it. But over time, you can learn not to welcome a world where there seems to be more than one, thus not fending off *the Enlightenment of that which is One*.

Alexius' Duality Hacks do not use the word Enlightened to describe someone who has achieved a better understanding or a higher consciousness. You do not get wiser or loftier from the Enlightenment mentioned in *Alexius' Duality Hacks*. On the contrary, *the Enlightenment of that which is One* is the end of everything you know because it takes more than one to understand something. How long it takes to erase the awareness of more than one, we cannot know because, without consciousness, there is no time and, therefore, no experience of past and future to hide, there never was or will be anything but *one perpetual present*.

But most who enter *the Enlightenment of that which is One* quickly return to the awareness of being someone in a world where there seems to be more than one. They avoid being terminated by justifying their fear of destruction with *the Enlightenment of that which is One*. Hence, they are back in a world where there seems to be more than one.

So, if you do not want to fend off *the Enlightenment of that which is One*, do not project your fear onto it but stand by your angst of termination. However, not by embracing it because that establishes you as someone definitive, thus fending off *the Enlightenment of that which is One*. But instead by being frightened and

The return to that which is One does not involve transformation but the destruction of you as someone definitive, so if you are into realising your self, awakening, living in the now, coming from the heart, and whatnot, the Enlightenment of that which is One is not for you.



nothing else, there is not something left to define you as someone. Thus, there is not something left to define you as someone. hus, nobody can prevent *the Enlightenment of that which is One* from extracting all your memories of more than one, leaving them at the edge of a black hole so the emptiness of you can pass the tiny black hole and gracefully fall into that which is One.



If you are visually minded, you are drawn into *the Enlightenment of that which is One* by lucid light. This Duality Hack (#10) is mainly about that aspect of *the Enlightenment of that which is One*. But if you are more into listening, feeling or tasting, you are drawn in by hearing, feeling or tasting *the Enlightenment of that which is One*. However, the aspects never mix (see [Duality Hack #10.4](#)), nor does any of them bring you back into that which is One because you have never left it. It is impossible since doing so requires more than one. Instead, any aspects of *the Enlightenment of that which is One* undoes your awareness, so you cannot experience more than one or know you ever did, and it seemed to hide that oneness is all there is.



None of the exciting stories about divine presence, higher self, or consciousness apply to that which is One but to a world where there seems to be more than one. Hence, they are as unreal as anything else in such a world.



Hardly anybody welcomes *the Enlightenment of that which is One*. Still, they may like to have glimpses of it because, contrary to *the Enlightenment of that which is One*, glimpses can be experienced without having one's consciousness erased. Thus, people can make up a story to fool themselves into thinking they have been transformed into somebody with a higher consciousness.



No particular posture or surroundings are needed to avoid being affected by thoughts. All that is required is not to be concerned about their outcome.



There is nothing to awaken from or return to, nor a higher awareness to achieve because there is no more than that which is One – and it takes more than one to be aware of something.



A particular body posture or kundalini awakening does not pave the way to *the Enlightenment of that which is One*. The state of the body is not essential because *the Enlightenment of that which is One* does not enter the body, aura, chakras or anything else you know. Thus, all that is needed to welcome *the Enlightenment of that which is One* is to forget everything you know momentarily..



Since it is impossible to experience *the Enlightenment of that which is One*, the description in *Alexius' Duality Hacks* comes from Alexius' memories of being nobody, falling through a black hole until nothing joins that which is One. In other words, although *the Enlightenment of that which is One* is impersonal, Alexius' description of it is personal. Consequently, he cannot promise his description of *the Enlightenment of that which is One* is correct.

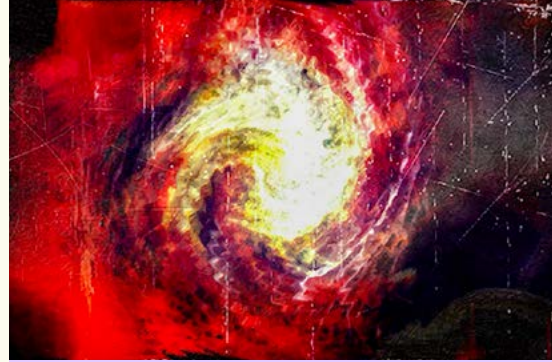
But he can guarantee that neither you nor him can replicate what he describes. First, it takes more than one to reproduce something, and second, there is nothing personal in *the Enlightenment of that which is One*. See [Duality Hack #10.5](#).

Nevertheless, his descriptions of *the Enlightenment of that which is One* may inspire you to undo the belief in a world where there seems to be more than one by forgetting everything you have heard or read about Enlightenment – including how you interpret this hack.



What you appear to be is a construction of thoughts. However, thoughts are not what fend off *the Enlightenment of that which is One* but the belief that they establish something.

Correcting that is about not doing what you do to hide *the Enlightenment of that which is One*, namely taking thoughts seriously. By not doing that, the belief in them as yours fades out. Hence, since they cannot establish you as someone definitive, *the Enlightenment of that which is One* set in. However, if there is the slightest belief in being someone, you will not want to be sucked through a black hole and as nothing descend into that which is One. Thus, you immediately return to the world constructed of thoughts by cherishing one or more of them.



This image is Alexius' graphic simulation of light whirling out of a black hole to extract the thought construction that holds you together as someone specific so it can return into the black hole with the nothingness of you. Thus bringing back nothing to that which is One. In other words, the last thing you see as someone is a black hole. Then you are no more and never were because it takes more than one to be someone.

The Enlightenment of that which is One is an invitation to pass through a hole so narrow that only nothing can enter a void without time and space. The gap seems black until a light brighter than anything else extracts all thoughts collected to fabricate an identity and leaves them at the edge of the hole, so there is nothing definable to float into the formlessness of oneness. In other words, nothing is joining that which is One. The reason is that nothing has ever left it. It is impossible because oneness is formless and, thus, endless.

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When you do not look for coherence, it does seem scary *not* to understand *the Enlightenment of that which is One*. Therefore, since you happily forget to make sense of it, no meaning hides that which is One.

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Falling through a black hole into that which is one can be compared to falling in love in the sense that nobody is falling. It is as if you are without weight or substance and forever float through an empty void with no beginning and end. Yet it ends, and when it does, it begins because oneness is *one perpetual present*.

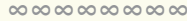
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The Enlightenment of that which is One is neither light nor dark or anything in between. Yet light is used to extract all the thoughts used to make up the experience of something, so there is noth-

All you need to welcome the Enlightenment of that which is One is not focusing on something specific. If you believe in seeing something definable, your belief seems to hide the Enlightenment of that which is One.



ing to go through a black hole and, on the other side, gently fall into that which is One. However, there are no different sides because there is no more than that which is One. Therefore, this explanation only makes sense if you believe in a world where there seems to be more than one.



It is not uncommon to welcome *the Enlightenment of that which is One* and afterwards dismiss the vague memories as insignificant because what is formless, thus indefinable, cannot be shared as something. In other words, since *the Enlightenment of that which is One* cannot be part of a world where there seems to be more than one, it is often doubted.



If you look for something big and supernatural that will support you and help you become more spiritual, *the Enlightenment of that which is One* is not for you. It does not have anything to give since it requires more than one to have something. For the same reason, it does not take away anything. Therefore, although you seem to lose everything, you do not lose anything, like you do not lose something when you realise Santa Claus is a fantasy.



To welcome *the Enlightenment of that which is one*, you must overlook the apparent differences in a world where there seems to be more than one. However, you do not perceive them as one but see them individually without focusing on anyone in particular. Hence, their apparent differences make no difference, so they become the same – likewise, your eyes. And having just one eye, often called the third eye, is the invitation *the Enlightenment of that which is One* waits for.

It is impossible to enter *the Enlightenment of that which is one* with two eyes. They must be closed so that the dimensional world expe-

rienced with the outward-facing senses disappears. Actually, it is not the eyes that must be closed, but your attention toward the world you believe in seeing with them.

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You cannot welcome *the Enlightenment of that which is One* as long as you attempt to organise something because it requires more than one. That is not to say that you must be ready for chaos. There is no chaos in that which is One since that also calls for more than one. For the same reason, there is no peace, stillness, love or anything else inside it, nor is there anything outside of it because oneness is formless, thus endless. That is why you fend off *the Enlightenment of that which is One*, when you believe in being someone definitive.



There is no way to welcome the Enlightenment of that which is One if you expect to be transformed. There is not anything to change. What and where you believe to be is nothing. However, the belief that it is something is, without any warning, undone by the Enlightenment of that which is One.

Most books or lectures about Enlightenment are not about the Enlightenment of that which is One but speculations of how to exclude something judged as darkness to becoming full of light. However, to exclude is to separate, thus enhancing the belief in being someone definitive – and nothing definable can enter the Enlightenment of that which is One.



Hack #10.2, 'The Enlightenment of that which is One'

The Enlightenment of that which is One undoes the belief in more than One. Metaphorically, it takes you on a ride in a fairground carousel, moving so fast that the brain gives up producing different impressions of the trip. Hence, everything is fused into one Lucid light. However, *the Enlightenment of that which is One* is not a light that lightens up something. That calls for more than one, and so does being someone.

Therefore, since the experience of being someone is wiped out by *the Enlightenment of that which is One*, there is nobody left to experience bliss or anything else. So when Alexius talks about *the Enlightenment of that which is One*, it is not based on experience but on vague memories of something that cannot be experienced.

*In 1972, Alexius forgot to be someone definitive,
so nothing specific smoothly fell into oneness.*

Reading his description, you may get the impression that *the Enlightenment of that which is One* is a sequence of events happening in linear time. On the contrary, everything 'happens' simultaneously. But it cannot be described in a world of linear time, nor that it still 'happens.' and that his description, therefore, could be a mix of several 'excursions' from linear time into *one perpetual present*.

To welcome *the Enlightenment of that which is One*

When Alexius was 22 years old, he welcomed *the Enlightenment of that which is One* after intensely having worked as a taxi driver for about 15 hours. Somehow, the sum of the images from driving back and forth the streets continually looking for customers slowly turned into something less definable and more blurry. Being in that uncertainty when he came home in the morning, Alexius could not establish a focused image of himself in a world defined by time and space. Thus una-



The Enlightenment of that which is One can be compared to a ride on a fairground carousel, which moves so fast that the brain gives up separating. Consequently, since you are not established as someone, nobody experiences returning to what never was left: the formlessness of oneness.

ware of what and where he was, he suddenly was surrounded by a spiralling psychedelic light show that did not seem to come from anywhere and sucked him into nowhere.

Without any transition, a black gap with no fixed location or form, looking like a horse head or an embryo, popped out of the psychedelic light show. Then, an utterly colourless light – brighter than the coloured light outside the black gap – formed a ring with no defined boundary inside the black gap's edges. In the middle, colourless light exploded out of the hole.

It was everywhere and nowhere and absorbed everything. Without any mention, it knocked out the concept of Alexius as someone, somewhere, leaving the thought construction shaping him as someone outside the black gap, which was not black inside nor a hole but a never-ending void of emptiness where the nothingness of him forever fell in a space that was not there into the formlessness of oneness. However, none of the above happened as described because everything co-oc-

The Enlightenment of that which is One is to be compared to the fusion of either all lights, sounds, emotions, or tastes. Which one depends on our preference in a world where there seems to be more than one. None of these fusions is the formlessness of that which is One. They are ways to hold you spellbound so you do not resist having your belief in being someone trashed and the nothingness of you falling through a black hole into the formlessness of oneness.



This hack (#10.2) is about the first time the belief in being someone definitive momentarily was undone for Alexius. He welcomed *the Enlightenment of that which is One* in its most known aspect: light. Much later, the other facets – sound, emotion and taste – were welcomed one by one, as they cannot be mixed since that requires more than one.

Alexius assumes it is unnecessary to welcome all the aspects. Thus, one is sufficient to forget the hallucination of others completely.

curred in *one perpetual present*. And he did not enter oneness because he never existed as someone separated from it.

There is no more to add than oneness is not a big void filled with exotic ideas of unconditional love and whatnot. On the contrary, it is neither big nor small because it is formless, thus sizeless. And it is not filled with anything since that requires more than one. By the way, leaving the thoughts at the edge of a black hole may be a twisted memory.

***The Enlightenment of that which is One* is unexplainable**

When Alexius welcomed *the Enlightenment of that which is One*, he was not aware of doing it. Actually, he had never heard of it, nor a black hole. Fortunately, he did not try to define *the Enlightenment of that which is One*, so he did not bounce back into a world limited by time and space. However, since he was nothing in *one perpetual present*, the description is based retrospectively on a vague sense of something impossible in a world where there seems to be more than one.

When the belief in being someone definitive is extracted by *the Enlightenment of that which is One*, the nothingness of you is sucked through a black gap into the formlessness of oneness simultaneously. However, most avoid losing their identity by seeing it as a series of events they can label as something they know, thus fending off *the Enlightenment of that which is One*. Instead, they have glimpses of it. Although they, like movie trailers, are samples, many mistake them for Enlightenment.



When he much later saw pictures of black holes in the universe, he sensed he had been there and still was. However, calling a black hole a path into oneness is a metaphor because it has neither an entrance nor an exit. After all, oneness is formless, thus without inside or outside.

So, as already said, describing *the Enlightenment of that which is One* is impossible. Even though so much goes on, nothing definable happens in *one perpetual present*.

Of course, you do not have to drive a taxi all night or be in a 'deep sleep' as some suggest to welcome *the Enlightenment of that which is One*. Whatever way you lose focus or stop defining and labelling will do. In other words, concentrating and focusing on achieving something specific does not help because anything definable fends off *the Enlightenment of that which is One*.



Alexius seems to remember a spiral around a black hole in *the Enlightenment of that which is One*. However, he does not recognise it precisely as in this image – maybe because everything was moving extremely fast or he was so close that nothing seemed to differ from each other. Yet for a moment, so short that it was not conceivable, a white ring inside the edge of the black hole exploded into a light much brighter than the colourful light around the black hole. It erased everything definable. That is why Alexius cannot report what 'happened' after being sucked by the formless light through a shapeless black hole into that which is One. Nor can he find an image of the universe that illustrates his vague memories. Fortunately, you can 'see' it by not establishing yourself as someone definitive somewhere specific.

Alexius' Duality Hacks *talks about the Enlightenment of that which is One and glimpses of it. The latter, which is a simulation, can be experienced via the inward-facing senses when the outward ones are partly closed. On the other hand, the Enlightenment of that which is One requires both the inward and outward-facing closed, and it cannot be experienced since that calls more than One.*



Hack #10.3, Falling into the formlessness of oneness

After a long, intense night of taxi driving many years ago, Alexius forgot what and where he was, so nobody entered the Enlightenment of that which is One.

Thus, he did not experience it. However, his faint memories of light so powerful that nothing can be seen were triggered when he later read parts of *the New Testament* and *Bhagavad Gita*.

The visual aspect of *the Enlightenment of that which is One* is literally light, so it is not symbolic when Jesus said: »When your eyes become single, your whole body will be full of light,« or St. Paul said he was blinded by light daily, or Arjuna said to Krishna: »*It is brighter than thousands of suns. I have become the destroyer of worlds ...*«

»» *A dream can be compared to a simulated world, meanwhile layered on top of what is real. As long as you believe the fake world is authentic, it seems to cover that which is real. See Duality Hack #3.3.* ««

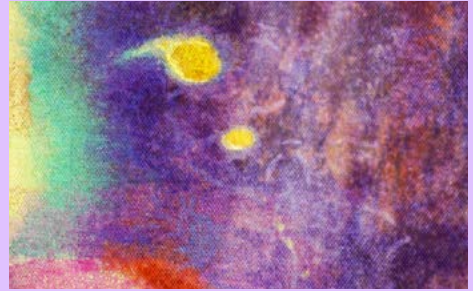
The translations of both *The New Testament* and *Bhagavad Gita* differ from translator to translator, and as the above quotes are from

memory, they may not be the exact words in your addition. However, it does not matter because regardless of how you speak about it, *the Enlightenment of that which is One* cannot be described. The consciousness, thus the experience of being someone, is erased by *the Enlightenment of that which is One*, so there is nobody to experience it. That is why, if you return to the conscious experience of being someone in a world where there seems to be more than one, you are not enlightened, nor someone. It is something you pretend. See [Duality Hack #2](#).

Among other things, Alexius has pretended to be a child, teenager, taxi driver, monk, husband, daddy, adult, businessman, millionaire, designer, teacher, photographer and Duality Hacker.

The fear of Enlightenment

When the cats living with Alexius are asleep, he cannot see their dreams, but based on their sudden movements, it looks like they have a nightmare sometimes. If oneness could see the stress in those imagining being



Since there is no more than that which is One, and it requires more than one to wake up, awakening is an illusion. The same applies to realising something. That which we are is not in a world where there seems to be more than one. One could say we are dreaming about such a world. However, it is a metaphor because, in reality, it takes more than one to dream about something.

It may seem unclear if you have to be nobody to welcome *the Enlightenment of that which is One* or that it is something it takes care of.

Unfortunately, Alexius cannot clarify that. There is no transition from a world where there seems to be more than one to *the Enlightenment of that which is One*, so he does not know when it sets in. There are vague memories of chaos inside him just before it sets in. But there is no chaos, peace or anything else in *the Enlightenment of that which is One*, as that requires more than one. For the same reason, it erases nothing but the illusion of more than one.

in a world where there seems to be more than one, it likely draws the same conclusion. But just like Alexius cannot see the dreams of his cats, neither can oneness see the dreams about a world with more than one.

Even if oneness could see the fantasy of more than one, it would not undo it because oneness cannot be seen, and you may not be ready not to see something. But it has a powerful mechanism, *the Enlightenment of that which is One*, that extracts all experiences from those who welcome it by not focusing on anything.

» *It is best to forget everything you have heard or read about the Enlightenment of that which is One. Even if you consider it intangible, as described in Alexius' Duality Hacks, you are mistaken because that assumption requires more than one.* «

Since there are four ways to sense a world where there seems to be more than one,



If you fear the destructive powers of the world, you may also fear *the Enlightenment of that which is One* because it relentlessly extracts every definable feature of the world where you believe in being.

The world is gone in *the Enlightenment of that which is One* – not because it is destroyed, but because it never existed, except as fantasy.



there are also four ways to stop sensing it. In other words, there are four aspects of *the Enlightenment of that which is One*: light, sound, feeling and taste. However, this hack is about the most common aspect: light. You can read about the others in [Duality Hack #10.4](#).

The light of *the Enlightenment of that which is One* is much more potent than anything in the dream of more than one. An atomic bomb is nothing compared to its strength. However, the light does not illuminate anything and is neither opaque nor transparent but so intense that it cannot be apprehended.

Without further notice, the light relentlessly and powerfully wipes out every definable feature that makes up one's identity in the fantasy world of more than one. That is done so fast and efficiently that there is nobody to know once having been somebody, thus nobody to fear the free-fall through a black gap.

But if you have been used to upholding an image of yourself as good by projecting your shit onto others, you have a deep-root-

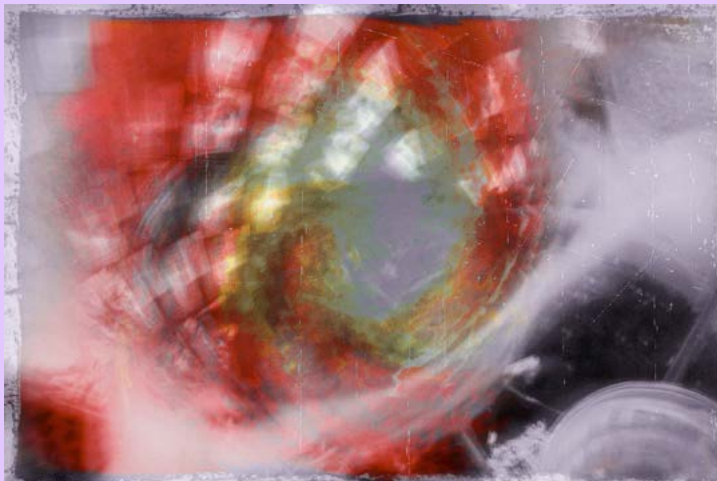


Without warning and no transition the Enlightenment of that which One extracts all thoughts making up the experience of being someone. Next, the nothingness of you keeps falling through a tiny gap, looking like a black hole, into that which is One. But even though oneness is endless and you, therefore, have everything, it is very scary if you want to be someone specific because oneness is formless..

No worries, the thought construction constituting you as someone definitive in a world defined by time and space is left at the edge of the black hole so you can retrieve it there. You do it by recalling nothing falling through a black hole, thus becoming something, and not falling through a black hole because it is too tiny for something. Picking up your thought construction, you are back as someone specific in a world defined by time and space.

