



Alexius' Duality Hacks

How to uncover non-duality
by Alexius Jørgensen

eBook version 7-beta1

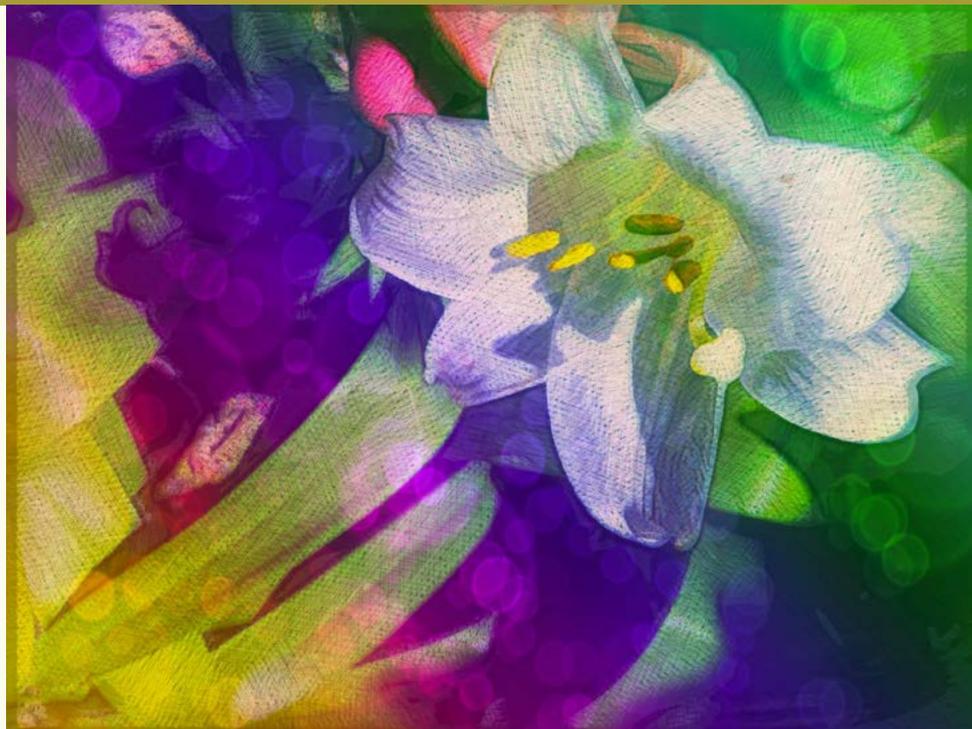
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Reading about being nobody may seem scary, and the photo's lucid colours may be disturbing if you have yet to get glimpses of Enlightenment.

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»» *Alexius' Duality Hacks is a paradox. It takes more than one to write them, and there's no more than that which is One since it's formless and, thus, endless. However, since it also takes more than one to read them, the same contradiction applies to you as a reader. Thankfully, Alexius' Duality Hacks exposes that more than one is an illusion and reality is that which is One. ««*



Appearing as someone in a world with more than one, it seems as if oneness can be divided into more than one, even though it's formless and thus inseparable. Thankfully, when you apply one or more of Alexis' Duality Hacks, they change your perception. Hence, since the apparent differences in a world with more than one don't seem to make a difference, the belief in separation eventually vanishes.

Introduction

With *Alexius' Duality Hacks*, which utilises the unrest of modern life, you can uncover non-duality without the need to strive for purity or restrain yourself. Applying one or more of *Alexius' 88 Duality Hacks*, you enjoy the belief in duality while having it undone.

Cautioning

The reader assumes all risks from using or misusing *Alexius' Duality Hacks*. They don't magically heal the body, solve problems, or change the world. Instead, they undo the belief in being someone in a world of duality, fostering a better relationship with your body and a more straightforward path to problem-solving. Consequently, you feel content in a world of duality on a path with no distance to non-duality.

Alexius' Duality Hacks are designed to be used at your convenience, anywhere, anytime. However, teaching your children to bike or handling a complex problem, for instance, it's best to devote yourself fully to the task at hand. You can always use the hacks later when engaged in activities that allow multitasking, such as taking a stroll in the park, watching a movie, or doing the dishes.

Where do the Duality Hacks come from?