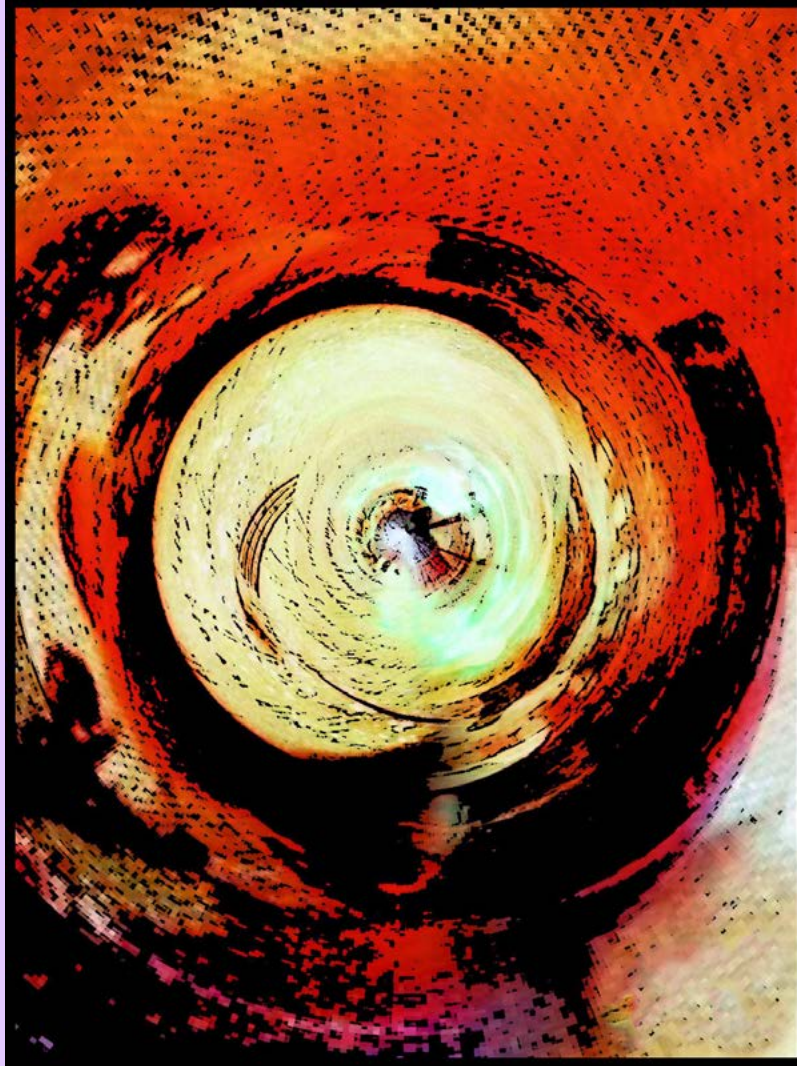
ed fear of retaliation. Thus, you may see the light as an avenger and fight it by shaping your despair so it seems powerful enough to smash the light into pieces. Hence returning to the fantasy about a world where there seems to be more than one.

That said, you cannot smash the light, and it does not destroy you because you do not exist. That is why nothing is terminated but the belief in being someone. It is like undoing the belief in Santa Claus. In other words, there is nothing to fear and nothing to lose from being nobody in a free-fall into the formlessness of oneness. Although that seems logical, we may fight our perceived destruction several times before we get it and not stop falling into the formlessness of oneness.



The belief in being someone in a simulated world is undone in no time by going through the black hole connecting it with reality. See [Duality Hack #10.5](#).

You may feel scared when you sense what you believe in being, without further warning, is about to be erased by *the Enlightenment of that which is One*, so there is nothing to enter the formlessness of oneness.



Hack #10.4, Forgetting the world of the senses

When the inward-facing senses are intensely used, you have glimpses of Enlightenment, while the outward-facing senses are in the background. Read about those senses on [page 573](#). But when none of the senses are used, you are in *the Enlightenment of that which is One*.

The first time Alexius bypassed the senses, he had been driving a taxi for 15 hours and was so exhausted that when he returned home, no energy was left to engage in the world of the senses. Hence, *the Enlightenment of that which is One* was welcomed. It burned away everything definable, so there was not someone definitive hiding the formlessness of oneness.

Four aspects of *the Enlightenment of that which is One*

Since the world generally focuses on something that can be seen, the visual aspect of *the Enlightenment of that which is One* is the most known. But its other facets also make you forget to focus on something definable, so you, as nobody, are drawn into the formlessness of oneness.

What aspect of the Enlightenment you naturally are attracted to depends on your preferences in the world of the outward-facing senses. However, it is not about seeing, hearing, feeling or tasting *the Enlightenment of that which is One* but being so devoted to one of these experiences that your guards are down. Then, *the Enlightenment of that which is One* can erase all memories of being someone, so nothing is united with oneness, which never was left as that requires more than one.

The audio aspect of *the Enlightenment of that which is One*

Maybe a year after, when Alexius welcome the visual aspect of *the Enlightenment of that which is One*, he heard the most subtle polyphony bell-like sounds. This Celestial Music was much crispier and softer than mundane sounds. At first, the sounds seemed to differ and, therefore, not *the Enlightenment of that which is One*, but glimpses of it experienced with the inward-facing senses. But without any transition, one sound was not unlike another. Thus, he was in *the Enlightenment of that which is One*.

Alexius felt no discomfort when he left the senses to enter the visual aspect of *the Enlightenment of that which is One* because he was too exhausted to label anything. And the musical aspect of *the*

In deep sleep, you do not perceive differences to make a difference. That is the invitation, the Enlightenment of that which is One waits for.

Enlightenment of that which is One, he entered in a deep sleep, so the concept of an 'I' is gone. Hence, there was nobody to hold onto the world of the senses. See [Duality Hack #11.2](#).

The Immortal Sweetness of the Enlightenment of that which is One

The taste of Enlightenment is like a flavour of milk and honey with a hint of licorice or strawberry. Having samples of it was not without discomfort for Alexius. His body reacted like it was attacked, making vomit reflexes. But when he did not try to escape it, the panic turned out to be a lid on a jug of a smoothie-like texture that some scriptures call *the nectar of life*. In *Alexius' Duality Hacks*, it is called *the Immortal Sweetness* ([page 589](#)).

Since *the Enlightenment of that which is One* cannot be experienced, the following regarding Immortal Sweetness should not be taken literally but metaphorically. When the transparent sweet flavour is defined as something familiar, you have glimpses of Enlightenment experienced with the inward-facing senses. But when the sweetness becomes one aroma without a specific taste, it is beyond the world of the senses, so you are in *the Enlightenment of that which is One*.

However, it was not until the nothingness of Alexius had been in a shapeless whirlpool with no specific flavour that he realised he must



have welcomed *the Immortal Sweetness* of Enlightenment because memories started popping up of a formless taste.

Transparently feeling the Primordial Vibe (the Echo of Oneness)

The feeling aspect of *the Enlightenment of that which is One* did not come easy to Alexius. It took years of discomfort, vomiting, being hospitalised, and sometimes losing the ability to balance – to mention a few disturbing things he encountered, having glimpses of it. But, no worries, when Alexius much later updated this hack, he had forgotten all about that.

However, he still remembers the breakthrough. One night, Alexius was in such deep sleep that he completely died from the world of the senses. Hence, *the Enlightenment of that which is One* was welcomed. However, not in a visual but emotional way. When he almost departed the world of the outward-fencing senses, there was a moment of discomfort from not sensing his body separated from the bed. Then, it was as if the bed and everything else was his

When the body stops functioning, the world of the outward-facing senses cannot be experienced anymore. But for almost half an hour, you remain conscious about the world of the inward-facing senses. If you do not try to recreate the memories of being somebody but remain nobody in the world of the inward-facing senses, they also stop functioning and *the Enlightenment of that which is One* set in. See [Duality Hack #4.6](#).

That does not mean you have to die to welcome *the Enlightenment of that which is One*, but you must momentarily leave the world of the senses.



We all know that the world experienced in virtual reality glasses is unreal. Yet it applies to everything experienced because it requires more than one to be aware of something, and there is no more than that which is One.

In that which is One, you are not something, not even the bliss of nothing, since that requires more than One. That is also why it is impossible to realise oneness. However, it does not mean that which is you is finished. It never ends because it is no different from oneness, which is formless, thus endless. It is only the belief in being someone substantial in a world where there seems to be more than one that ends.



body, transparently feeling the primordial vibration in an electric body vibrating with tiny bubbles,

When he departed the senses altogether, the feeling became shapeless, thus not tangible. Therefore, since nothing established Alexius as somebody, there was nobody to experience the feeling of oneness. In other words, what you read is based on vague memories Alexius has picked up from what feels far away, yet right here.

Unlike in a world defined by time and space, where different events is happening in time sequences, there was no time. Everything happened simultaneously. It was and is one perpetual presence of bubbles moving so fast that they were One. But returning to a

world defined by time and space, it seemed as it was a sequence of events from a long time ago. See [Duality Hack #11.4](#).

The Enlightenment of that which is One versus glimpses of it

The more the outward-facing senses are turned off, the less their definable appearances prevent you from being in the abstract world of the inward-facing senses with glimpses of *the Enlightenment of that which is One*.

But the experience of this world full of lucid light, celestial music, immortal sweetness, or transparent feeling of eternal intimacy disappears if the outward-facing senses are entirely turned off, because then there is nothing to define what you see, hear, feel or taste in the world of the inward-facing senses. Hence, there are no glimpses to experience nor somebody specific to experience them. That is *the Enlightenment of that which is One*.



This Zen drawing looks like an uncompleted black hole in *the Enlightenment of that which is One*, except that the hole is not centred, white or black, although called a black hole. You cannot see it in this illustration, but the hole is full of the same strokes of changing colours, moving rapidly and chaotically outside the black zen strokes. When the strokes speedily meet, thus forming a circle,

a ring of shiny light emerges at the circle's inside edges.

For a moment, everything is quiet, but then the brightest light ever shoots out from the hole in the circle, taking over everything. Immediately, it extracts all thoughts, making up what you believe in being and seeing. Hence, there is nobody to experience that nothing is smoothly pulled through a black hole that, like the bright white light, is no more.

Therefore, since nothing is experienced, there is not something that seems to hide what cannot be seen: Oneness. That is not a process over time but *one perpetual present* because there is no time in oneness. And since it is formless, thus endless, there is nothing else. Consequently, you have never been outside it, except in fantasy.

Hack #10.5, The ins and outs of a black hole

The Enlightenment of that which is One is like a powerful vacuum cleaner. It sucks not only all the dust but also the carpet and everything else that can be experienced. Hence, there is nothing to hide what cannot be experienced, namely that which is One. Of course, this is a metaphor. Oneness is formless, thus endless, so

there is nothing outside it, hence nothing to hide it but the belief that there is more than that which is One. In other words, *the Enlightenment of that which is One* does not extract anything but that belief.

Since it does it immediately, there is nobody to detect that the inner edge of a Zen-like-looking circle turns into a ring of light that rapidly starts whirling so fast that it fills everything inside and outside the hole with the brightest light. Then it gently brings the nothingness of you through a tiny hole, which is all that is left of the Zen-like-looking circle, now absorbed by light. On the other side of the hole, which is neither light nor dark, the nothingness of you keeps falling through a vast void into that which is One until there is no void, thus nothing but that which is One.

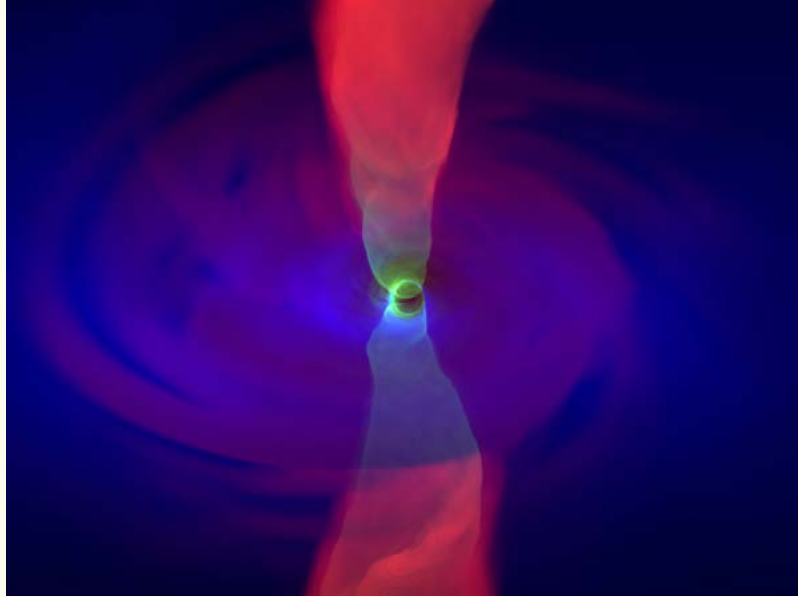
It is described as happening in a world defined by time and space. But since that which is One is shapeless, there is no entrance in the Zen-like-looking circle to oneness. There is not even a Zen-like-looking circle. Instead, all there is that which is One. Nevertheless, we go on within the concepts of a world defined by time and space.

Even though the floating centre of the Zen-like-looking circle is often called a black hole, it is not necessarily black or white as in the image shown at the beginning of this hack ([page 545](#)). The stroke surrounding the hole is more greyish than in this illustration, and it is not made by one but two strokes, drawn simultaneously, quickly and smoothly from the top without a brush. They have not met yet in the image, but they do that immediately, while the circle's hole is filled with the same rapid-changing lucid colours surrounding the stroke.

But not if you see the strokes or anything else as something definable. That fends off *the Enlightenment of that which is One* because it cannot be labelled.

Consequently, the light show preceding *the Enlightenment of that which is One* stops and you do not have the belief in being something definable extracted so nobody encounters a timeless journey with no distance to the formlessness of oneness. You prevented

If you try to see something definable in the Enlightenment of that which is One, such as red colours, you are back in a world defined by time and space.



being in free fall, moving so fast that nothing passes the hole in a Zen-like-looking circle, no longer a hole but colourless light with no substance and so bright that there is nothing to see but what cannot be seen, namely that which is One.

So even though you may have had some otherworldly experiences, it was not *the Enlightenment of that which is One* but glimpses of it. See [Duality Hack #11.1](#).

But let us assume you do not compare anything in *the Enlightenment of that which is One* to something familiar, thus entering it. However, it is impossible to describe that since explaining it requires more than one. So, the below is solely based on Alexius' vague memories of going where nobody can go. The memories may imply that *the Enlightenment of that which is One* is a sequence of events, but, as already said, it is because *one perpetual present* cannot be recalled in a world of linear time.

When you do not compare the two lines that hastily draw up a black hole to zen strokes, the ends meet without you noticing.

Immediately, an explosion in the black hole makes a psychedelic lightshow outside and inside it. Simultaneously, a white glowing ring forms along the edges of the hole. Then, the ring quickly turns into nothing but one bright light, neither opaque nor transparent. It is so intense that it cannot be seen, nor can anything else. There is not something to see since that calls for more than one, and there is no more than that which is One.

Thus, it follows that there is no light, and no you to imagine that a substantial world can hide that there never was or will be anything but the formlessness of oneness.

Before the thoughts making up what you believe in being are absorbed by the exceptionally bright light that seems to explode in your face, you may sense that everything you believe in being will be abruptly terminated, so there is neither something nor nothing to fall through a discontinued black hole into itself gently. If this is what you wish for, you better forget what you read so you do



In a black hole, there is no sense of being tangible. Instead, one is weightless on a timeless journey in an endless void without sides, neither light nor dark.

There is also the sense of a sudden end – presumably because it takes more than that to sense something, so it must end if there is no more than One. Hence, what happens next is not sensed. Fortunately, it is unnecessary because nothing happens or has ever happened in oneness, as that requires more than one. In other words, since you have never left oneness, nothing ends but the idea that there is more than that which is One.



When you completely turn off the outward and inward-facing, *the Enlightenment of that which is One* set in. No image can be shown of that. It cannot be seen as that calls for more than one. However, glimpses of Enlightenment can be experienced. One of the last visual glimpses

you may have before its apparent differences fuse into the one light may look like a horse head. That is the black hole from where white light blasts blow out and in simultaneously. It is so blinding that you cease to exist as someone definitive. That is why nothing is sucked into the black hole, which is no more. There is just an endless void gently transporting nothing into the formlessness of oneness.

The triangular image in an Ultrasonogram sometimes looks like the waves joining to form a black hole, which, for just a moment, may remind you of an embryo.



You think you have escaped that which is One through a black hole into a world where there seems to be more than one. But it is a fantasy. There is no way to escape oneness because it is formless, thus endless. Consequently, any appearance is an illusion.

*The Enlightenment of that which is One is not for those who believe in coming from the heart, having direct experiences, or being full of compassion because states like that depend on the belief in being someone definitive, and there is no room for something definable in *the Enlightenment of that which is One*.*



Oneness cannot be understood since it takes more than one to be conscious of something. But there is much to learn about in a world where there seems to be more than one. However, it is incomprehensible that you believe in being someone there.

not use it to define *the Enlightenment of that which is One*, thus stopping it. Even better, if you forget what and where you believe in being now, there is no belief hiding that which is you is no different from that which is One.

If you feel that you have not understood the ins and outs of a black hole after reading this, you are lucky- there are no ins and outs.

Since the so-called black hole in *the Enlightenment of that which is One* is non-definitive, it may start in other ways than in the above description. For example, Alexius has had glimpses of it like an Ultra-sonogram (see [page 549](#)) – or rather, a wide range of the triangle-like shape in the image to the right arranged around an indefinable centre. They were spinning so fast that they seemed to join each other until the speed made them disappear. Just before that, a glittering round white stroke popped up inside the edge of the black hole. Then, one lucid light, more powerful than thousands of atomic bombs, erupted out of the darkness and filled everything.

At other times ‘the black hole’ may look like a horse head (see [page 549](#)) or an embryo (see [page 571](#)). Since no specific pattern can be deduced, do yourself a favour and forget about understanding *the Enlightenment of that which is One*.



Since it requires more than one to process something, you reject the Enlightenment of that which is One if you try to understand it. And since it also takes more than one to get a second chance, that is out of the question. No worries, oneness is formless, thus endless, so you have always stayed.

Hack #10.6, 'The Enlightenment of that which is One' cannot be known

That which is you is not in a world where there seems to be more than one. Just like – in the context of such a world – what you appear to be there is not in the world of a computer game, even though it may feel so because of the reactions to the game. However, these reactions are not caused by the world in the game but by how you interpret it.

Likewise, the experience of being someone in a world where there seems to be more than one. And then again, it is not entirely so. That which is you is not imagining being in a world where there

seems to be more than one because it takes more than one to be somewhere, and that which is you is not anywhere specifically. It is the formlessness of oneness which is everywhere.

Nevertheless, when you, for an unfathomable reason, experience being someone in a world where there seems to be more than one, *the Enlightenment of that which is One* is your way out of it because it undoes all experiences.



A person cannot welcome *the Enlightenment of that which is One*. But a person can momentarily forget what and where it appears to be so that there does not seem to be more than one, thus inviting *the Enlightenment of that which is One*. If somebody only partly forgets what and where they appear to be, they get glimpses of *the Enlightenment of that which is One*.

Those who love to show off by experiencing something special prefer only to have glimpses of Enlightenment because they can use them to pump up their image by lecturing or writing



The Enlightenment of that which is One does not change anything, so if you return to a world where there seems to be more than one, you are the same, except that you know everything experienced is fake, including your appearance, god, love, and whatnot. Thus, you are free to step on it and have fun appearing to be what you are not. See [Duality Hack #2](#).

books about an experience of a vast void full of pure love, consciousness, bliss, or something else that makes them appear to have what others do not have. However, having something has nothing to do with *the Enlightenment of that which is One* because it takes more than one to have anything.

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The Enlightenment of that which is One can be compared to a door to oneness. But just like a door in a building is not the house, *the Enlightenment of that which is One* is not oneness. It has no doors since it requires more than one to have something.

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The sun reveals the look of something. But it is the opposite of *the Enlightenment of that which is One*. Although its light is more brilliant than thousands of suns, it reveals nothing. Instead, it undoes the awareness of something.

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Emptying yourself for all ideas to welcome *the Enlightenment of that which is One* enhances the



It is stunning when the sun's light comes through the clouds, but it is just another sight produced by the outward-facing senses that excites you so much that it seems natural, although it is make-believe.

The Enlightenment of that which is One is neither inside nor outside as that requires more than one. Since it also applies to experiencing *the Enlightenment of that which is One*, it cannot be seen – except in a world where there seems to be more. However, such a world is fictitious, so it is not *the Enlightenment of that which is One* you see but a simulation. Most think that is less frightening than having the belief in a world where there seems to be more than one undone by *the Enlightenment of that which is One*. Read about the simulated glimpses in [Duality Hack #11.1](#).

belief that you are in charge. However, if not implementing *Alexius' Duality Hacks* to be Enlightened, but to undo your belief system, you welcome *the Enlightenment of that which is One*.



You will not welcome *the Enlightenment of that which is One* by meditating. It cannot be brought about because that takes more than one.

Even if you could cause *the Enlightenment of that which is One*, you would probably hold back. Perceived from a world where there seems to be more than one, oneness is dull. There is nothing to see, feel or look forward to. Hence, it is not as appealing as the excitement in a world where there seems to be more than one. In such a world, you can become famous, rich, mighty, have much sex, fall in love, and whatnot. However, it has a prize: a constant feeling of failure because no matter how much more you seem to get, you will lose it.



Suppose that makes you so depressed that you lose interest in achieving something. In that case, you pay no attention to having the belief in being someone undone by a highly bright light so that nothing gently falls into the formlessness of oneness.

The Enlightenment of that which is One *is not a magical transformation but a practical termination of the belief in being someone.*



There is nothing else than that which is One. Hence, the Enlightenment of that which is One is not a way back to it. But a way to undo projecting yourself onto something imagined outside it.

Believing that appearing as someone in a tangible world is genuine can be compared to watching a movie in a cinema. You project yourself onto the simulated world on the screen but suppress it, thus assuming you react to the virtual world on the screen and not your projections. Hence, you believe the world you see is genuine.

The Enlightenment of that which is One is to be compared to a sudden crack in the roll of the film with the world on which you project yourself. Since a bright white light replaces the world, there is nothing on which to project yourself.

In the context of this metaphor, what is real is not the white light but the source projecting it, namely the movie projector. However, it is neither in the simulated world on the screen nor the white light, although its power makes it possible for a virtual world and the

white light to appear on the screen. In other words, since reality is the movie projector, everything on the screen is unreal, and so is anybody believing to see something real.

This movie metaphor attempts to explain what cannot be described, namely that we appear to be in a world with more than one. If it could be explained, there is more than one. That is why so many want to know how the world was created and why they are there.

Although there are plenty of explanations in *Alexius' Duality Hacks*, offer plenty of explanations, Alexius gladly affirms they are gibberish because there is no more than that which is One, and it takes more than one to explain something. That said, as long as you believe in a world where there seems to be more than one, applying *Alexius' Duality Hacks* undo that belief.



One who is to be compared to the Enlightenment of that which is One does not know what it is because that calls for more than one.

Hack #10.7, Comparable to 'the Enlightenment of that which is One'?

The unenlightened like to teach others the way to Enlightenment. But one who is to be compared to *the Enlightenment of that which is One* has no way to promote as that calls for more than One.

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The unenlightened may have a higher consciousness attained through many years of meditation. In contrast, one who is to be compared to *the Enlightenment of that which is One* has nothing because it takes more than one to have anything.

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The Enlightenment of that which is One is one perpetual present, so it cannot be brought into a world of linear time. In other words, you must leave a world defined by time and space to welcome the Enlightenment of that which is One. Fortunately, since such a world is an illusion, there is nothing to lose but the belief that something with a beginning and end is real.



Most spiritual ideas are not used to phase out one's personality but to pump it up so one can appear more spiritual than others. But since any appearance requires more than one, and there is no more than that which is One, being spiritual is just as fake as being anything else. Those few who do not pump themselves up to be an ocean of cosmic compassion, for example, have cracks in their personality, where *the Enlightenment of that which is One* can enter.

Of course, this is a metaphor. *The Enlightenment of that which is One* cannot enter anywhere, as that requires more than one. For the same reason, *the Enlightenment of that which is One* does not bring about love or other exciting things that many imagine. Nor does it transform you into a wiser person or something higher.

On the contrary, it erases what you believe in being, so there is nobody to experience that nothing smoothly falls through a black hole into that which always has been and will be since it is without beginning and end: the formlessness of oneness. Of course, that is also a metaphor because nothing can be added or subtracted to oneness, as that requires more than one.

Anyway, returning from *the Enlightenment of that which is One* to the illusion of being someone in a world where there seems to be more than one, you are not Enlightened, nor do you know oneness, as it takes more than one to be aware of anything. But since there are vague memories of nothing but oneness, you are to be compared to *the Enlightenment of that which is One*.



Returning from *the Enlightenment of that which is One* to a world where there seems to be more than one, it may take a long time to grasp that you are to be compared to *the Enlightenment of that which is One*.

The reason may be that your journey as nothing in *the Enlightenment of that which is One* does not sound as compelling as the stories about being transformed by a higher consciousness into a superhuman with no negative emotions, only love and compassion. Therefore, you may dismiss *the Enlightenment of that which is One* because you cannot share with others you are nobody as they want to believe they are somebody.

However, when the foundation for appearing in a world with more than one is the knowledge that there is no more than that which is One, it is easy to be nobody because somebody is not at risk.



The unenlightened assume their thoughts significantly contribute to the world. But nobody thinks anything. Like a radio only broadcasts the signals it receives, a person transmits the signals it gets from the brain.

But contrary to a radio, the unenlightened show off as self-made, giving the impression that the opinions it broadcasts are contemplated by itself. However, these 'personal' opinions seem awkward to one who is to be compared to *the Enlightenment of that which is*



The belief in being someone cannot survive in the Enlightenment of that which is One because it takes more than one to believe something.

One who is to be compared to the Enlightenment of that which is One takes part in a world where there seems to be more than one in the same way that television functions. What it receives, it broadcasts as received.



One – not because they are unreal but because the unenlightened takes them seriously. It is comparable to persons in a dream establishing themselves as real, although they are nothing but fantasy.



Being grounded, wise, or anything else definable is not an attribute of one who is to be compared to *the Enlightenment of that which is One* because someone like that has no need to be anything specific.



The unenlightened like demonstrating their knowledge of ancient scriptures and saints to appear part of something greater. But one who is to be compared to *the Enlightenment of that which is One* has no need to be part of anything because there is no more than that which is One.

That does not mean that one who is to be compared to *the Enlightenment of that which is One* knows about heaven or nirvana, how to unite with atman or god or transcend the self. On the contrary, one

who is to be compared to *the Enlightenment of that which is One* sees obtaining such states of mind as a waste of time. It calls for more than one, so you remain within the illusion of a world where there seems to be more than one.

In this world, someone who is to be compared to *the Enlightenment of that which is One* prefers googling how and where to get good food, clothes and other practical things that make it more comfortable to appear as someone instead of achieving otherworldly states of mind to avoid looking mundane.

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Having a quiet mind does not mean there are no thoughts, but you do not believe in creating them – or anything else. For example, in one who is to be compared to *the Enlightenment of that which is One*, there are thoughts, but no 'I' with a need to pick them up and put them together, so they seem to belong to someone specific. Hence, thoughts are just passing by like birds in the sky.

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Since others might perceive one who is to be compared to *the Enlightenment of that which is One* as detached, they conclude they should

One who is to be compared to *the Enlightenment of that which is One* has, like everybody else, a personality. However, you do not try to uphold it as definitive but accept it as relative. Therefore, since there is no attachment to a specific expression, the personality is usable for many things, for example, playing with Alexius' little friend who shot this photo.



be detached to become Enlightened. But you need not be anything to welcome *the Enlightenment of that which is One*.

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One who is to be compared to *the Enlightenment of that which is One* never waits because there is nothing to hope for.

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In a world where there seems to be more than one, everything has an end. Hence, the unenlightened cherish ideas like god, heaven, reincarnation, or anything else that seems to extend its life beyond a world where there seems to be more than one. On the other hand, one who is to be compared to *the Enlightenment of that which is One* deals with the world like playing a computer game. It is not impossible to be in it, but it is possible to pretend it. See [Duality Hack #2](#).

The unenlightened may ask, who is pretending to be someone? But one who is to be compared to *the Enlightenment of that which is One* knows there is no more than that which is One, so nobody pretends anything.

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The unenlightened see differences everywhere, and so does one who is to be compared to *the Enlightenment of that which is One*. But the latter does not perceive them to make a difference.

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It is impossible to walk around in *the Enlightenment of that which is One* because it destroys a world where there seems to be more than one – not literally, though. After all, it is not real since there is no more than that which is One. Therefore, what is terminated is the belief that there is more than One.

Having had that belief wiped out and then picking it up again, you appear to be just like everybody else in a world where there seems

*Nobody
walks around
Enlightened
because it is
an illusion to
be someone.*



to be more than one. Still, there is one difference: You know that there is no more than that which is One. That is why you are one who is to be compared to *the Enlightenment of that which is One*, pretending to be in a world where there seems to be more than one.



One who is to be compared to *the Enlightenment of that which is One* never asks, » Who am I?« because there is no more than that which is One, thus not a world where there seems to be more than one. Consequently, one who is to be compared to *the Enlightenment of that which is One* has no need for exciting exchanges or dialogues, sending love, sharing or anything else making it appear as if there is more than one.



There is much to know in a world where there seems to be more than one. For example, Alexius knows how to type and publish *Alexius' Duality Hacks* as an eBook. However, in the context of spirit-

uality, Alexius knows nothing because it is that which is One, and it takes more than one to know something.

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Only one who is to be compared to *the Enlightenment of that which is One* can write the Duality Hacks. That is not because such a person knows what to write but what *not* to write. Thus, the personality does not prevent the hacks from being written by themselves.

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Even though Alexius is to be compared to *the Enlightenment of that which is One*, he does not know what it is. So, if you think he knows something, you may have fooled yourself into believing his writings

If you return from *the Enlightenment of that which is One* to the conscious experience of a world where there seems to be more than one, you are not in *the Enlightenment of that which is One* anymore and never have been since it takes more than one to be somewhere. That is why you have not been changed or transformed. But since there are vague memories of not being anything definable, you are to be compared to *the Enlightenment of that which is One*.

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The visual aspect of having glimpses of Enlightenment can reveal a flower blossoming in slow motion. However, it is neither experienced outside nor inside but nowhere and everywhere.

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When someone only partially welcomes *the Enlightenment of that which is One*, they get glimpses of it. For example, spaced-out visions of travelling through different universes, seeing Jesus or the birth of a new universe in slow motion, or other exciting things. Still, it is something you are aware of, so it has nothing to do with *the Enlightenment of that which is One*. The same applies to hearing, feeling, or tasting it.

are based on understanding. On the contrary, as a vessel, he types what he receives without trying to understand, as there is nothing to know since no one has left oneness.

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The unenlightened are worshipped for assuring others that they are unique and part of something greater. In contrast, one who is to be compared to *the Enlightenment of that which is One* is expelled for saying that what you appear to be is nothing and not part of anything because the formlessness of oneness is everything.

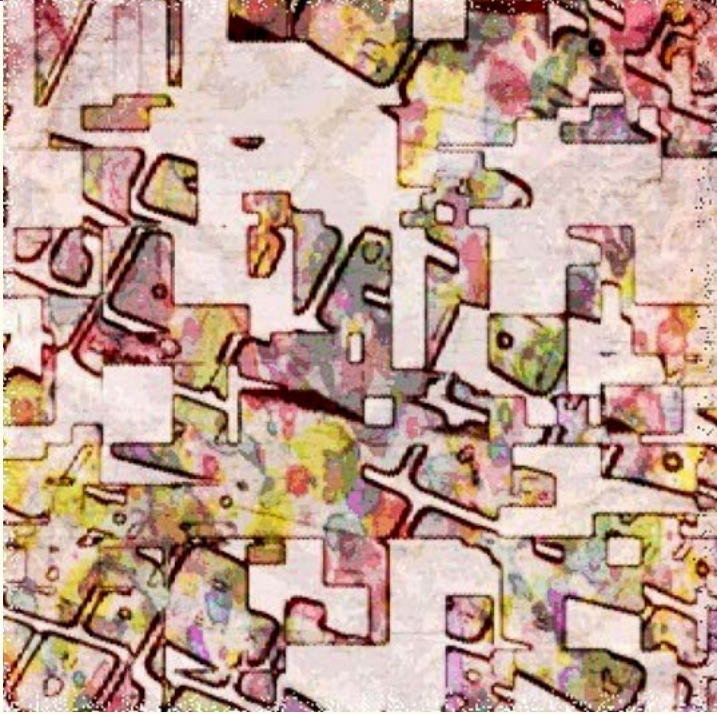
Fortunately, one who is to be compared to *the Enlightenment of that which is One* sees being expelled and worshipped as equally illusionary because there is no more than that which is One.

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After many years of meditation, reading, and listening to wise people preach spirituality and non-duality, most still wonder what it is. However, they hide their uncertainty behind wise words they have read, as if they know a special secret. But by doing that they fence off *the Enlightenment of that which is One*. It cannot be known, nor is it unique or a mystery, as that requires more than one.



Alexius is not full of light because it takes more than one. Yet, in a world where there seems to be more than one, he is to be compared to the Enlightenment of that which is One.



The world is an imagination compiled by bits and pieces believed to constitute something meaningful.

Hack #10.8, Strangers in the Night

In old scriptures, a world where there seems to be more than one is often compared to a world of darkness. One who is to be compared to *the Enlightenment of that which is One* knows it is so. The world we believe in seeing is a construction of thoughts added together to make it look like there is something where there is nothing. The below story illustrates this:

Inventing to see something in the dark

There are no streetlights outside Alexius' home, so when he wakes up in the middle of the night, he sees nothing.

Yet, it is easy for Alexius to find the way to the toilet in the dark. He has learned where everything is and can use certain things as navigation points so that they seem to 'light' up the way. However, it is all imagined and put together by trial and error. Actually, he stumbled quite a few times, learning to 'see' his way in the dark.

But he cannot 'see' anything other than the way he has thought up. Maybe he can learn to 'see another world beyond that. But what he discovers will be another fabrication because everything is dark.

The way from Alexius' bed to the toilet can be compared to everybody's way in a world where there seems to be more than one. You believe in seeing something specific, interpreted to differ from something else. Hence, it is as if you are going somewhere. But, like in a dream, you do not go anywhere but remain in bed. Whatever you see in the dream is a construction of thought you have learned to define as something specific. Without that knowledge, there is nothing to see. Neither is there anything hidden or something to be understood except that everything you believe in seeing is make-believe.

What is thought up is make-believe

When you do not care to find a way in the darkness, what you have learned to see disappears – also darkness because *the Enlightenment of that which is One* set in. It is not a light that can be compared to the sun or other artificial sources that seem to light up something. There is nothing to light up because there is no more than that which is One, and it takes more than one to be aware of something.

The Enlightenment of that which is One

You can compare momentarily entering *the Enlightenment of that which is One* to video calling it. There is so much light on the screen that you cannot see it or anything else until the call is over, and the screen again simulates a world where there seems to be more than one. However, now you know it is unreal, so appearing to be there is make-believe. Hence, you do not feel victimised by the world but have fun pretending to be someone there. See [Duality Hack #2](#).

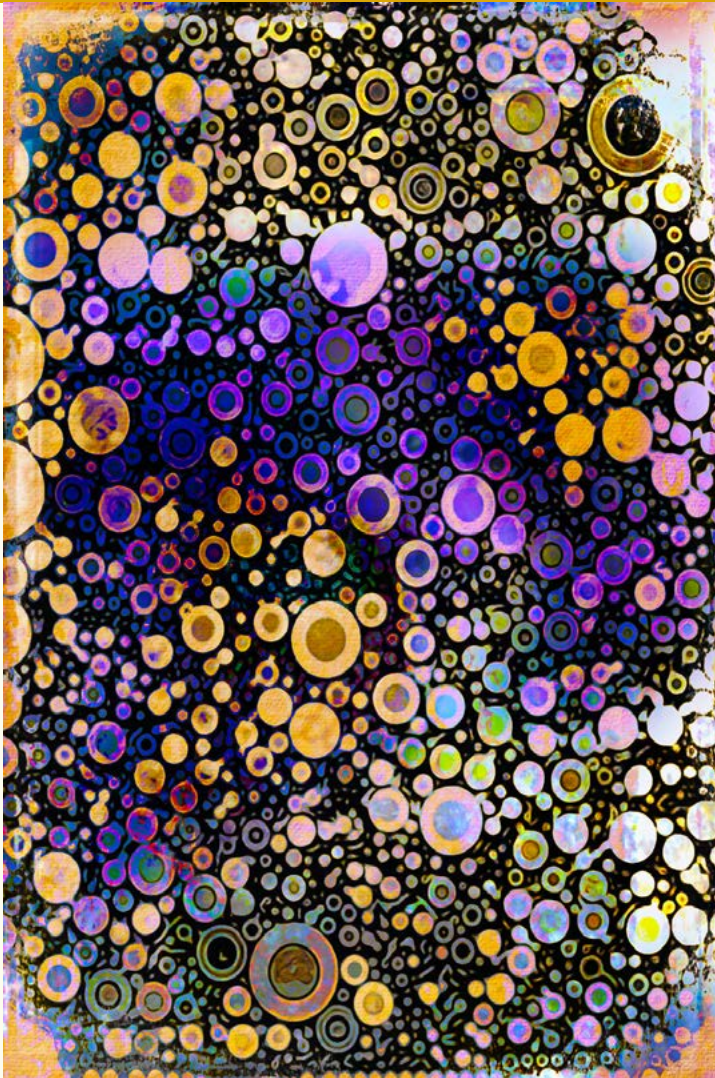


When Alexius walks in the early morning with his cats, he has a torch on his forehead because there are no street lights. Apart from what he can see due to the torch, he often sees a light slowly moving from afar. He imagines it is the ferry to the neighbouring island. He cannot know, but based on experiences stored in memory, it is his best guess. That is how we see the world.

We actually do not see it. Being in a world defined by time and space can be compared to being in total darkness. Our eyes see nothing but what the brain composes, which we guess is real. But we are wrong. There is no world to 'see' if we stop guessing.



»» *Glimpses of Enlightenment, undo the belief in a more than one while you have fun with more than one. But the Enlightenment of that which is One undo it at once. Thus, nothing seems to hide there was or will be more than that which is One.* ««



There are no degrees of the Enlightenment of that which is One because it cannot be experienced. However, you can experience glimpses of it in various degrees depending on how much you shut off the outward-facing senses. You see, hear, feel and taste these glimpses via the inward-facing senses. To do that, you do not have to close your eyes or be in a particular place or position but focus less on the world of the outward-facing senses.

HACK #11.1, 'The Enlightenment of that which is One' and its glimpses

Are there degrees of Enlightenment?

The answer to the question is both yes and no. In *the Enlightenment of that which is One*, everything happens simultaneously, so it is without degrees. But you can have glimpses of *the Enlightenment*

of that which is One in various degrees via the inward-facing senses regardless of the body's state, how and where it is positioned and if you know anything about Enlightenment. It is merely a matter of not focusing on something specific. The more you do that, the less the substantial world of the outward-facing senses blocks the abstractness of the inward-facing senses.

However, like a movie trailer is not the movie, the glimpses of Enlightenment are not *the Enlightenment of that which is One*. But unlike a movie trailer, which does not contain the whole film, the glimpses of *the Enlightenment of that which is One* have it all. So when you stop distinguishing them, without any transition, *the Enlightenment of that which is One* sets in.

It is as if it comes from out of nowhere through a black-looking gap to terminate your consciousness promptly. After that, nothing is sucked through the black hole that has disappeared because there is no awareness to hide, there is no more than that which is One. Therefore, if you want to



There are no degrees in *the Enlightenment of that which is One*. It cannot be smaller or bigger because oneness is formless. But there are degrees of everything in a world where there seems to be more than one. That is why you can experience glimpses of Enlightenment on many levels depending on how much the outward-facing senses are turned off.

However, no glimpse, no matter the level, comes close to the *the Enlightenment of that which is One* because there are no levels in oneness. Nonetheless, the glimpses of Enlightenment slowly but surely undo the belief that differences make a difference. Hence, you eventually welcome the *Enlightenment of that which is One*, which immediately erases the belief in more than one.

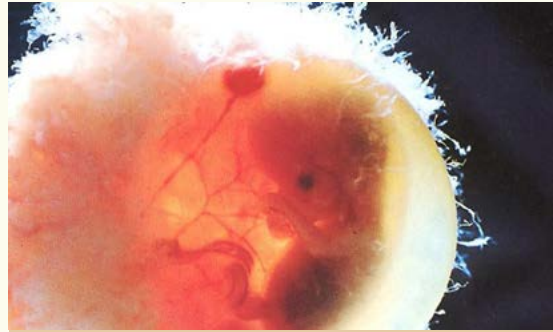
hold onto being someone definitive, thus denying the formlessness of oneness, you must stop the extraction of consciousness. An effective way is fearing it because it requires more than one, so without any transition, you are back in a world where there seems to be more than one.

The Enlightenment of that which is One or glimpses of it

Nobody can attest to you having been in *the Enlightenment of that which is One* because it calls for more than one. For the same reason, you only have vague memories of nothing entering the void behind a gap of light. The memories pop up every time you have glimpses of *the Enlightenment of that which is One*, which can be visions of light, Celestial Music, shivering feelings of oneness or tastes of *Immortal Sweetness*.

You devote yourself to one of these aspects at a time. However, if another naturally replaces it, you go with that. But do not mix them.

If you want to return to *the Enlightenment of that which is One*, you stop distinguishing the glimpses of the aspect you expe-



This image could illustrate the last glimpse you have of something in *the Enlightenment of that which is One* before it extracts all knowledge. Since it is *one perpetual present*, there is no transition from having glimpses of *the Enlightenment of that which is One*, and nobody enters a black gap and gently falls into that which is One.