Alexius' Duality Hacks are not an extension of preexisting theories or philosophies. They are written from scratch by Alexius Jørgensen, who has developed them based on his encounters with *the Enlightenment of that which is One* ([Duality Hack #10.2](#)). This origin gives them a genuine approach to oneness. Everyone has full access to all his Duality Hacks.

The purpose of the Duality Hacks ...

... is to enjoy the belief in duality while having it undone.

What do you get?

You get *the bliss of nothing* ([Duality Hack #9.10](#)). It wipes your slate clean, so you naturally follow *the duality flow* to non-duality ([Duality Hack #8](#)).

What to do?

Non-duality, being formless and, thus, endless, negates the existence of a world of duality. Hence, the only change needed to uncover non-duality is to hack the belief in duality ([Duality Hack #1](#)).

Hacking the belief in duality immediately

Not knowing what and where you are, *the Enlightenment of that which is One* sets in. It immediately erases all memories of being something. Hence, nothing seems to hide what we can't be aware of, namely, oneness ([Duality Hack #10](#)).

Hacking the belief in duality over time:

- **PRETENDING TO BE SOMEONE** in a world of duality, your appearance 'there' gradually fades because where you pretend to be, you are not ([Duality Hack #2](#)).
- **ACCEPTING THE BRAIN'S BASIC SELF**, you're free from the exhausting pursuit of being a special self ([Duality Hack #5](#)). Thus, feeling contempt, you eventually forget about duality.
- **PERCEIVING EVERYTHING AS SYMBOLS OF NON-DUALITY OR BEING INCLUSIVE**, you're in a world of duality but not of it ([Duality Hack #3](#) and [Duality Hack #4](#)).
- **CONNECTING WITH *THE EMPTY BREATH*** ([Duality Hack #9](#)), you gradually become indifferent to the apparent differences in the experiences fabricated by the brain. So, eventually, there is no separation to establish a world of duality.
- **HAVING GLIMPSES OF ENLIGHTENMENT** ([Duality Hack #11.1](#)), you're in the world of the inward-facing consciousness ([Duality Hack #9.8](#)). It's so abstract that eventually, you realise separation is an illusion. Ergo, duality fades out.
- **SEEING EVERYTHING AS TWOFOLD**. In a world of duality, every experience arises from the active interplay between pairs of complementary elements, such as night and day, defining each other. When you join this interplay, you're in *the duality flow*, which, like a river, rushes to its source non-duality ([Duality Hack #8.8](#)).
- **BEING ALONE TOGETHER**. In dreams, you appear in different places, yet you remain in your bed, *Alone Together* with the experience of being somewhere else. Accepting that this also applies to

the experiences you have with open eyes, you're *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 them. At first, you may not notice it because they bring about a *state of not-knowing* ([Duality Hack #9.10](#)).



First, we mastered hacking non-duality to manifest a world of duality. Then, we hacked the duality world to get it our way. Hence, since hacking is not new to us, it's as easy as pie to hack duality to uncover non-duality. Applying Alexis Duality Hacks make it possible to hack the belief in duality, revealing that it's merely a veil over the formlessness of non-duality.

However, when you return from this state to the awareness of being someone, you start afresh with a clean slate.. Thus, in sync with *the duality flow*, you feel revitalised on a joyride without distance to non-duality ([Duality Hack #8](#)).

A load of rubbish

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

But regardless of the label, none are correct, nor is anything else in the above introduction, because it takes more than one to explain something, and there's no more than that which is One since it's formless, thus endless. However, the belief in more than one is so illogical that you need such absurdity to hack it.

Alexius' Duality Hacks make it possible to enjoy the belief in duality while having it undone.





As non-duality is formless, thus endless, duality is a Fata Morgana. This is what Alexis' Duality Hacks reveals while we enjoy exploring the mirage.

Enjoying duality hacking

You gain practical insights into *Alexius' Duality Hacks*. Different scenarios show how to enjoy the belief in duality while hacking it.

Alexius' Duality Hacks aims to challenge the belief in duality, revealing that there's nothing but non-duality. **Duality Hack #10 (*The Enlightenment of that which is One*)** achieves this instantly.

But Alexius' other Duality Hacks let us have fun navigating duality while hacking it. They're flexible tools that can be adapted to various circumstances. Below are some samples.