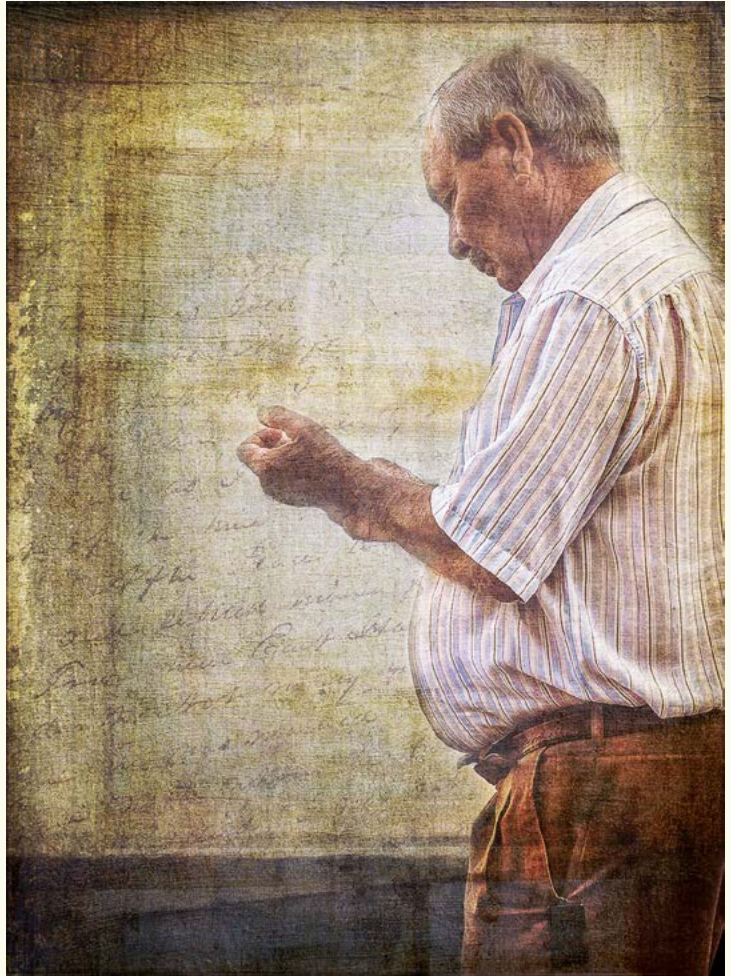
Of course, that is incompatible with appearing as someone in a world where there seems to be more than one, so you must stop having thoughts extracted if you want to continue as someone definitive, for example, by fearing it. Doing that, you immediately appear as someone in a world where there seems to be more than one because it takes more than one to fear something.

rience. Therefore, since separation is not confirmed, your experience is over. Without any changeover, *the Enlightenment of that which is One* set in to erase all the thoughts used to imagine being outside of oneness.

Unlike *the Enlightenment of that which is One*, its glimpses do not entirely wipe out thoughts. But you forget to assign them a specific meaning, thus moving lightly in the material world of the outward-facing senses. At the same time, glimpses of Enlightenment come to you from the abstractness of the inward-facing senses.

Devotion to the world of the inward-facing senses can cause you to be spaced out in the world of the outward-facing senses.

Yet, if you do not have to be present there, you can go with the flow of the inward-facing senses, as if the world outside you stands still.



When it is over, the focus on the material world of the outward-facing senses is re-established. If you want to look special there, you probably claim to have been awakened by the glimpses. Thus, being someone who knows how to make the world a better place. But by using glimpses of Enlightenment to highlight yourself as somebody instead of undoing the belief in being that, the glimpses imprison you instead of setting you free.

The inward and outward-facing senses

As the names suggest, the drive of the inward and the outward-facing senses is not the same. The outward-facing senses are for actively expanding what you appear to be and have. But in the world of the inward-facing senses, you cannot do that because it is abstract, so you are boundless. Hence, you can use the inward-facing senses to soften your definitive appearance in the world of the outward-facing senses or have glimpses of *the Enlightenment of that which is One*, for example, travelling through lucid worlds of light. It is effortless, whereas everything in the world of the outward-facing senses requires much effort.

If you return from the Enlightenment of that which is One to the experience of being someone substantial, your appearance remains the same. That is because it has not been Enlightened. Fortunately, you do not care about that because all appearances are fake. Hence, you are to be compared to the Enlightenment of that which is One.



However, you cannot tone down the outward-facing senses if you want to avoid them because what you try to escape you enhance psychologically. But the more you wish to get close to reality, the more the outward and inward-facing senses fade out, leaving you on Highway One. It is without direction, so you are not going anywhere. Thus, the belief in being somewhere goes away.

Suppose you have to do something demanding in the world of outward-facing senses. In that case, it is best to devote yourself to the outward-facing senses mainly so the abstractness of the inward-facing senses does not space you out. Syncing the inward and outward-facing senses in the correct ratio per your present situation is easier if you leave it to *the empty breath*. See [Duality Hack #9.8](#).

The inward-facing senses and the body

The inward-facing senses cannot heal your body. Nevertheless, their abstractness sets the body free from the mental ideas of wellness you try to inflict on it. Thus, the body gets the peace it needs to communicate with the biological system, thus being healed per its physical nature. That may not include genetically caused diseases. But since you do not combine them with psychological

The body's healing, caused by being devoted to the inward-facing senses, is a side effect that helps you not worry about its appearance and inevitable end. Here, Alexius feels cheerful in the hospital, although a severe heart disease was discovered as incurable.



worries when in the world of the inward-facing senses, it is easier to deal with them (see [Duality Hack #7](#)).

However, if you devote yourself to the inward-facing senses to feel better in troubled parts of the body, you are focusing on something specific. Thus, getting into the world of the outward-facing senses, where the body does not get the relaxation it needs to heal. Check [Duality Hack #9.8](#) or [#11.5](#) for more about the inward and outward-facing senses.



Glimpses of Enlightenment are comparable to Alexis' sneak peeks at his family's Christmas tree when he looked through the door's keyhole as a child. He was in his everyday world but had glimpses of something glorious.

Physically speaking, glimpses of *the Enlightenment of that which is One* seem to originate from a non-defined space behind the frequencies of thoughts near the pineal gland. And you probably sense the world from there when in a *state of not-knowing*. The same applies when you pretend to be someone or perceive everything experienced as symbols of oneness. *The empty breath*, sounding like sohang, is presumably picked up there as well,

physically speaking. But you cannot know because you are blown out by those experiences. That is fine because focusing on the pineal will not give you more glimpses of Enlightenment. Concentrating on something contracts the energy, so you feel boxed in as someone definitive. Fortunately, defocusing removes restrictions, thus bringing about glimpses of Enlightenment. See [Duality Hack #1.3](#).



The Enlightenment of that which is One (*Duality Hack #10*), is not a way back to oneness because you have never left it. But it is the fastest way to undo the belief that you are someone in a world where there seems to be more than one. The other Duality Hacks do this gradually so you can enjoy the belief in more than one while having it undone.

»» Like a moth follows its attraction to the flame, even though it is the end of itself, the purpose of the inward-facing senses is to draw you into their abstract world to undo the belief in being someone. ««

Is the Enlightenment of that which is One required to undo the belief in more than one?

The Enlightenment of that which is One can be said to be the last step back to oneness. But as it is formless, thus endless, you have never left it. So, it is not about going back, but realising the belief in being definitive hides the formlessness of oneness. As already mentioned, the Enlightenment of that which is One undoes that belief immediately. However, it can also be achieved over time while enjoy-



The below about undoing the belief in thoughts' power by being in a *state of not-knowing* and/or having glimpses of Enlightenment should not be used while driving a car, picking up your children from school or doing other things requiring you to take thoughts seriously. No worries. If you pretend to take them seriously, you undo the belief in thoughts' power while benefitting from them because what you pretend is important is unimportant.

ing the world of the outward-facing senses by applying one or more of the other Duality Hacks.

You do not undo the belief in thoughts' power by stopping them

Nothing that attests to Jesus, as described in the New Testament, has ever existed in the world's history. In other words, the story about him in that book is a construction of thoughts. However, that applies also to the so-called facts making up the history of the world. Science is unable to find something that attests to the world's creation or that it exists as something substantial. Hence, they conclude the world is nothing but empty space, considered substantial.

But thoughts have no power, so when they seem to manifest a substantial world, you give them that power. Hence, undoing the belief

in being someone in a substantial world is not a matter of stopping thoughts but the idea that thoughts have the power to manifest something. It is impossible because manifesting something requires more than one, and there is no more than that which is One since it is formless, thus endless.

Therefore, since meditation enhances the idea that thoughts have power, it cannot undo the belief in not being One – nor will read *Alexius' Duality Hacks*. These are also a construction of thoughts, but not a one made to stop or change thoughts, realise something or in any way use thoughts, except for upholding your appearance while having the belief in their power undone.

That is done right away when you apply [Duality Hack #10](#) (*the Enlightenment of that which is One*). If use one or more of the other Duality Hacks, you eventually enter a *state of not-knowing* ([Duality Hack #9.10](#)), and after 20 minutes, 45 at most, *the Enlightenment of that which is One* sets in.



Glimpses of Enlightenment entail a *state of not-knowing* and vice versa. This Duality Hack (#11.1) is mostly about glimpses of Enlightenment. [Duality Hack #9](#) is about a *state of not-knowing*, whereas Duality Hack #1-4 and #12 are about approaching the world in ways leading to a *state of not-knowing*. Duality Hack #5-8

Most do not stay long enough in a state of not-knowing for the Enlightenment of that which is One to set in but quickly leave to cherish a unique thought construction. See [Duality Hack #9.10](#).

is about living per duality, thus feeling complete in *the duality flow*. Since you cannot be definitive in the flow of twofoldness, you enter a *state of not-knowing* now and then..

So, applying the Duality Hacks, you eventually entering a *state of not-knowing*. Remaining there for 20 minutes, 45 at most, the belief in the power of thoughts is undone, thus not appearing to hide the reality of oneness. However, when you probably disrupt a *state not-knowing* by judging some thoughts as outstanding. Then, by reflex or out of curiosity, you follow their thread to invent a new speculative way of making things better..

The only solution to this is to return to a *state of not-knowing* by not taking the speculations seriously or using the stress they entail to ignite a take-off into *the empty breath*, thus having glimpses of *the Enlightenment of that which is One*. Whether you see, hear, feel or taste them, your standard experience of a substantial world falls apart. It is as you are hallucinating or everything is distant until you experience something judged extraordinary, thus returning to your established vision of being someone definitive in a substantial world..

And so it goes untill you forget to leave a *state of not-knowing*.



The purpose of *Alexius' Duality Hacks* is not to heal the body but the sick belief that you are in it. However, as a side-effect, they may heal the body. For example, *the empty breath* can heal the body (see [page 468](#)). And glimpses of Enlightenment heal the body when you go with their flow and forget about the body.

Aum, Sohang or *The Word of God* often symbolise *the Echo of Oneness*. It is a vibration coming from the edge of the universe. But since the inward-facing senses are not limited by time and space, it takes no time to hear or feel *the Echo of Oneness*.



HACK #11.2, The four aspects of Enlightenment and how to sample them

None of the facets of *the Enlightenment of that which is One* – the Primordial Vibe (*the Echo of Oneness*), Lucid Light, Celestial Music or Immortal Sweetness – can be experienced because it requires

more than one to be conscious of something. Therefore, you are mistaken if you think you have felt, seen, heard, or tasted *the Enlightenment of that which is One*. Instead, you have had glimpses of it, which you get via the inward-facing senses while still in the world of the outward-facing senses. Read about those senses in Duality Hack [#9.8](#) & [#11.5](#).

So, contrary to *the Enlightenment of that which is One*, having glimpses of it is not beyond the senses, nor do they undo the belief in more than one promptly but gradually while still in the world of the senses. Please be aware that the four ways of having glimpses of Enlightenment do not mix, and you do not have to get them all to undo the belief in more than One. It is enough with one.

This Duality Hack (#11.2) is about how to experience glimpses of Enlightenment. However, the ways described will not work if you look forward to being or having more. Nevertheless, you do not have to restrain yourself from something if you perceive your reaction to it as *'it is what it is.'* See [Duality Hack #8](#).

Glimpses of *the Enlightenment of that which is One* come from a black hole at the edge of the universe. However, this is not far away when you ignore the outward-facing senses and their world defined by time and space but instead go with the inward-facing ones because they are not ruled by time and space. Thus, you can see, hear, feel, or taste the glimpses regardless of where you appear in the world of the outward-facing senses.



The Primordial Vibe (*the Echo of Oneness*)

The more you ignore the world defined by time and space experienced via the outward-facing senses, the more an abstract world without time and space is experienced with the inward-facing senses. In that world, it takes no time to go to the edge of the universe (see [Duality Hack #2.4](#)), where *the Echo of Oneness* is used to create and uphold a fantasy world of time and space. The fantasy seems real until you feel or hear *the Echo of Oneness*, the primordial vibration often symbolised by *Aum*, *Sohang*.

One way to do that is not to be exclusive but inclusive. When you include all what you feel or hear in the world of the outward-facing senses – or are willing to do that – the sum is felt or heard via the inward-facing senses. It sounds like the humming of nothing and everything and feels like you are both in the world of the outward and inward-facing senses and yet nowhere. See how to quickly connect with *the Echo of Oneness* in [Duality Hack #11.4](#).

In Eastern religions the *Echo of Oneness* is symbolised by the word *Aum* or *Sohang* and in the New Testament by *The Word of God*: »In the origin The Word had been existing and That Word had been existing with God and That Word was himself God.« John 1:1, Aramaic Bible in Plain English.

One who is to be compared to *the Enlightenment of that which is One* perceives The Word in the above quote as a metaphor for the unpronounceable vibration felt or heard when not totally focused on the world of the outward-facing senses. In contrast, the unenlightened speculates what exact words the quote hints at, even though no single verse in the Bible refers to *The Word of God*, as something written or spoken.

»With every exhalation the soul recites *Hang* and with every inhalation it recites *So*. Thus every soul counts the mantra of *So-hang* (*so* plus *hang*) twenty-one thousand and six-hundred times every day and night.« Gherand Samhita, stanza 84.

Welcoming *the Enlightenment of that which is One*

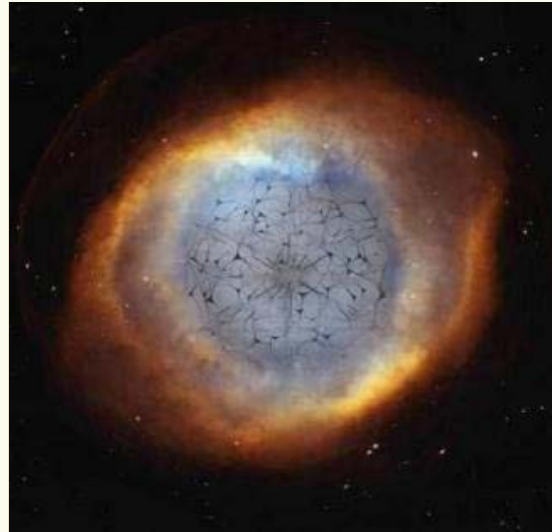
The Enlightenment of that which is One is welcomed by completely ignoring the senses. The first time, Alexius welcomed its visual aspect was when he returned home after a long night of taxi driving and was too tired to focus.

In other words, to be offbeat, exhausted, confused, or maybe even drunk is a way to forget to sense the world, thus welcoming *the Enlightenment of that which is One*. Actually, anything not part of a scheme to fabricate images defined by time and space will do.

Alexius does not know if that includes drugs because he has never experienced them. Yet, he can say from looking at others taking drugs that it seems more about expanding the consciousness of a world where there seems to be more than one than undoing it.

Glimpses of Lucid Light

Seeing glimpses of Enlightenment is done via the inward-fac-



When your eyes become single, there is no separation to hide the Enlightenment of that which is One.

»The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.«
Matt 6:22, King James Bible.

That makes much sense to one who is to be compared to the Enlightenment of that which is One but obviously not to the unenlightened because in the new international version of the New Testament, this sentence has been changed to:

»The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.«

ing sense, often called the third eye, a single 'eye' between the two eyes above the eyebrows.

»Direct your eyes toward the middle of the eyebrows and meditate upon your own self. It is Shambhavi Mudra, the most secret practice of all the Tantra scriptures.« Gherand Samhita, stanza 59.

Practically speaking, you can turn off the visual outward-facing sense by closing the eyes and lightly holding a finger on the third eye without focusing. You can do it anywhere in any position. However, it is best in a dark room so you do not think the revelation of light comes from the world of the outward-facing senses.

Since the eyes always look for the most significant contrast of light, your closed eyes automatically search the darkness until they move inwards and upwards towards the third eye from where they settle at a lightshow radiating at such speed that its colours hardly seems to differ.

»Touching eyeballs as a feather, lightness between them opens into the heart and there permeates the cosmos.« Sochanda Tantra, stanza 13.

Suppose your eyes do not automatically move inwards and upwards into the area of the inward-facing senses above the eyebrows. In



While activating the third eye, the body's positioning does not matter as long as the body does not bother you. When you are used to visual glimpses of Enlightenment, you do not have to close your eyes to see them.

If a vision like this is deciphered into an experience of different colours and shapes around a centre, it is a glimpse of *the Enlightenment of that which is One*. But if not judging the apparent differences to make a difference, one bright and colourless light that seems to explode from a gap in nowhere wipes out all thoughts collected to shape you as somebody so that nobody gracefully falls into the formlessness of oneness.



that case, you may help them by gently pressing the thumb and middle finger on the outer corner of the eyeballs and the middle finger on the third eye.

However, this is not commendable because even the slightest effort requires focus, and it is defocusing that welcomes *the Enlightenment of that which is One* or its glimpses. Furthermore, this may give you the impression that specific physical postures can open the third eye.

None of the inward-facing senses are reached via a specific posture or way of thinking. However, deactivating the outward-facing senses can be achieved that way, so if you have a technique that seems helpful regarding that, go for it.

A way to deactivate the outward-facing senses is to use an eye massager such as [Renpho Eye Massager with Heat Compression](#). Besides, turning off the outward-facing sense of seeing, the heat softens the eyes. And when they are relaxed, they do not focus. Hence, they automatically turn inwards and upwards to merge into the third eye.

Glimpses of Lucid Light versus *the Enlightenment of that which is One*

»... *and there shall be no light there, and they need no candle there, neither the light of the sun, for the Lord God giveth them light.*« Rev. 22:5.

When your eyes, metaphorically, become soft enough, glimpses of Enlightenment merge into *the Enlightenment of that which is One*. It extracts all thoughts stored to make you appear as someone definitive and leaves them at the edge of a tiny gap, so there is nobody to experience the nothingness of you gently falls through it into the formlessness of oneness.

However, most are afraid of losing their identity, so they settle for glimpses of *the Enlightenment*

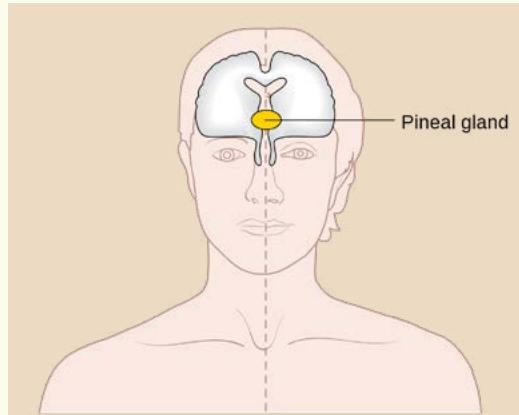


The thought construction that seems to keep you together as someone tangible must be left at the edge of a black hole so that there is nothing to gently fall into the formlessness of oneness.

of that which is One, a blissful out-of-body experience – presumably linked to the pineal gland, which appears to foster states like that.

If you are not tempted by this bliss but to go where someone definitive cannot go, it is not an out-of-body experience. On the contrary, in *the Enlightenment of that which is One*, there is nothing to experience because to be aware of something requires more than one.

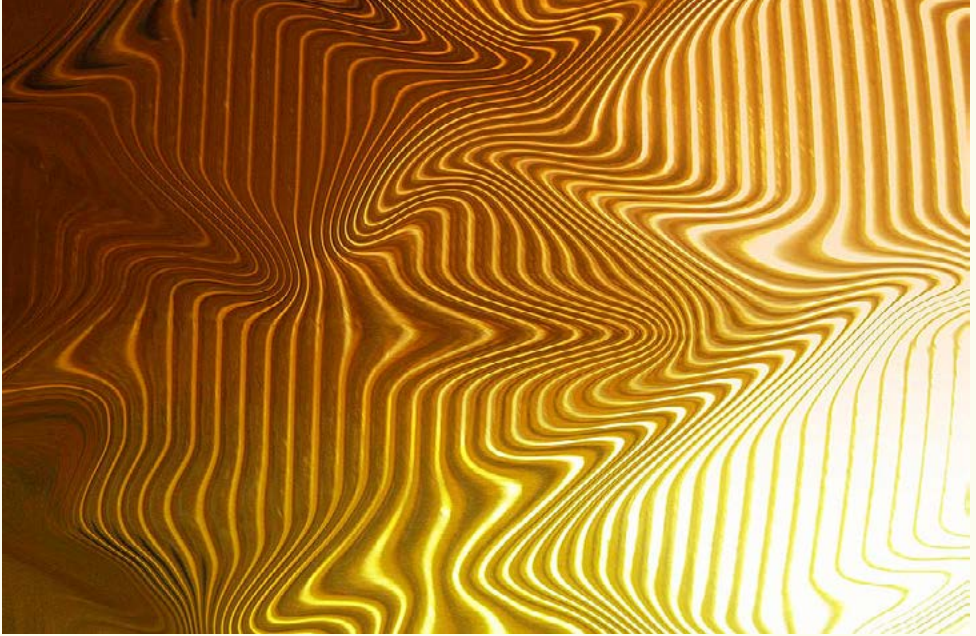
Returning from *the Enlightenment of that which is One* to a world where there seems to be more than one, you cannot know that you have been at the other side of a black hole because you were not there, and there is no other side since there is no more than that which is one. In other words, the person you appear to be is not Enlightened. Yet, due to vague memories of oneness, you are to be compared to *the Enlightenment of that which is One*. Others will not know that, and you may hardly grasp it. But you sure get that a world where there seems to be more than one is not real.



The enlightenment of that which is one is not an out-of-body experience. It is not an experience at all. But its preliminary stages of bliss and compassion, physically connected with the pineal gland, may be felt as an out-of-body experience because the world of the outward-facing senses is toned down.

If you want to leave *the Enlightenment of that which is One* and reboot as someone definitive, you must assemble the thoughts left at the edge of a black hole making up your source code.





Celestial Music

The subtle polyphony bell-like sounds you can hear via the inward-facing senses are like airy melodies effortlessly played by an otherworldly organ, piano, harp, acoustic guitar or church bells.

»I heard a sound from heaven like the sound of cascading waters and like the rumbling of loud thunder. The sound I heard was also like harpists playing on their harps.« Revelation 14:2, Holman Christian Standard Bible.

Being used to take a ride in the world of the inward-facing senses, hearing inner music or *the Echo of Oneness*, you sense the first sentence of this quote refers to 'Aum' or 'Sohang' or 'The Word of God,' and the second one to Celestial Music.

»At midnight when not a single sound is heard, close your ears with both hands and do Purak Pranayama. Listen to the sounds in your right ear which are very pleasant. The first sound that you will hear is of a pine bird, the second of a flute, third of a cloud, fourth of a

dragon bee, the fifth of a ringing bell and then of a gong of metal. Sounds of trumpet, drum etc. are also heard. There is nothing greater than music.« Gherand Samhita, stanzas 77-8.

Alexius does not know the Hindi words in this quote, but hearing Celestial Music himself – though not so bombastic as described – he gets the overall meaning.

A practical way to stop hearing the world of the outward-fencing senses and listen to the airy music of the inward-fencing ones is to put both thumbs in your ears or use noise-cancelling or in-ear headphones. Then, without focusing or trying to define anything, be nothing but the Celestial Music coming to you from what may seem far away.

To tune in, it is best not to go with the sounds from the left ear. They often come from the production of thoughts. Instead, follow the har-

Maybe Mozart's inspiration to compose music came from musical glimpses of *the Enlightenment of that which is One*. That is not to say his music sounds like Celestial Music, but its flow resembles its effortless elegance and beauty. However, it does not apply when Mozart overrides the flow to reach a dramatic peak. There is no drama in the Celestial Music sphere because it accompanies one perpetual present, which has no beginning and end and, thus, no climax

Celestial Music may also have inspired the electronic music appearing without beginning and end, achieved through glitches, other sonic artefacts, slowed-played steel guitar, chimes and bells, and analogue or synth sounds mixed with piano loops. But these effects

result in a harder edge and less translucent sound than in the Celestial Music. The latter has a crystal clear but transparent sound with no sonic artefacts needed to produce spiciness. Actually, the airy sound of Celestial Music arises from not trying to achieve anything.

But New-age music that sounds like dreamy symphonies of otherworldly states does not resemble the transparent sound of Celestial Music because it is not symphonic or anything else that suggests a progression in linear time. Nor is it otherworldly because there is no world since oneness is formless, thus endless.



monies from an empty space outside the right ear. That said, pay little attention to directions.

Maybe you will not immediately hear Celestial Music but instead, *the Echo of Oneness* symbolised by ‘Aum’ or ‘So-hang.’ If so, go with this primordial humming. It could also be that you ‘hear’ thoughts. But they will not prevent you from hearing celestial music if that is what you want – nor from having visions of light, Immortal Sweetness or sublime intimacy.

Immortal Sweetness

The Immortal Sweetness can be compared to foam on a milkshake, added a few drops of honey and maybe a hint of either liquorice, strawberry, or mint. It can also be compared to how marshmallows – especially those with a flavour of strawberries – interact with the palate.

But it is best not to compare *the Immortal Sweetness* or other glimpses of *the Enlightenment of that which is One* to anything else because all comparisons are based on definitions from the past, thus cancelling out the ever-present glimpses of Enlightenment.

»Your lips drip nectar, my bride, honey and milk are under your tongue.« Song of Solomon 4:11.

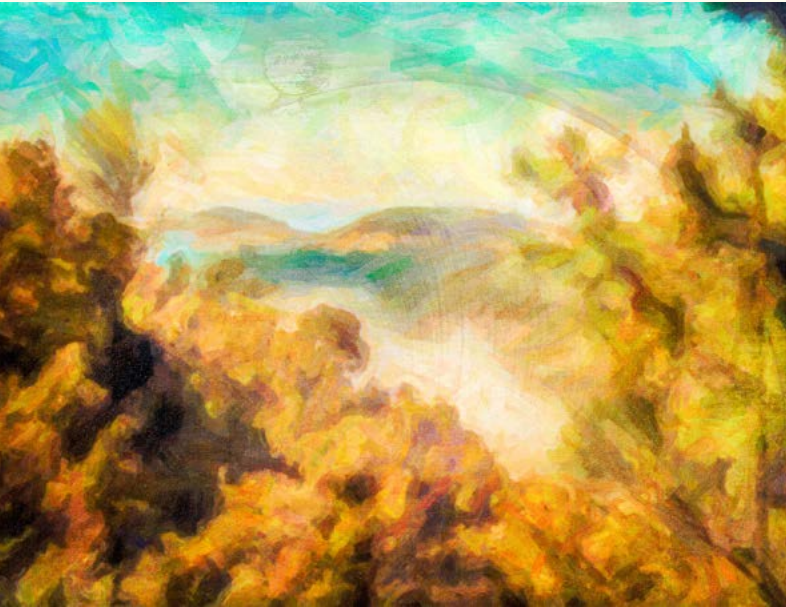
»A land flowing with milk and honey« Exodus 3:8



Alexius has not read religious scripts except for parts of The New Testament and Bhagavad Gita. Hence, most of the words in the quote from Gherand Samhita are meaningless to him. But since he is familiar with the sound of Celestial Music, it is evident that the essence of the quote is the bliss of listening to the sounds of oneness.

»Whosoever drinketh of the water that I shall give him shall never be thirsty, but the water that I shall give him shall be in him as a well of water springing up into everlasting life.« John 4:10-4:14.

Even though the Immortal Sweetness is called *the nectar of life* in some scriptures, you should not expect it to make you younger or give you more energy in the world of the outward-facing senses or whatever yogis claim to make themselves stand out. Getting more is an illusion based on the belief that there is more than that which is One.



Some Chinese Herb Formulations or teas – for example, [Spring Dragon Longevity Tea](#) – enhance the Immortal Sweetness, provided you already know it. The same applies to many Ayurvedic teas with liquorice.

The world of the outward-facing senses is not supposed to be blurry. It must be in focus to make the experience definable. It is the other way around in the world of the inward-facing senses. Your experiences there are abstract.

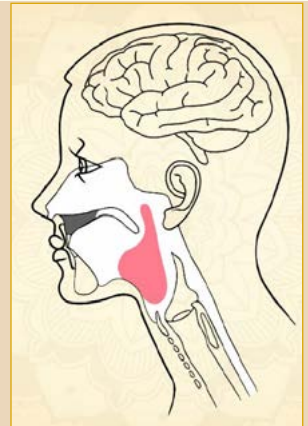


Tasting the Immortal Sweetness helps you not to focus on the world of the outward-facing senses. Since that eventually results in not perceiving the apparent differences in the world to make a difference, there is no separation to hide oneness.

One way of undoing this belief is to defocus because without focus, the apparent differences in a world where there seems to be more than one get blurred. Thus, they do not seem to hide, there is no more than the formlessness of oneness. Fortunately, defocusing is a side-effect of the technique for *Immortal Sweetness*.

The Immortal Sweetness unfolds under the tongue when it is moved behind the uvula (the skin flap hanging down in the back of the mouth at the entrance to the throat (see [page 591](#))). Placing it there makes it feel like you are not in the world, although you appear

When you do not try to be someone definitive, the tongue wants to go the backside of the uvula (like in the illustration), where the Immortal Sweetness flows. It results in the Enlightenment of that which is One. But it is better to hold the tongue before the uvula or as close as possible for daily use. It facilitates defocusing, thus gradually undoing separation. Therefore, since there is no need to hang onto thoughts attesting to being divided, they become an insignificant noise in the background. For this purpose, you can do it all the time.



The Immortal Sweetness diminishes the compulsive focus on something definitive and your cravings for more, such as sweets. As a side effect, breathing intensifies, making the body feel great. This transparent sweetness is always there. It is free, and you do not have to meditate or be pure to get it. All you have to do is to put your tongue behind the uvula and devote yourself to *the Immortal Sweetness*, thus welcoming *the Enlightenment of that which is One*.

However, in daily life, you do it to deactivate the outward-facing senses, so the inward-facing sense becomes the basis for being in the world of the outward-facing senses. In that context, reaching the uvula as much as you can tone down the world of the outward-facing senses. And you can do it all the time except when talking and eating. That is neither a metaphor nor second-hand knowledge, but Alexius' experience from tasting *Immortal Sweetness* on both sides of the uvula for more than 50 years.

there. Probably, it cutbacks the need to focus on the world of the outward-facing senses and the need for more, especially sweets. That is if you devote yourself to *the Immortal Sweetness*. No technique works without devotion, but devotion can work without a technique.

To get the tongue behind the uvula, you may have to press it backwards for a long time, maybe for months, and finally use a finger to push it the rest of the way. It can make you feel as if you are about to vomit. No worries – it is just a feeling. When you are used to keeping your tongue behind the uvula, it is easy, and there is no sense of vomiting.

Alexius started to apply the technique for *Immortal Sweetness* about 50 years ago. But he cannot remember when he became aware of its side effect of defocusing, thus freeing the body from psychological issues projected onto it. So maybe that takes a while, or he did not notice it at first. But in that context, getting the tongue as close to the uvula as possible is good enough.



»Khechari Mudra is turning the tongue backwards into the cavity of the cranium and turning the eyes inwards toward the eyebrow center.« Haha-Yoga Pradipika, Chapter 3, stanzas 32-37.

To taste the Immortal Sweetness, called Khechari Mudra in the above quote, you do not literally have to replicate the ancient technique. Neither do you have to push the tongue behind the uvula, as Alexius wrote above. Reaching the soft area underneath the front of the uvula with the tongue will do. See also the explanation in the box on [page 591](#).

There is no way to *the Enlightenment of that which is One*

You do not welcome *the Enlightenment of that which is One* or the glimpses of its four facets by becoming purer, breathing wholly, eating healthy or anything else you can do in the world of the outward-facing senses. Still, things like that may help deactivate those senses.

However, no technique can do that if it is not the purpose of executing it. In other words, the first step is solely about purpose. If that is to deactivate the outward-facing senses, many techniques may work. The second step is to devote yourself to the journey. But these steps only apply to having glimpses of *the Enlightenment of that which is One* and not to welcoming in its entirety, as it takes more than one to take a step.

Daily life with glimpses of *the Enlightenment of that which is One*

It is best not to be active in the world of the outward-facing senses while having visions of light. That is because the visual glimpses of Enlightenment can become so intense that the world of the outward-facing senses is hardly sensed.

However, if the technique for tasting the sweetness of oneness is only used for defocusing, it can be carried out constantly while being



Alexius is not familiar with the terminology of yoga and scriptures. So he does not know the books quoted. He found the quotes by searching the internet.

He neither side with religions nor new-age philosophy. Generally, they exclude what they judge as wrong, thus establishing separation and, therefore, denying oneness.

active in the world of the outward-facing senses. And you can enjoy Celestial Music if you do not do it too long at a time without putting your thumbs in your ears. That also applies to hearing or feeling the vibration that *Aum*, *Sohang* and *The Word of God* symbolise. See [Duality Hack #11.4](#).

It results in the experience of a world less defined – not so that you get spaced out and cannot move around, but feel you are carried around.

That is, as long as you do not take the full tour of these glimpses of Enlightenment because after 20 minutes, 45 at most, they turn into *the Enlightenment of that which is One*. Hence, you no longer experience being someone in a world where there seems to be more than one, nor in oneness, as that requires more than one. You are not someone at all. Consequently, there is no memory or consciousness of ever having believed that. Instead, there is what always has been and will be, namely that which is one.



The humming echoing oneness does not improve the world but eventually ends the experience of it, so there does not appear to be something to hide that which cannot be experienced: the formlessness of oneness. It does not mean you will be transformed because that requires more than one. Nor does it mean you will cease to exist. What you believe in being has never been because there is no more than oneness since it is formless, thus endless.

Hack #11.3, Alexius in Wonderland

If a world where there seems to be more than one is unreal, and that which is One is real, it is impossible to be in a world where there is more than one. Yet, we believe we are there. However, one

who is to be compared to *the Enlightenment of that which is One* does not believe it but pretends it, like when acting one is a computer game. That is why Alexius' description below of the world standing still does not reflect the reality of a world where there seems to be more than one but how Alexius experiences pretending to be somewhere there. The same applies when he talks about listening to the primordial vibe in *the Echo of Oneness* and having glimpses of Enlightenment.

The world stood still

The first time the world stood still, Alexius was 17 years old. He looked out the window and saw everything covered by snow. It was like the whiteness outside him made him white while Donovan's Jennifer Juniper played in the background.

He forgot to participate in the story of time and space. The air was perceived as so thin that there was no space between anything. And although he noticed the music from the speakers, the silence was so loud that all he heard was *the Echo of Oneness*.

Much later, on a walk along the sea, it was there again – and some-time later, when he was walking on a pedestrian street busy handing out flyers, the distant *Echo of Oneness* was so intense that even though people were moving around him, it was like there was no movement and no people. He did not know what was happening, nor did he try to figure it out. You do not need to know when you hear *the Echo of Oneness*.

After being accustomed to hearing *the Echo of Oneness*, he realised that this distant primordial humming is what the words *Aum*, *Sohang* or *The Word of God* symbolise. However, most people expect those words to reveal a higher understanding so they do not hear the unpronounceable echo of Oneness. But there is no understanding to get, nor any need for it when you hear the distant humming that *Aum*, *Sohang* and *The Word of God* symbolise. See [Duality Hack #11.4](#).



Nowadays Alexius often goes Nordic Walking while enjoying the Echo of Oneness. Here, he feels it while looking out his window.

Since a computer's hard disk consists of only zeros and ones, it is unaware that an app has display them as definable objects on a screen. Nevertheless, the computer senses something is off. So, it sends out an echo of itself to stop you from interpreting nothing as something.

In this computer metaphor, the app is the brain, which renders experiences of something from nothing. The computer is the formlessness of oneness, sending out an echo of oneness, sounding like the vibration AUM or Sohng symbolises. When you hear it, you eventually

forget to see a definable world. Thus, nothing seems to hide the formlessness of oneness. See [Duality Hack #11.4](#).

The wise one may ask who has installed the app. The answer is nobody. It requires more than One to do something, and there is no more than that which is One. That is what you realise when you constantly pretend to be in a world with more than one. In other words, since you are not where you pretend to be, all you have to do to hack the belief in a world with more than one is to pretend to be there.

The primordial vibration

The word 'guitar' symbolises something that makes impressive sounds. But reading the word 'guitar' only makes you sense those sounds if you know them. That is the same regarding *Aum*, *Sohang* or The Word of God. These words symbolise the distant humming of oneness. But they will not remind you of the unpronounceable vibration of oneness unless you have heard or felt it.

The distant humming of oneness hangs about a world where there seems to be more than one like an echo. It is the engine of it but not in the sense that it produces it. That is impossible because it echoes that which has no beginning and end, thus unable to create anything specific. Yet, its energy is used to create and uphold the imagination of a world where there seems to be more than one. But it is not in that fantasy – like a dreamer's energy makes it possible to have a dream but not to manifest the dreamer in it.



The vibration that Aum and Sohang symbolise is your launching pad to oneness.

Nevertheless, you can hear or feel the Echo of Oneness when the definable world of the outward-facing senses is so far from your awareness that the distant humming from the edge of the universe is the nearest.

Compared to such a glimpse of Enlightenment, appearing to be someone in the world of the outward-facing senses feels like a distraction. But why not enjoy it? There is nothing to lose. You are not someone definitive, so you can pretend to be anybody in the world of the outward-facing senses. See [Duality Hack #2](#).

If you are into concepts of love, you can perceive the world through glasses of love. Since it is all make-believe, you may as well pretend to be in wonderland – especially if you do it with *the duality flow*. In that case, your wonderland is contrasted by sorrow, so you feel wonderful when sad.



Searching comes from the desire to be and has more than the oneness of life, but there is no more than that since it is formless, thus endless.

Hack #11.4, The Echo of Oneness

Life has no secrets. It is impossible because it is that which is One, and it takes more than one to hide anything. So why do people look for the meaning of life? The answer lies in the previous sentence. Life is that which is One, so if you believe in being in a world where there seems to be more than one, you are lifeless. In other words, even though the oneness of life makes it possible to experience a world where there seems to be more than one, it is not there – like a physical body is not in a dream, regardless of being the host.

However, an echo of life can be heard and felt in a world where there seems to be more than one. Christianity calls it *The Word of God*, and Eastern religions often symbolise it with the words *Aum* and *Sohang*. You could say that the oneness of life makes an echo of itself to call you home. The echo does not reveal oneness but what obscures it, namely the belief in a world where there seems to be more than one. That said, it is a metaphor that oneness is calling you home because you never left it since it is formless, thus endless.

Nevertheless, this hack is written within the context of the belief that it is possible to be and have more than one. So, hearing or feeling *the Echo of Oneness* is a call to go home. However, the echo has no beginning and end, so it cannot be written or spoken. Still, it is easy to hear or feel it.

The vibration that *AUM*, *SOHANG*, or *The Word of God* symbolise is not a secret

For ages, people have been chanting *Aum* and *Sohang* or

The original translation of the Hebrew name Elohim was *the word of god*. It was meant to be a metaphor for that which is One and never ends. But since it makes no sense in a world of linear time, the meaning of the word gradually changed to god being an almighty force, having created the world in its image.

But since oneness neither has shape nor time, it cannot create a world defined by time and space. Consequently, such a world and its perceived creator are fake.

Most reading the New Testament assume it is The Word of God. But it can neither be written nor spoken as it takes more than one to do something, and god is oneness.



speculating about the meaning of *The Word of God*, assuming their secret would miraculously occur if they kept trying. But oneness does not make miracles or disclose anything because it takes more than one to do something. Besides, it is not about understanding but hearing or feeling the primordial vibration that these words symbolise. In other words, it only appears hidden if you search for an elitist understanding rather than hearing or feeling the distant humming, which you do when not focusing on hearing or feeling something.

No chanting or reading in scriptures is necessary to hear or feel the vibration that Aum, Sohng and

The Word of God symbolise. It comes to you automatically when you do not focus or concentrate on something specific, thus not someone definitive but the unpronounceable vibration that Aum, Sohng and The Word of God symbolise.



Of course, you will also hear or feel *the Echo of Oneness* if you chant *Aum* or *Sohang*, provided you do not look for peak experiences of an almighty God or something mysterious and sensational. In that case, one chant is enough.

»» *When you hear or feel the unpronounceable echo of oneness, the sense of being someone definitive disappears. Hence, there is nothing to transform.* ««

To tune into *the Echo of Oneness* ...

... you very slowly sing *AU* like it is one letter within you. Then you add *M* very softly, so it almost hangs in the air as a whispering sound that turns into a gentle humming. It can neither be written nor said, so do not listen to something to *AUM* that you said but the vibe you tuned into. If you cannot help smiling, you are touched by *the Echo of Oneness*.

You can also get in touch with the distant humming of oneness by saying *sohang* – eventually combined with listening to the sound from the breath. When breathing in, you say *SO* within you with a silent *H* at the end and rest on *OH* until you start breathing out. Then, you say *HANG*. The *SO(H)* is only for tuning in. The same applies to the first part of *HANG*. After saying *SO-HA(N)*, you remain on *(A)NG* at the end of breathing out. When it fades out, you hear the humming of the primordial vibration.

Another way to hear *the Echo of Oneness* is to stop focusing on any sound in particular until you cannot distinguish the sounds you hear. Hence, they turn into one sound: *the Echo of Oneness*.

You do not have to sit in a particular posture, endlessly chant or pray, wear unique clothes or be in a specific place with special people to hear *the Echo of Oneness*. Neither does there have to be



*The Hindi symbol
of Sohng*

stillness inside or outside of you. On the contrary, stillness is stagnation and life is booming. So just be devoted to what you do.

One of the first times Alexius sensed the humming from the edge of the universe, he was busy handing out flyers on a pedestrian street. He was so devoted to it that the noise of the road became a distant sound fusing into a humming, which, although remote, cancelled out the feeling of being someone definitive somewhere specific. It was like the sum of all feelings turned into a transparent one.

Knowing that *the Echo of Oneness* is there makes it easier to tune into it

When Alexius was a child, he liked to hear the music from a radio station on a frequency between two noisy stations that tended to drown it out. But as he knew of its existence and where to look, he succeeded in tuning into his favourite music station with determination and the finest subtlety.

Likewise, since you now know how to get the humming of oneness from the edge of the universe regardless of the world's noise, you can tune into it through devotion to your present activity or via *Aum* or *Sohang*. If there appears to be too much noise in the head, join it until it fuses into one sound.