The Duality Hacks allow you to enjoy duality while hacking it

- **DUALITY HACK #3 (*Seeing duality as symbols of non-duality*)** is an adaptable relaxation tool in a duality world. Seeing everything as symbols of the same, you feel relieved.
- **DUALITY HACK #4 (*Inclusiveness frees you from duality*)** aligns with the above hack.
- **DUALITY HACK #2 (*Pretending to be twofold undoes duality*)** is a flexible hack you can confidently apply in stressful situations. Since you are not what you pretend to be, pretending to be stressed is not exhausting.
- **DUALITY HACK #9 (*In the bliss of nothing with the empty breath*)** is excellent when you need another perspective. *The empty breath* syncs the inward-facing consciousness with the outward-facing one.
- **DUALITY HACK #5 (*The worry-free life of the basic self*)**, you apply to get in touch with your basic instincts when you feel tempted to pursue desires that may not resonate with your basic nature.
- **DUALITY HACK #8 (*The duality flow goes to non-duality*)**, you use to perceive your reaction to an experience as *'it is what it is'*. This reveals that a hateful response, for instance, is complemented by love. Ergo, you're in *the duality flow*, heading toward non-duality.
- **DUALITY HACK #6 (*Happiness is to be in touch with the brain*)**, you apply when you don't feel good enough as you are.

- **DUALITY HACK #7** (Physical and non-physical issues don't mix) makes you feel relieved when you feel anxious about bodily pain.
- **DUALITY HACK #11** (Going without distance to non-duality) or **Duality Hack #12** (The key to oneness is *Alone Together*) are great if you long for non-duality but still feel attracted by duality's many possibilities.
- **DUALITY HACK #1** (Every experience is make-believe) is a basic hack for recognising that duality is make-believe. Thus, it works with all the other hacks. However, nothing works if you believe in more than one because there's no more than that which is One. Therefore, *Alexius' Duality Hacks'* side effect of making you feel good in a world with more than one only works if you're willing to undo the belief in more than one.

A practical example of how to apply *Alexius' Duality Hacks*:

Suppose striving to be special makes you feel unnatural. So, you want to apply *Alexius' Duality Hacks* to become natural. However, they are not about controlling or pushing yourself to become better. Hence, forget about changing to become more authentic. Instead,



Stressed or relaxed, there's a Duality Hack

Just as Henry Ford's invention of the automobile surpassed the old horse-drawn carriage, *Alexius' Duality Hacks* are not just an update of ancient methods. Alexius has built them from scratch, a fresh, innovative approach designed for the fast-paced digital age. This means that you can apply *Alexius' Duality Hacks*, whether you feel relaxed or stressed, wherever you are.

For instance, the unbound energy of stress ignites a take-off into *the empty breath*, bringing about a *state of not-knowing* (Duality Hack #9.1). The relaxed approach, '*Dunno what it is*' (Duality Hack #6.5) also facilitates this state, with nobody to confirm the experiences of duality as real.

continue your quest for specialness, while applying one or more of the following *Duality Hacks*:

- **Duality Hack #2:** You aren't what you pretend to be. So, you are not special if you pretend it.
- **Duality Hack #3:** Perceiving everything as a symbol of oneness, being special is no different from being natural.
- **Duality Hack #4:** When you include being special, it does not define you.
- **Duality Hack #6:** perceiving your reaction to being special as '*it is what it is*' reveals that special is paired with natural, constantly interacting. So, you're in *the duality flow* (see **Duality Hack #8**), where you're neither special nor natural, but the energy that their interaction generates.

There are many other Duality Hacks in this eBook that you can apply so your perceived imperfections don't bother you.



You need not struggle against your desires or alter your appearance to break free from duality. You can use your perceived obstacles to hack duality.



In 2010, Alexius was lost in the rainforest for two days without food or water. When he was finally airlifted by a helicopter, AloneTogether (Duality Hack #12) with the world, he pledged to serve it by sharing what can't be expressed: non-duality. This was the birth of Alexius' Duality Hacks.

Alexius' authentic approach to oneness

Alexius' approach to oneness is not based on second-hand knowledge from sacred scripts but on the extraction of his source code by *the Enlightenment of that which is One*, leaving no separate entity, just the formlessness of oneness. Rebooted in a world with more than one, he began to play the role of being somebody in a world with more than one.