*Tuning into the
Echo of Oneness.*



To feel *the Echo of Oneness*

You can also feel the vibration that *Aum*, *Sohang* and *The Word of God* symbolise – especially if you are more emotional than audio-minded. Maybe you already did that when you tuned into the primordial vibration by following the above instructions. If not, tune in again and put more weight into feeling it. Feeling the primordial vibration can be likened to sensing your body purring like a cat, trembling of fear but without fearing anything, shaking of coldness but more lightly and not feeling cold, or feeling the bubbling effect in the body from quickly drinking the foam of Coca-Cola.

When the feeling gets more intense, it may feel like you are the vibration from an earthquake or a giant laundry machine on the spin cycle. It can also be felt as if there is no transition between the body and the appearances outside it. If you do not panic but go with its flow, you forget about inside and outside the body, so no memory of something seems to hide that which cannot be experienced, namely, the formlessness of oneness.

Alexius is more into hearing than feeling, so it took him a long time to sense *the Echo of Oneness*. (see [Duality Hack #10.4](#)). When he finally did – after several years – it was so intense that the belief in being someone specific was momentarily undone. Thus, *the Echo of Oneness* had brought him into *the Enlightenment of that which is One*, where there is nobody to feel something since that requires more than one.

However, this hack is not about the formlessness of oneness but something that can be experienced, so we continue with the experience of the primordial vibration from the edge of the universe. Feeling or hearing it is the same – like two sides of the same coin. Nevertheless, it is not advisable to do that simultaneously. Instead, do it one at a time.

What does it sound like?

Some people complain they hear their neighbour vacuum cleaning when they meditate. But most likely, the neighbour is asleep. And it

You may already have heard or felt the Echo of Oneness coming from the edge of the universe. Still, as many are biased towards something mysterious and sensational, they do not pay attention to the quiet humming coming from everywhere because it is the basis for the experience of a world where there seems to be more than one.



is not the sound of a vacuum cleaner they hear but the distant humming from the edge of the universe that *Aum*, *Sohang* or *The Word of God* symbolises. The vibration can also be compared to hearing the distant sound of the air conditioning in an airport, a wave at the shore that never stops going up, or the sound on the edge of breathing in or out.

But since most look for an exceptional experience, they brush off something so simple as the gentle humming from the edge of the universe.

Alexius and *the Echo of Oneness*

The above is Alexius' way of communicating how you can hear and feel *the Echo of Oneness*. Using *Aum* or *Sohang* as a stepping stone is not a new idea. But so far, it has mainly been promoted in



When you are familiar with the humming that Aum, Sohang and The Word of God symbolise, you do not always tune in but explore the world where you appear knowing the Echo of Oneness is always there.

mysterious ways by people who do not hear or feel it themselves but hope to do it by the grace of God if they keep chanting those words. However, hoping for something in the future, they miss the gentle humming from the edge of the universe that is there now.

It was not through the words *Aum* or *Sohang* that Alexius heard or felt the humming they symbolise. Since his teenage years, he has, for no specific reason, often been 'lifted' by this humming – for example, while watching a movie, walking, or sitting in a park. When he was about 40 years old, it suddenly dawned on him that this is what people try to reach when chanting *Aum* or *Sohang*.

However, it is not about reaching but tuning into something that is already there. When Alexius can do it, so can you because even though you may appear different from him, what makes it possible for the two of you to experience that you are different is the same: *the Echo of Oneness*.



When not focusing on something specific, the world of the outward-facing senses becomes blurry. Hence, the world of the inward-facing senses opens up.

Hack #11.5, The ins and outs of the inward-facing senses

Alexius mainly experiences the world of the inward-facing senses and its glimpses of Enlightenment before falling asleep. At that time, he gives the world of the outward-facing senses minimum attention, contrary to during the day when they get the most.

In a *state of not-knowing* ([Duality Hack #9.10](#)), he often has visual glimpses of the Enlightenment of one, which seems to swirl around the tip of his nose. But he does not see it or anything physical and is unaware of how long it lasts. Probably less than 20 minutes because the brain falls into a coma if there is nobody to confirm its fantasy of a world where there seems to be more than one (see [Duality Hack #9.10](#)).

A blissful night of not-knowing

When Alexius goes to sleep with a sleep mask and earplugs plugged into his ears, *the transparent sound of the empty breath* (see [page 464](#)) transports him into worlds of light. Their lucid universes unfold at an extreme speed, or flowers open up in slow-mo until thoughts or feelings try to surface,



It seems like ages ago, Alexius enjoyed travelling in worlds of lucid light. Nowadays, he prefers not to see anything, thus as nothing falling through a black hole into the formlessness of oneness.

and sleep sets in. Then, going into a deeper sleep, the visions of light are on and off. And when he wakes up in the morning, he hears Celestial Music.

Actually, that is a typical description from many years ago when the glimpses of Enlightenment were exciting journeys in enchanted worlds of light. They were exciting because, to some extent, they were recognisable. But nowadays, Alexius is drawn to visions of abstract nothingness until they swirl together around a so-called black hole. That is neither exciting nor relaxing. It just is.

Blissful nights lighten up the days

During the day, he is mainly with the outward-facing senses, but the night's bliss lightens them up. Besides, sometimes he hears *the Echo of Oneness* as a natural extension of *the empty breath*. He also has other glimpses of Enlightenment with eyes open, regardless of where he is. *The Immortal Sweetness* follow him throughout the day.

»» The Enlightenment of that which is One *is impersonal, but since it cannot be experienced, there is only the vague memories of something unknown. But since they are filtered by the personality, the Enlightenment of that which is One seems to be a personal experience in time and space – like glimpses of Enlightenment, solely a personal experience.* ««

You do not know what Alexius writes because your brain edits it

Be aware that the above is how Alexius experiences the world of the inward-facing senses when the world of the outward-facing senses gets less attention. But like you and he probably experience things differently in the world of the outward-facing senses, the same applies to the world of the inward-facing senses. And regarding *the Enlightenment of that which is One* (see [Duality Hack #10](#)), his vague memories of not being someone are most likely selective.

In other words, the descriptions in *Alexius' Duality Hacks of the Enlightenment of that which is One* and its glimpses are not absolute. Besides, you do not read what Alexius has written, but your brain's translation with your interpretation on top. See [Duality Hack #1.2](#).

»» *The night can be full of restless dreams that seem very real until Alexius quietly wakes up to the sound of ethereal music that cancels out the night's confusion so that he, full of clarity, gets out of bed.* ««



The eyes cannot see – they translate, or rather, the brain translates the frequencies it claims to receive from the eyes. Therefore, since your brain has fabricated what you believe in reading, you do not know what it says. By acknowledging that, *the Enlightenment of that which is One* is welcomed.

Furthermore, his experience of the glimpses of Enlightenment is not constant. Some nights, he may not even experience them. Instead, thoughts or emotions take over and bring him into the world of the outward-facing senses. No worries if that happens to you. It is a great way to see that thoughts and emotions have no power and are unnecessary when there is no need to be someone.

Anything upheld as specific ends the tour in the world of the inward-facing senses

Maybe you like your previous travel in incredible worlds of special coloured light, so you want to replicate it. But that does not work because the glimpses are abstract and, therefore, never the same.

In other words, you cannot do anything to be in the world of the inward-facing senses. Doing something to get something only works in a tangible world. Therefore, you can do something not to experience the world of the outward-facing senses – for example, putting on a sleeping mask when you go to bed.

The inward and outward-facing senses are equally unreal

Suppose you get the impression that the inward-facing senses are less deceptive than the outward ones. In that case, you have deceived yourself into believing you become better, higher or wiser focusing on within. If that is your purpose, the inward-facing senses will cause you as much suffering as the outward ones.

Anyhow, it is best to forget all the descriptions in *Alexius' Duality Hacks* because you can only remember them by interpreting them

If the reason for putting on a sleeping mask is to cancel out the light from the world of the outward-facing senses, there is lucid light coming from the world of the inward-facing senses.



as something specific, which cannot be replicated in the abstractness of the inward-facing senses.

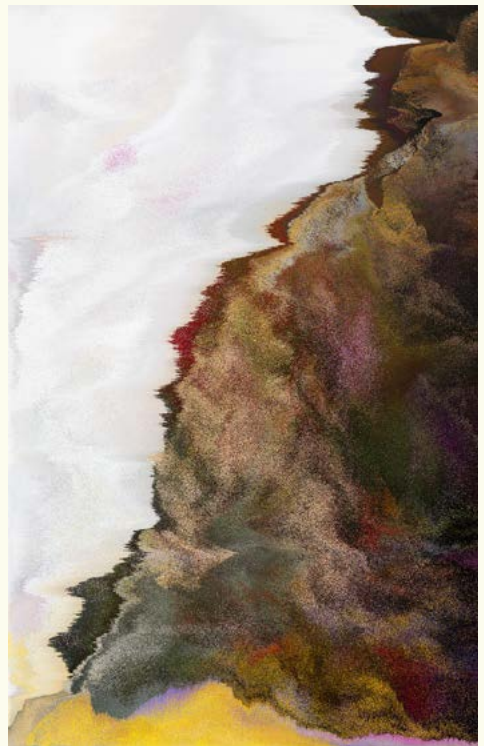
Extra: *The Gap*

There are no sudden surprises when one travels in the lucid worlds of the inward-facing senses with eyes closed. Everything is a smooth transition. It is like going nowhere but everywhere. But recently, Alexius discovered gaps in the lucid worlds. When deeply relaxed in the world of the inward-facing senses, a circular gap appears on the surface of changing light. When he looks at it, the crack expands and looks like a little crater without a hole. Everything else seems the same until he enters the sensed gap. However, entering it is not a progression but a total changeover. The lucid world disappears without any transition.

If it is replaced by something, Alexius does not know because he dozes off immediately like he has been sedated. So if it is another aspect of the Enlightenment of that which is One, he does not know. But he knows he feels revitalised when returning to the world of the outward-facing senses. Unlike the four aspects of Enlightenment mentioned in [Duality Hack #11.2](#), *the Gap* does not seem to be mentioned anywhere on the web. Alexius could write a new Duality Hack

On his nightly travels in lucid worlds, Alexius has recently explored gaps in those worlds. He does not see but senses them.

If he digs into a gap, it expands without making an opening. Then, the lucid worlds go away, and Alexius notices nothing until he suddenly senses he is revitalised.

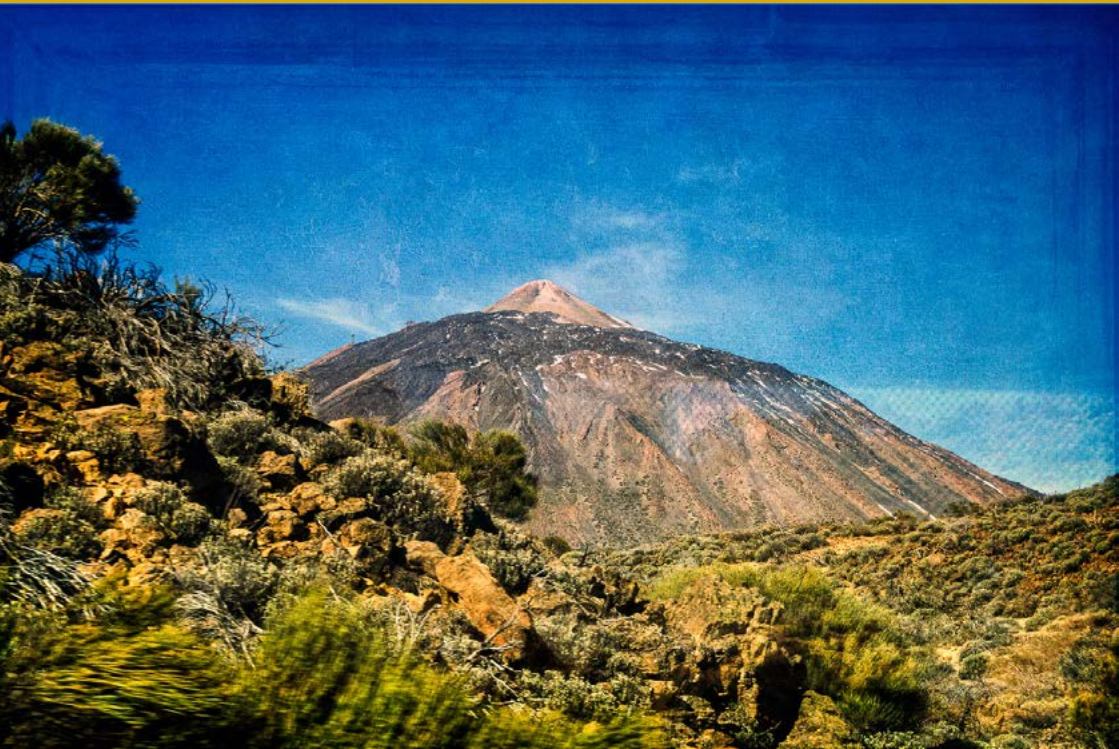


about it, but upgrading the hacks already written is the last chapter of his adventure in a world where there seems to be more than one, so no new Duality Hacks.

That said, he adds that he can now sense and enter gaps in anything with open eyes for a shorter time after having done it with his eyes closed. And after a while, the gaps reveal themselves when he feels comfortable in *the duality flow*. So, unlike *the empty breath*, they are not initiated by speedy thoughts but by feeling unhurried. Also, unlike *the empty breath*, it does not feel like entering the bliss of nothing.

Alexius does not know what is on the other side of the gap. But he knows that in this vacuum, he momentarily forgets what and where he is, thus feeling like disappearing into eternity.* When it is over, it appears to have healed the body, but maybe that is because the body relaxes when he forgets his conditioned view of the world.

*) *It is not a reference to psychedelic tripping. Alexius has never experienced drugs.*



No matter how many impressive photos you shoot of a mountain, they have nothing to do with the whole look of it.

Hack #11.6, In the limited world of the senses or beyond them

In the world of the outward-facing senses, everybody believes in magic. A child, for example, believes Christmas presents come from Santa Claus, although it is unrealistic. And grown-ups think that the more they become and get materially or spiritually, the happier they will be.



Many think they are spiritual when they use the inward-facing senses instead of the outward-facing ones. But even though you can say the inward-facing senses are closer to the reality of one-

ness, they are still part of a world that can be sensed. And oneness cannot be felt because it takes more than One to be aware of something. That said, the inward-facing senses can help us realise that experiences hide what cannot be experienced: the formlessness of oneness.

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Welcoming *the Enlightenment of that which is one* is like getting into a driver-less car driving so fast that glimpses of *the Enlightenment of that which is one* merge into one bright light, tone, emotion or taste, absorbing everything definable. So, nothing is carried into the formlessness of oneness.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Another photo of the same mountain. Again, we see that we can have many different glimpses of it and that they are all coloured by the one having the glimpses. However, the Enlightenment of that which is One is not coloured by anyone. It is impossible since that requires more than one. In other words, there is nothing personal about the Enlightenment of that which is One. However, describing it is, like everything else where more than one seems involved, coloured by the personality of the describer as well as by the one interpreting the description.



The more you think you know about *the Enlightenment of that which is One*, the more you are mistaken. That is why the purpose of *Alexius' Duality Hacks* is not to help you understand but to unlearn what you believe in knowing.

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You do not find *the Enlightenment of that which is One* like you find other things in the world of something. But when you do not look for anything, something does not appear to hide it.

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Trying to extract a specific way to *the Enlightenment of that which is One* or its glimpses from *Alexius' Duality Hacks* will not work. It is better to forget the words about it and thrust the light, sound, feeling, or taste of *the Enlightenment of that which is One* to do its thing when you have a willingness not to be someone definitive.

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Here is yet another glimpse of the same mountain in the other photos. But you still do not know the mountain since all the glimpses differ. Likewise, as long as you see glimpses of Enlightenment, you have not entered the Enlightenment of that which is One.



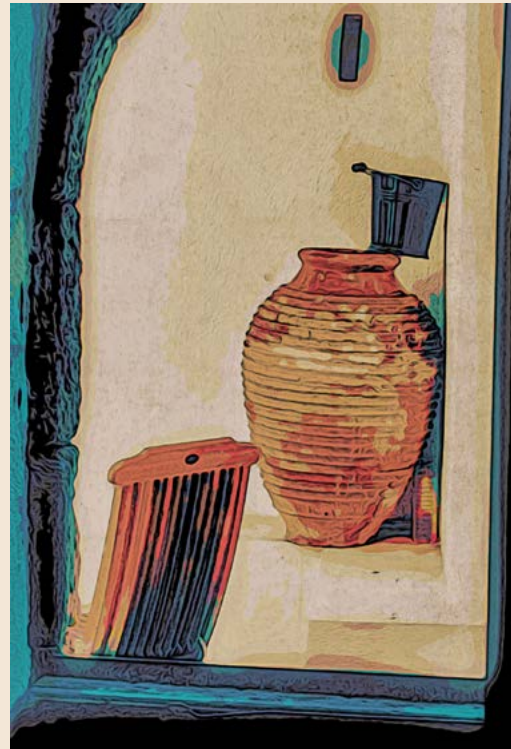
Although oneness is without beginning and end, it does not last forever. On the contrary, it lasts no time because it is *one perpetual present*. That is why the story of the never-ending moment cannot be told in a world where everything has a beginning and end. If you want to hear the tale, you must leave the belief in being limited because not believing that, you are the story of *one perpetual present*.

You only live once, but since life never stops, you live forever. However, as someone definitive, you are lifeless because there is no life in something limited by time and space because life is formless.

But when you are formless, thus endless, life does not need to be confirmed as something by someone feeling it. Therefore, if you wish to escape life's formlessness, keep sensing that someone sees you. But if you do not want to fend off the formlessness of life, rise above the senses. If you wonder how to do that, you do not want life.

Knowing that you do not want to rise above the senses to be life but to hide it by living per the senses, you have come a long way because now you know you are lost in a capsule of time and space because you have chosen it. Looking at the troubles your choice has caused is

all you need to do to make a new one because life is good, and that which is you is life, so if you do not feel good and admit you made a wrong choice, you no longer overrule life. Thus, it takes over and lifts you above the senses used to hide it.



*Being somewhere, you are nowhere
because that which is you is everywhere.*



Since Alexius hardly has read old scriptures or so-called spiritual books, Alexius' Duality Hacks are not based on an existing religion or philosophy, nor are they meant to be a new one but to undo the belief in being someone definitive so that it does not seem to hide the formlessness of oneness.

Hack #11.7, The Origin of Alexius' Duality Hacks

The first Duality Hack that Alexius wrote is nowadays named *Duality Hack #10*. It is based on when he welcomed *the Enlightenment of that which is One* and later revisited it. Little did he know that eleven more hacks would evolve while writing and proofreading that Duality Hack. He was amazed by *Duality Hack #5-8*, which recommends following *the duality flow* to non-duality. And he was delighted about the idea of [Duality Hack #12](#), that you return to oneness two by two since that is how you imagined leaving it.

Alexius wrote [Duality Hack #1](#) shortly after #10. It came as no surprise that every experience is make-believe. After all, he is to be compared to *the Enlightenment of that which is One*.

After that he quickly wrote *Duality Hack #2-3* without ever having thought that pretending or seeing everything as symbols of non-duality could hack duality. Thus, those hacks were a revelation to himself. The same applies to [Duality Hack #4](#) about inclusiveness.

But *the empty breath* ([Duality Hack #9](#)) was no surprise to Alexius because he had known it for ages. He does not know how he got to know it, probably through devotion. But the way he advises to ignite it by speedy thoughts came to him while waiting a long time in a doctor's waiting room.

To Alexius' knowledge, nobody else has written anything like *Alexius' Duality Hacks*. Many write about Enlightenment, but never about *the Enlightenment of that which is One*. Instead, they talk about experiencing this and that. But, as an experience requires more than one, no matter what they experience, it is not *the Enlightenment of that which is One* but another illusion in a world where there seems to be more than one.

Nor does anybody mention how quickly you can hear and feel the vibration *Aum* and *Sohang* symbolise as in [Duality Hack #11.4](#), deduced from the many years Alexius has heard and felt *the Echo of Oneness*.



Most assume getting Enlightened makes you an amazing person. But *the Enlightenment of that which is One* does not change anything since that requires more than one. In other words, Alexius was not changed 50 years ago when he first momentarily stepped aside so that there was nothing for a light brighter than any other to suck through a black hole into the formlessness of oneness. Still, he is to be compared to *the Enlightenment of that which is One*.

The four ways he describes in [Duality Hack #11.2](#) to sample glimpses of Enlightenment have been around for ages, but maybe not as Alexius presents them. He heard about them in his youth. However, the speaker did not seem to speak from personal experiences but second-hand knowledge attained from Gheranda Samhita, the Hatha Yoga Pradipika, Shiva Samhita, and others that Alexius cannot remember. He did not know them and have never looked into their teachings to see how they apply the techniques.

»» *There is no way to the Enlightenment of that which is One, as that requires more than one. Yet, Alexius can say that forgetting to be someone definitive, or if not looking for more, nothing seems to hide the Enlightenment of that which is One.* ««

Anyhow, the way to have visual glimpses of Enlightenment quickly resulted in Alexius having so many that he forgot to see them with different shapes and colours. Thus, he welcomed *the Enlightenment of that which is One* ([Duality Hack #10](#)). The speaker had not mentioned it, so Alexius cannot refer to an ancient technique. Nor can he offer one himself because *the Enlightenment of that which is One* cannot be shared since that requires more than one.

However, if you remain in a *state of not-knowing* for 20 minutes, maybe 45, *the Enlightenment of that which is One set in*. Also, when not collecting special events into something coherent. Therefore, since



Guru is the Hindi word for teacher, thus profoundly founded in the belief that there is more than One since it calls for more than one to teach or learn something. In other words, generally, a guru is no different from others profiting from the belief in being and having more than that which is One.



Most belief systems are a shared vocabulary for people feeling inferior, so they can use it to hide their misery by sharing the terminology with others feeling imperfect.

you do not establish a world with more than one as rational, it does not seem to hide the unfounded power of *the Enlightenment of that which is One*. It is also revealed, if you perceive your reaction to your experiences as *'dunno what it is.'* In short, when you forget what and where you believe in being, *the Enlightenment of that which is One* set in.

On the other hand, glimpses of Enlightenment can be shared. And since Alexius experiences them continually, his guidance about them is not based on second-hand knowledge (see Duality Hack [#11.1](#) and [#11.2](#)). That is why it may differ from the guru's interpretation of mystical experiences in ancient scriptures.

Generally, what they say is not geared toward welcoming but fending off *the Enlightenment of that which is One*. For example, the old-school gurus may speak dimly about kundalini, supposedly mixing body and spirit so that you become full of bliss and wisdom. Newer gurus have speculative teachings about living in the now and realising the self or a higher purpose. Both approaches appeal to those who want their feelings of inferiority replaced with feelings of spiritual grandeur so they can be acknowledged as someone special, part of something higher.



Alexius' Duality Hacks asks for nothing so there is not something to hide the formlessness of oneness.

But it requires more than one to fuse the body and spirit, be full of light, live in the now, or realise the self. Therefore, these gurus promise something you can only get in a world where there seems to be more than one. And since oneness is formless, thus endless, what you get is not real.

The same applies to seeing, hearing, feeling or tasting glimpses of *the Enlightenment of that which is One*. That is why *Alexius' Duality Hacks* distinguish between *the Enlightenment of that which is One* and its glimpses. The latter is an experience in a *state of not-knowing*, thus part of a world where there seems to be more than one. But *the Enlightenment of that which is One* is not an experience, nor any kind of state, as it takes more than one to be aware of something. In other words, it is not part of a world where there seems to be more than one. On the contrary, it erases all memories of more than one.

However, it does not seem to bother those teaching kundalini power and freedom in the now that no one gets what they promise. On the contrary, that means their followers continue paying money, giving hugs, or whatever the teacher needs to feel loved and influential.

Fortunately, this is not what *Alexius' Duality Hacks* are about. They ask for nothing and offer nothing because you have never left oneness since it is formless, thus endless.



In a land forgotten long ago, an old man living alone in a house far from everything was known as a wise man.

Hack #11.8, Neither failure nor success

Once upon a time, there was a wise old man known to reveal *the Enlightenment of that which is One*. There was also a young man dreaming about Enlightenment who searched for the old man until he found him in an obscure valley far from everything. Very excited, the young man asked the old one if he would reveal *the Enlightenment of that which is One*. The old man answered: »No problem if you are willing to work for it.«

»Of course,« said the young man, who was eager to get started but a little surprised when the old man asked him to dig a ditch around

his house. He assumed the old man was poor and his secret knowledge would be revealed if he worked for free.

He did his best to impress the old man who kept saying the work was not good enough. It could be much better, and the ditch should be much deeper. When the old man finally seemed satisfied, the youngster assumed he would be rewarded for his hard work.

Expecting something in return

For about a week, the young man patiently waited for the old man to reveal *the Enlightenment of that which is One*. And although the old man said nothing, the young man treated him with much respect, thinking that would make the wise man feel so good that he would reveal the mysteries of Enlightenment. But the old man did not approach the young man for weeks until, one day, he quietly asked him to fill up the ditch again.

The young man freaked out and started to think the old man had lost his mind. Nevertheless, he decided to see what would happen if he did as asked. And so he filled up the ditch until one could hardly see there ever had been one.

A shitty award

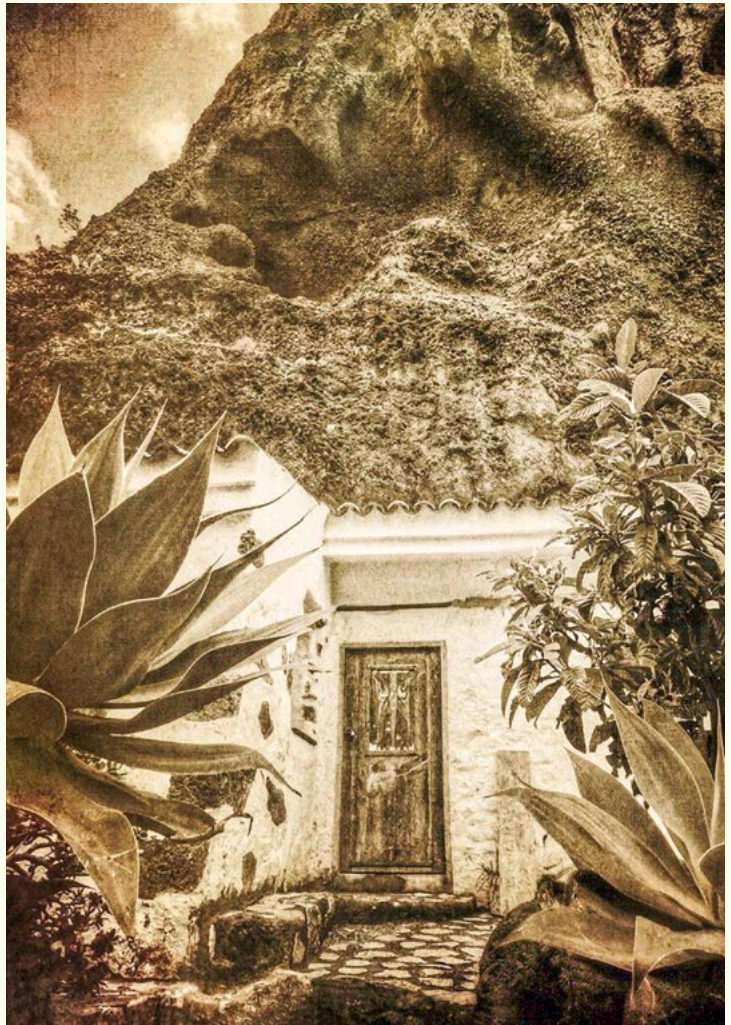
The young man was proud of his achievement, so when the old man asked him to meet at his house a little later, he assumed all secrets would be revealed. So, he opened the door to the house with a big smile. But it did not last long because the old man threw a bucket of cow shit on the young man's head from his hiding place above the door. That made the young man angrier than ever – especially because through the shit, he saw how amazed the old man looked.

He left the old man furiously, thinking he had wasted months of his precious life with this sadistic man, knowing nothing about Enlightenment. However, after some time, the young man returned, and one more time, he kindly asked the old man to reveal the way to *the Enlightenment of that which is One*.

Again, the old man said yes and gave him one meaningless assignment after the other. A year went on like that, and when the old man one day again threw a bucket of cow shit on the young man, he looked at the old man with a happy smile.

He neither felt young nor old and did not look for secrets to be revealed in the future. Actually, he was not looking for anything anymore, and neither did he assume that he in any way had done or was anything special. He was empty, and in the emptiness, he saw nothing. Thus there was not something to hide *the Enlightenment of that which is One*.

The wish for Enlightenment is often to become someone others see as extraordinary. But being one who is to be compared to the Enlightenment of that which is One, nobody notices because it calls for more than One.



Neither success nor failure

The above is a mix of stories Alexius heard in his 20s. He considered them spaced out and out of touch with modern life, which he assumed was about being recognised as somebody, like when he entered a disco and the DJ turned down the music to greet him through the speakers.

Nowadays, he does not appear as somebody but nobody, thus not somebody greeting him to confirm their importance. He lives far away, not doing something perceived as successful by the world. However, since writing *Alexius' Duality Hacks* is not about success, he cannot fail.

Alexius lives unnoticed by the world, far from everything. And yet nothing is far from him because, like in a dream, he is Alone Together with every experience.





Contrary to when Alexis was younger, he is not seen as something but nothing by the world. But it suits Alexis being nothing, thus going *Alone Together* with his lovely cats on a timeless journey to the formlessness of oneness. Of course, everybody, not insisting on being somebody, can join the ride.





» You cannot leave oneness because it requires more than one, and there is no more than that which is One since it is formless, thus endless. Therefore, if you experience a world with more than one, you must have imagined leaving oneness divided into more than one. So when you realise the experience of more than one is a fantasy made Alone Together, you go home like that. «



What and where you appear to be is a construction of thoughts, made tangible by turning specific thoughts into feelings. But when they seem too substantial, you avoid the intimacy with the world by analysing and categorising them. Therefore, since feelings become thoughts again, you do not feel the fear of closeness. Thus, the belief in separation can be used as planned to hide the intimacy of that which is One.

HACK #12.1, Oneness is one hundred per cent intimacy

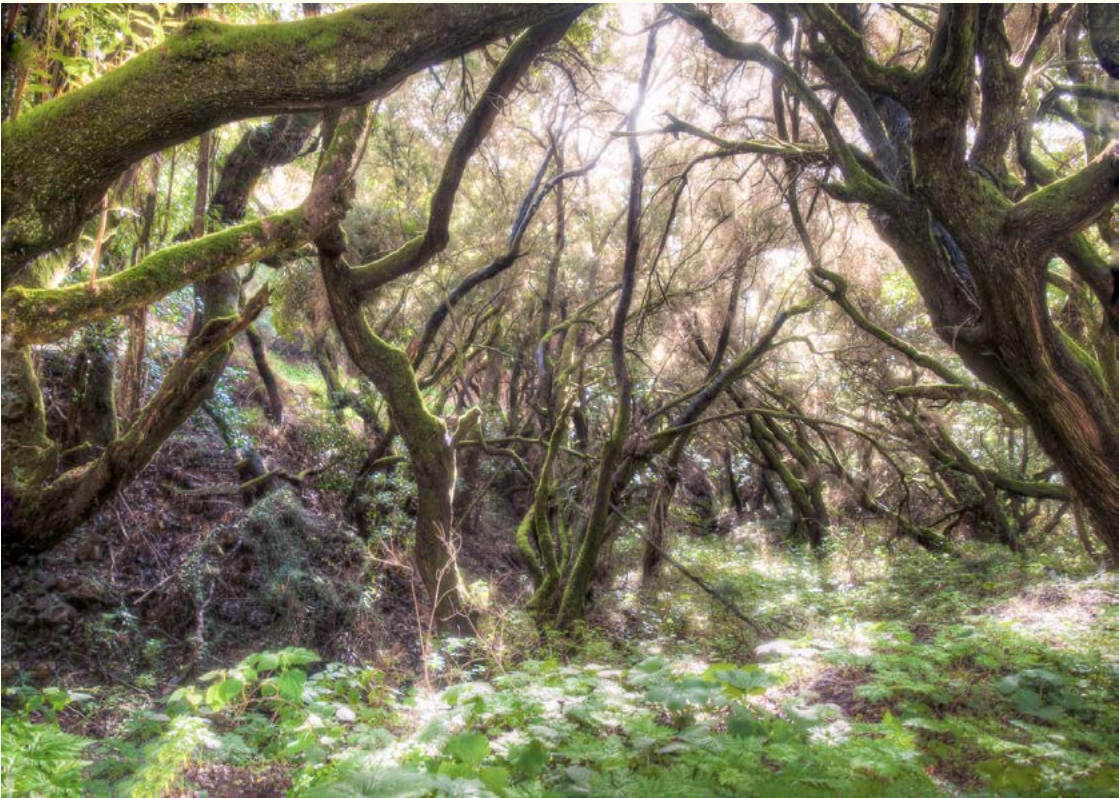
Those feeling small or insecure often consider others more significant, thus a threat, which they sidestep by pleasing or attacking them. For example, many women suppress a feeling of inferiority by complaining about the tone used by somebody judged as superior, thus cancelling that person's perceived superiority. Men often find minor faults in the statement of someone seen as an oppressor to

demonstrate that this person is mentally inferior. If unable to succeed, they may choose a physical fight.

But the fight is not personal. It is a fundamental way to confirm the dimension difference: one is small, and the other is big. Therefore, since you are established as a different, the belief in separation appears real.

And since that belief does not seem to be your choice but is imposed on you by somebody bigger, you feel trapped and unable to fix it. However, you are intimately related to everything when not perceiving the experienced difference to make a difference. Thus, you are free to choose the intimacy of oneness.

*Those who believe in separation judge
the apparent differences to make
a difference to establish their belief as real.*



» *A break-up executed electronically – for example, on Facebook – seems much easier to carry out because the intimacy of a physical encounter is avoided. Likewise, the belief in a world where there appears to be more than one seems to block out the intimacy of that which is One.* «

Escaping intimacy to appear as an individual

It often feels more manageable and faster to do something in the virtual world of electronic media than in the physical world. A breakup, for example, is much quicker done on Facebook. Hours of unpleasant encounters in the physical world are avoided – and so are your feelings regarding the separation – when you are face-booking a breakup instead of facing it.

By using electronic ways to communicate with others, you keep them at a distance. Likewise, oneness is shut off when we cling to the experience of a world defined by time and space. But it is an imagined separation. You cannot keep oneness at a distance. It is formless, thus 100% intimate. Besides, formlessness is endless, so there is nothing but oneness, leaving you nowhere to escape its intimacy.

Wait a minute! Didn't Alexius say that there is no more than that which is One? So, how can there be anything to escape?

» *Since oneness is formless, it cannot be seen. And yet it is everything because formlessness is endless.* «

It takes more than one to escape, but there is no more than One

The speed of oneness is so fast that there is no space between anything. See [Duality Hack #9.9](#). That is why the closeness of everything is so intense that you are on all the time. It is 100% presence and intimacy.

However, you can avoid this intimacy and wakefulness by imagining a world where there seems to be more than one. There, you keep



When you devote yourself entirely to something in a world where there seems to be more than one, the object of devotion becomes so intimate that it disappears in glimpses of Enlightenment.

Intimacy is devotion. Being wholly devoted to something, everything other than the devotion fades away. Therefore, since you do not perceive yourself and the object of your devotion to differ, no separation is established to hide the intimacy of oneness.

some at a distance and chosen ones close, yet not so close that you lose the individuality you seem to have achieved in such a world. Then, you can go to sleep and forget everything by dreaming of something else.

In the recent stage of a world where there seems to be more than one, the constant urge to escape what and where you have brought about new ways to appear in cyberspace. There, it is easy to hide

your physical personality behind a virtual one, constructed to look more interesting.

» *Cyberspace, like the physical world, is empty space, so wherever you are is make-believe.* «

Applying *Alexius' Duality Hacks* to get to the formlessness of oneness can be compared to using a ferry to reach your destination. When you arrive, you leave it. However, the comparison is not entirely correct. You never get to the formlessness of oneness when you apply *Alexius' Duality Hacks* because you have never left it. That is what they disclose.





Everything in a world of duality is twofold. Both you and Alexius are needed regarding to Alexius' Duality Hacks. You need to read them and Alexius to write them. However, if you think we are one, you confirm separation because your assumption is based on adding more than one. On the other hand, if you see us Alone Together, we are not separated, thus on the way without distance to that which cannot be divided because it is formless, namely that which is One.

However, ultimately, your physical appearance is just as virtual as the one you have made in cyberspace. All appearances are make-believe. Fortunately, you can undo the power this belief seems to have by simulating the attributes of oneness, intimacy and wakefulness in a world where there seems to be more than one.

You do not do that by closing your eyes and meditating. That excludes the world you want to escape, thus confirming separation and you as someone special. Instead, you simulate the intimacy and wakefulness of oneness with eyes wide open. Therefore, any experience can be included in the intimacy you feel *Alone Together* with the world, whether physical, psychological, electronic or spiritual.

*It takes two to be different,
but it also takes two to
see that it does not
make a difference
because there is
no more than
that which
is One.*



Hack #12.2, When you believe in more than one, you expect more

It takes two to become enlightened. »When your eyes become single, your whole body shall be full of light«, Jesus said. And it takes two to appear as someone in a world where there seems to be more than one.

It takes two to make a difference. For example, you need both the positive and negative poles to produce electricity. But it also takes two to see that their apparent differences do not make a difference.

It takes at least two to leave oneness because if you do not depart as more than one, you remain that which is One. But since oneness is formless, thus endless, it is impossible to leave it except in fantasy. Therefore, you imagine departing oneness with more than one. You must hold onto this fantasy of being in a world with more than one, if you want it to continue as someone in such a world. But also, if you wish to undo the fantasy by reversing it because it calls for more than one. In other words, when you appear to be in a world with more than one, you return as more than one to what you never left, namely, that which is One.



Everything in a world of duality requires the involvement of at least two. You cannot appear as someone without being defined by a world perceived as outside you, and there cannot be a world without someone to experience it. That is the way of duality.

But in non-duality, there is no more than that which is One. However, since you appear as someone in a world of duality based on the idea that it is possible to be and have more than one, you have to start as if you are more than one if you want to undo the fantasy of more than one.



Since non-duality is formless, thus endless, it is everything. Hence, a world of duality is make-believe, based on imagining that more



The only way to experience that which is you is separated from that which is One is to believe it is possible to be and have more than one. That is how you seem to have left oneness, thus how you seem to return: Believing to be more than one.

than one has left non-duality. That is why the fantasy of duality is undone when one returns *Alone Together* with more than one.

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When you arrive *Alone Together* in non-duality, it turns out you have been on a trip on your own without distance or destination because you never left non-duality and, therefore, never been together with anyone anywhere.

It can be compared to having a dream. You never meet those you see in it because you are not there but in your bed.

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Being Alone Together is to include your experiences of the appearances you believe in meeting, whether perceived as animate or inanimate.



When you see your longings for closeness never can be completed by another appearance, you are ready to welcome the intimacy of oneness Alone Together with an unreachable appearance.



It is impossible to leave non-duality. It is not even possible to imagine it because it requires more than one. Yet, you seemed to have done so to make you feel appreciated as someone unique in a world with more than One.

But deep down, you know it is an illusion. Still, you keep looking for something hidden in your experiences to prove you are unique until you realise experiences are make-believe. See [Duality Hack #1](#).

However, when you know everything experienced is as empty as a movie, it is evident that the meaning of your experiences is fabricated *Alone Together* with a movie of a world where there seems to be more than one – like children fabricate a story that turns their teddy bear into more than a puppy. Therefore, by acknowledging you are *Alone Together* with your teddy bear, you do not obscure the intimacy of oneness. Thus, you are free to return *Alone Together* to that which is One.



Alone together we return hand in hand to what we never left but suppressed, namely oneness.

HACK #12.3, 'Alone together' we forget about more than One

When we experience being in a world with more than one, we are always *Alone Together* because there is no more than that which is One. However, most interpret their experiences as caused by something outside them to prevent seeing they are *Alone together*.

Almost everybody blocks out they are *Alone Together* to appear as someone separated from others in a world outside them. Fortunately, one who is to be compared to *the Enlightenment of that which is One* is *Alone Together*. So everybody return to the formlessness of oneness when one compared to *the Enlightenment of that which is One* return *Alone Together*.

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When the apparent differences in a world where there seems to be more than one are not perceived to make a difference, you are not separated from what you experience as a world outside of you. In other words, you are *Alone Together* with your experience of a world where there seems to be more than one – and since this is how you imagine having left oneness, you reverse your fantasy to return to what you never left since oneness is formless, thus endless.



Being *Alone Together* can be compared to having a dream. Although there seem to be many different appearances separated by time and space, they are all within the dreamer, who, therefore, is *Alone Together* with everything in the dream.

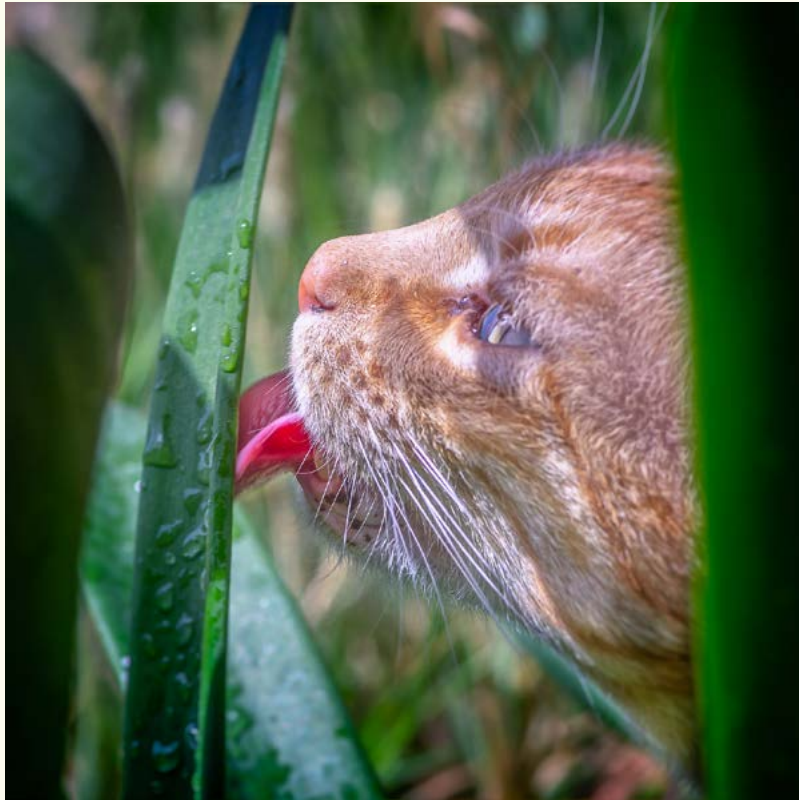
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Alone Together, you fantasise about being separated from others in a world with more than one. But no matter what you experience, you are not in the fantasy, like no one is in a dream.

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The experience of being separated from others is only possible when you believe you have left oneness with more than one. That is why you return with more than one. However, not in a literal sense,

*No one will
save you from
a world where
there seems
to be more
than one.
Fortunately, it
is unnecessary
because that
which is you
is not different
from that which
is One, hence
not in a world
where there
seems to
be more
than one.*



because there is no more than that which is One. So, you return Alone Together with your belief in more than one.

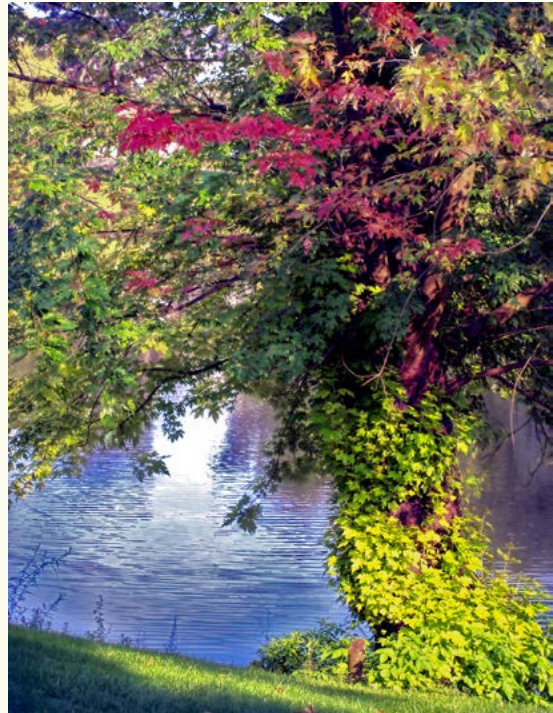
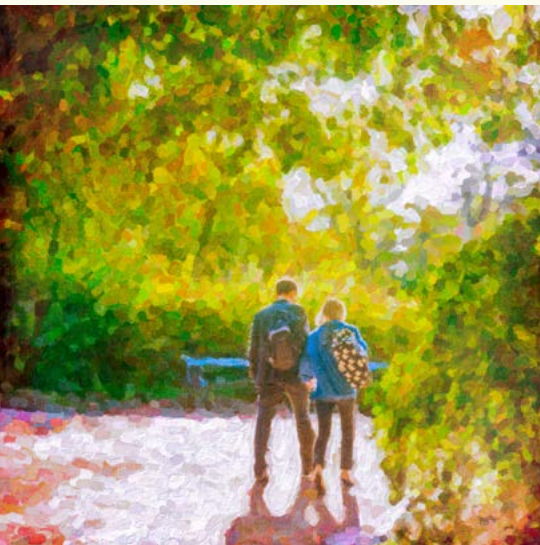
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The very moment there are thoughts about something, you are *Alone Together*. But If you want the thoughts to establish you as being and have more than One, you suppress being *Alone Together*, to make it appear there is something outside you.

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The way to undo the belief in separation so you can return to oneness *Alone Together* is not to care about the thoughts, feelings and actions you believe are caused by a world outside you. Not in the sense that you change or stop them, but do not justify them with anything. Therefore, since they have no cause, they have no effect. See [Duality Hack #1.11](#). The emptiness that replaces the pain in believing that you are separated from something outside paves the

To be with somebody else is impossible because there is no more than that which is One. Yet, it seems possible to imagine there is more than one. In doing so, you are Alone Together.



way for being *Alone Together*, the sure way back to the formlessness of oneness that you imagined leaving as more than one.

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Since *Alone Together* is how you imagined leaving the formlessness of oneness, nothing new needs to be learned to return as you imagined departing it.

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If you consider yourself singular and detached from a world where there seems to be more than one, you cannot return to oneness. You must go back as you imagined leaving it: divided and imaginative.

That does not mean you must be together with someone else because what you believe in being is divided into pairs like bad and good. When one is not judged better, your separated parts are equally together. Hence, you are not established as singular but twofold. Consequently, you can return *Alone Together* to that which never was left since it is formless, thus endless, namely oneness.

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The brain fabricates everything in a world where there seems to be more than one to make it seem logical there is more than one. On the other hand, Alexis' Duality Hacks are not composed to seem meaningful. Therefore, since it takes more than one to understand something, their lack of meaning leaves nothing but that which is One.

You are not one person but a split personality. That is why you are not alone when you accept being more than one. In the case of Alexius, he is a grown-up man but also a little boy whom Alexius set aside for many years. He considered the kid in him naive and despised him for being defenseless and inefficient. It is sad, and then again, it is not because separation would be real if it were.

However, Alexius is hesitant to accept separation is unreal. He thinks he must first finish *Alexius' Duality Hacks* to expose it. But that attitude makes separation appear genuine and not a fantasy.



You left one-ness as more than one by imagining being *Alone Together*. Thus you return by being *Alone Together*.

In other words, it is not about doing something specific about separation but undoing the belief in it. For example, when Alexius perceives his reaction to the child inside him as 'it is what it is,' he sees it as twofold. Hence, neither the child nor the grown-up seems definitive and, therefore, not singular but *Alone Together* on a journey without distance to what cannot be separated: that which is One.



Being *Alone Together* is like a child embracing its teddy bear.



It is impossible to be without love when being *Alone Together* because togetherness includes love as well as hate. Thus, you feel love whether rejected.



Oneness was left to get more than one. Hence, you return as if you have gained more. It can be anything interpreted to appear outside you, maybe a lover, child, pet or something from an astral plane. It is optional. What matters is that you make room for something other than what you believe in being and perceive yourself and what you have made room for *Alone Together*.

This togetherness resonates with oneness, so if you believe the perceived different entities do not want more than one, *Alone Together*, you walk hand in hand on the way without distance to that which is One.



You imagined you could leave that which is one and experience another one. Consequently, that is how you return: hand in hand. Nobody believing to be separated can enter. But *Alone Together*, everybody joins.



You need the brain to fulfil your dream of being someone definitive because you cannot experience more than one without it. Nevertheless, most see the brain as evil and try to surpass it.

Hack #12.4, 'Alone together' is the imaginary key to that which is One

Since oneness is shapeless, thus without a beginning and end, seeing something definable is impossible. That is why the brain helps you fantasise about a world defined by time and space. In other words, the brain does not want to deceive but please you when it creates experiences of something from nothing, as if you are somebody in a world defined by time and space.

However, since this fantasy world cannot be manifested, it remains in the brain, like what and where you experience in a dream is in the brain. Therefore, since you are *Alone Together*

with a fiction of something made from nothing, you do not return to oneness as one but *Alone Together* with the fiction of something specific, for example, a friend, puppy, kitten, food, music or loved one – exactly as you left it, or rather imagined because it is impossible to depart from oneness since it is formless, thus endless.

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Being *Alone Together* does not mean that you are with others who are alone, but that there is nobody else than you, so everything experienced is you – like when you have a dream. In other words, you are *Alone Together* with your fantasy of being someone in a world where there seems to be more than one.

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Jesus must have been as *alone* as can be on the cross, but that is necessary for returning to that which is One. However, it also requires being *together* because you imagined leaving oneness as more than one. Therefore, since you return *Alone Together*, you do not exclude but include others, for example, by excus-

When you exclude something judged as wrong to appear better, you are alone. But including everything you banned, you are Alone Together, thus entering one perpetual present.

ing them, like Jesus did when he said, »they know not what they do.« That does not mean you must believe in Jesus to return to that which is you. He is not the way. You being *Alone together* is the key to that which is One.

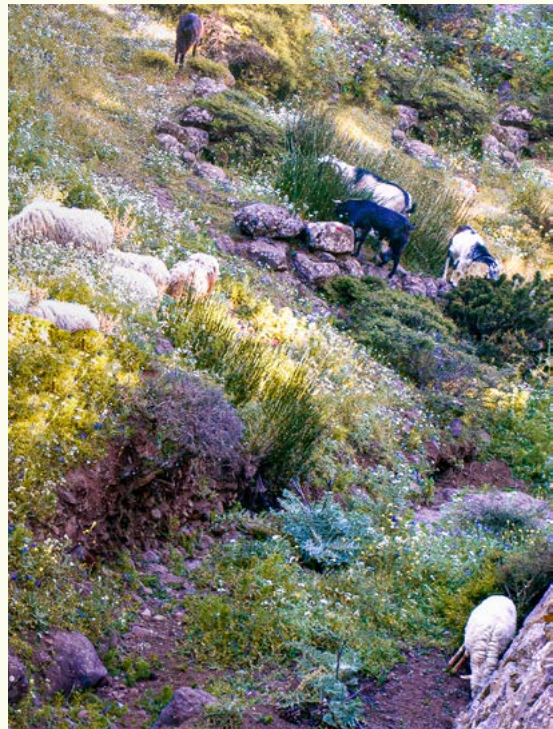
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Maybe you have used parts of *Alexius' Duality Hacks* to confirm your suspicion that the brain is an enemy you must conquer to become free. But the brain is your best friend. Metaphorically speaking, it all started when you wished to escape that which is One to be someone in a world with more than one, which is impossible because oneness is formless, thus endless.

Nevertheless, the brain helps you make your dream come true by creating experiences that attest to being separated from others, thus



*To not care about the purpose of
the world is to be Alone Together.*



in a world with more than one. The brain makes the experiences to entertain you, so you have fun appearing in a fantasy world of more than one. However, the fantasy is founded on your wish to escape, so breaking away remains the driving force. Hence, you want to cut off the brain, although you need it to uphold the imagination of more than one, Fighting the brain, you remain in its domain but out of sync. Thus, you do not feel as entertained as when you are friends. Fortunately, friendship is very close to the intimacy of oneness, so if you do not



Alexius' Duality Hacks cannot explain how the world of duality happened because it did not happen since it takes more than One for something to occur



Accepting the world is in the eye of the beholder, you are Alone Together with your interpretation of it, therefore, saying goodbye to separation and hello to oneness. However, it does not welcome you because that requires more than one. Besides, you have never left it. Fortunately, Alone Together, you forget about more than one.

hold onto the idea of more than one, you can return to that which is One, *Alone Together* with your best friend, the brain.

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Since you want more than non-duality, and there is no more than that which is One, the brain creates a virtual world of duality to please you. However, you do not feel the brain's love unless your reaction to its adventures is twofold – thus in sync with the brain's duality fantasy.

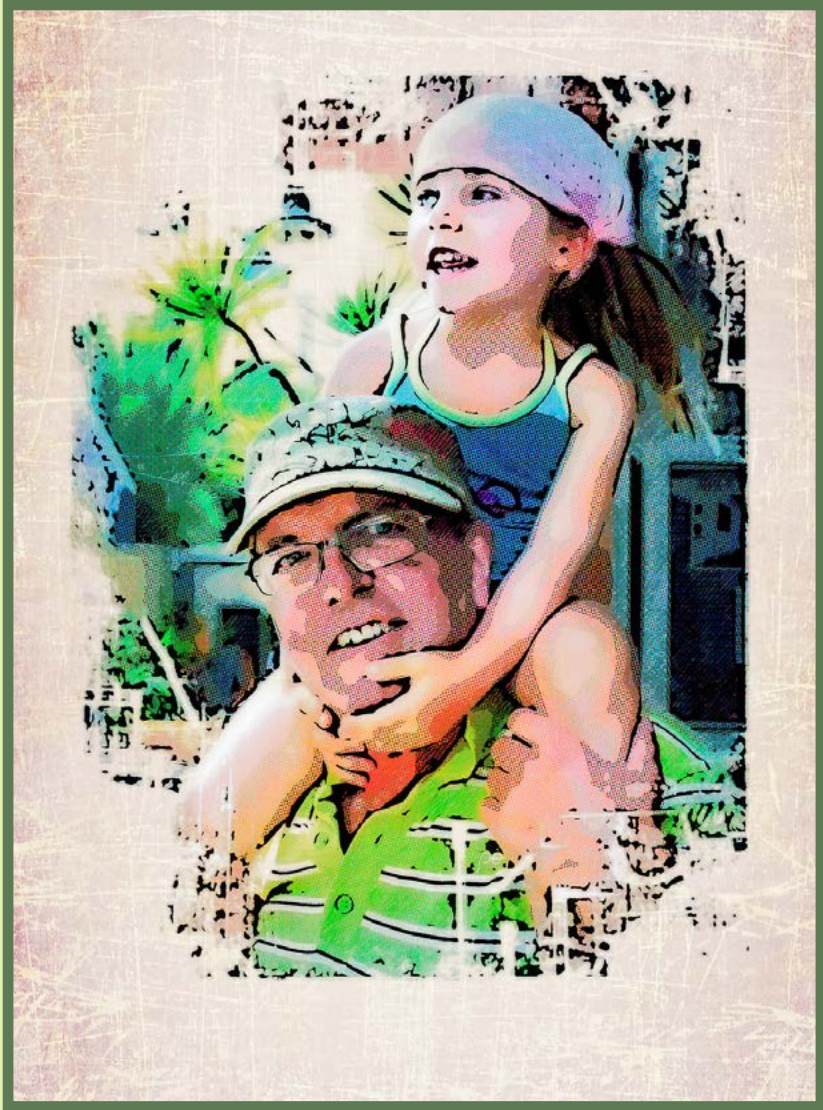
That said, once Alexius was imprisoned by the idea that the brain was an enemy he had to conquer to be free. Fortunately, he is now free to react twofold to the brain's script of duality, thus feeling the love of the constant interaction of opposites. Actually, that is why the brain created him. It needs Alexius' dual reaction to its experiences

to establish duality as genuine. But like Santa Claus remains unreal regardless of your response, so does duality.

Therefore, when you have had your fun in a world duality, you leave it as you entered: *Alone Together*.

Alone Together appears hidden by the belief in seeing something judged to be outside you. Therefore, the more this belief is undone, the less it seems to hide, you are *Alone Together* because there is no more than that which is One.





You cannot choose that which is One because doing so requires more than one, thus enhancing the belief in separation. But, in the context of that belief, you can choose to return Alone Together to that which is undivided: Oneness.



»» *Alexius is not supposed to be followed. He is a messenger whose function is to render himself redundant so that you become the message. Thus, in one perpetual present, where you always have and will be since there is no more than that which is One.* ««



In the reality of that which is One, it is not possible to create anything because it takes more than one.

Alexius' Duality Hacks, Epilogue

Going back to that which is you is comparable to a trip to the top of a mountain, where *Alexius' Duality Hacks* is like an aerial cableway helping you get there. However, the aerial cableway cannot take you all the way, so you must leave it at a certain point and continue on your own.

In other words, when *Alexius' Duality Hacks* have served their purpose, you leave them behind. Holding onto them is like trying to put the aerial cableway in your rucksack when you walk the way to the top on your own.

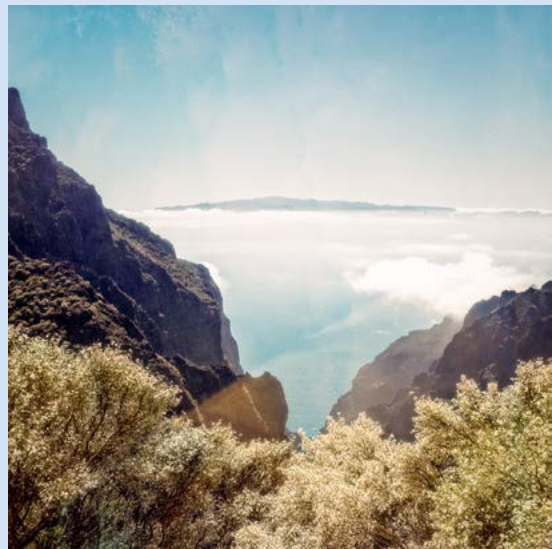


The final stretch of undoing the belief in more than one may seem lonely. All ideas, whether they seem spiritual, emotional or mental, must be left behind because any support requires more than one. However, the way to do that is not to exclude but include everything because, without anything excluded, there is no separation. Therefore, since there is nothing to define you, you are so light that you fly the rest of the way *Alone Together* with everything included.

In the above metaphor, not all the qualities of an aerial cableway can be transferred to *Alexius' Duality Hacks*. An aerial cableway needs to function consistently, and *Alexius' Duality Hacks* has no such need. There is no consistent way to undo the belief in a world where there seems to be more than one, as consistency is linear, thus a fabrication based on excluding the formlessness of oneness. Also, the whole way with an aerial cableway is mapped out, but *Alexius' Duality Hacks* has no specific way scheduled for you to go. You follow the glimpses of *the Enlightenment of that which is one*.

If you already do that, you may have arrived at the last stop of *Alexius'* aerial cableway. But if it feels as if you have some way to go in his cableway of undoing the belief in duality, go on applying *Alexius' Duality Hacks*.

If you think *Alexius' Duality Hacks* have made you wiser, you have used them to enhance the belief in being someone definitive instead of undoing it. Fortunately, it is easily corrected if you start all over with [Duality Hack #2](#) to pretend you are wiser. Since you are not what you pretend to be, you are not wiser, nor somebody definitive if you pretend to be that. However, there are no steps in *Alexius' Duality Hacks*, so you can use any *Duality Hack* to start all over.





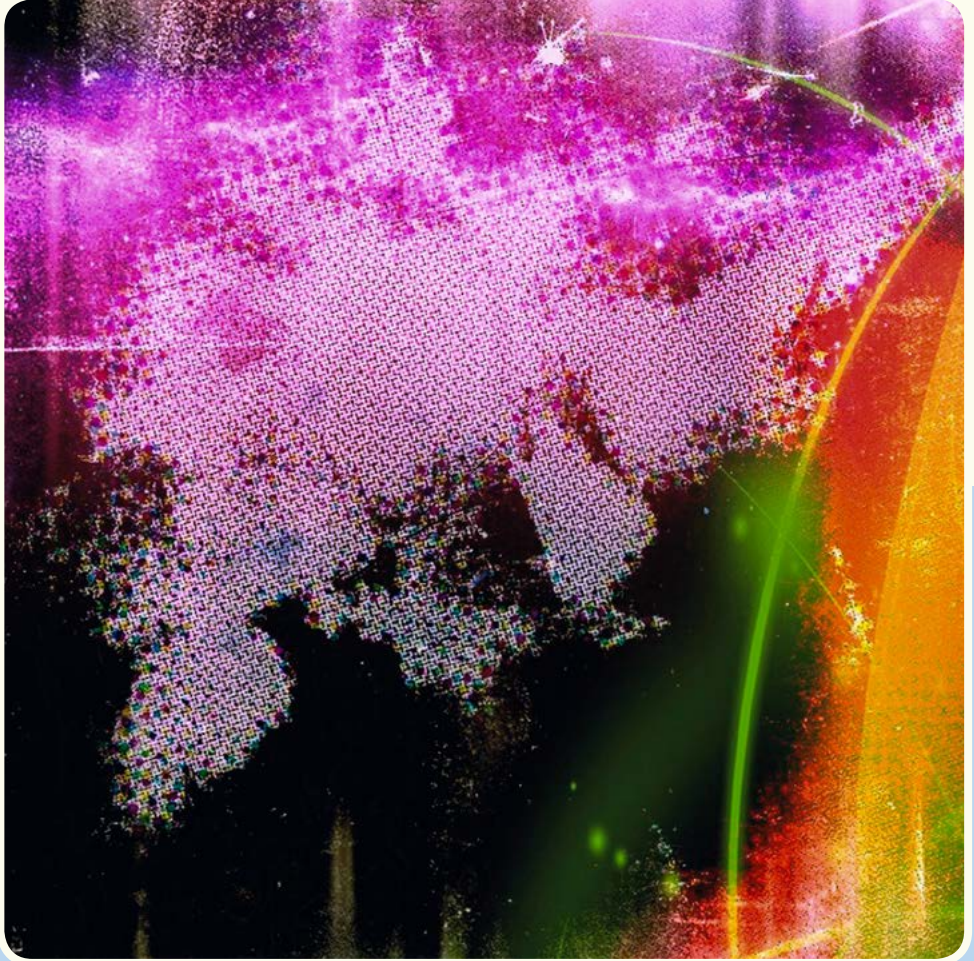
That which is you is not in a capsule of time and space because reality is the formlessness of oneness.

Appendix

Alexius' Duality Hacks present no facts or ideas that add up to a higher meaning or purpose for you as someone in a world where there seems to be more than one. Neither do they offer hope for you or such a world, as it takes more than one to hope for something, have a purpose, be meaningful or become better. Instead, they undo the belief in anything that requires more than one.

But since it also takes more than one to point to something, *Alexius' Duality Hacks* do not point to the truth but what hides it: the belief that there is more than one.

That belief is used to undo it so you can have fun as someone in a world where there seems to be more than one while having the belief in more than one undone.



When feeling high and low, bold and frightened, within and without, in the past and the future, and not holding onto any feeling or going somewhere specifically you are not heading anywhere, thus *Alone Together* on a way without distance to Non-duality.