In Alexis' Duality Hacks, you won't find many quotes. Alexis doesn't seek validation for his Duality Hacks.

Oneness is boundless, thus not limited by the past or any other concept that requires separation. Similarly, Alexis is not bound by lineage, doctrine, or tradition. This freedom from tradition liberates him from the conventional way of eliminating everything perceived as wrong to realise one's self, reinforcing the illusion of separation. Actually, Alexis neither have a self nor a soul, for it takes more than one to have something, and there's no more than One since oneness is formless, thus endless.

Consequently, Alexis hasn't been reborn or awakened. Nevertheless, he's comparable to *the Enlightenment of that which is One* because his nothingness fell through a black gap into the formlessness of oneness in 1972 and continues there while pretending to be in a world with more than one.

Before 1972, he didn't know about Enlightenment or oneness – also called non-duality – nor does he know today. This is because in oneness, there's no awareness of something, as that requires more than one.

However, in 2010, Alexis was lost in a primordial forest for two days, devoid of food and water. Initially, this made him struggle for

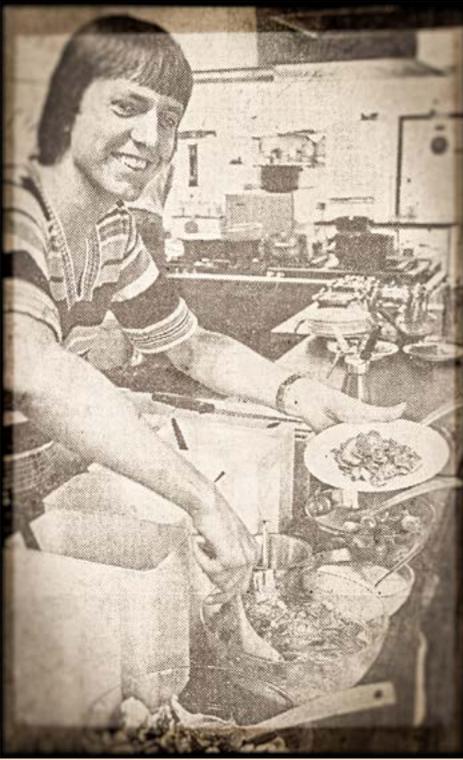
something better, but soon, he chose *the bliss of nothing* over the frustration of something (see [page 495](#)).

When a helicopter finally rescued him from the forest, suspended in the air, *Alone Together* ([Duality Hack #12](#)) with everything, he pledged to share what can't be expressed: that which is One. He was going to do it by exposing what seems to hide oneness, namely, the belief in more than one. This was the birth of *Alexius' Duality Hacks*.

Thankfully, Alexius is not bound by the desire for power, friends, fame, validation, wealth, or anything else that establishes him as someone in a world with more than one. So, he's free to let out that a world with more than one is fictitious as there's no more than One.



There's nothing you need to do to undo the belief in a world with more than one, like there's nothing you must stop in a TV show to undo the belief that it's real. However, doing nothing doesn't mean that the show doesn't go on. It means you don't believe in participating.



(1) Alexis, 26 years old, poses for one of the many newspapers writing about his bars and restaurants. (2) When Alexis was 16 years old, he left school and started working with children. Here, he's having tea with some of the children he helped build their houses on the playground. (3) Alexis, 41 years old, as an assistant at a healing massage school.



Alexis has been a man in many way

Alexis Jørgensen, born in 1949 in Denmark, has been a man in many way since then. From a hippie to an enlightened one, a businessman to a healer, a beach bum to a duality hacker, his varied roles ignite a sense of adventure. They demonstrate what one can do even without formal education and knowing what one is or does.

Nightmare Man

Alexius' 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, Herbie Hancock, Milton Nascimento, Pat Metheny, Prince, Philip Glass, Joanna Newsom etc.

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.

Hippie Man

In a hippie commune, 18 years old.

Nomad Man

19 years old, he travelled and lived in a Camper with his girlfriend.

Taxi Man

From 20 years old.

French Man

Lived 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. So, since nothing fell through a black hole into that which is One, he's comparable to *the Enlightenment of that which is One*.

Business-Man

Alexius made two restaurants, two bars and a vegetarian take-away shop from scratch when he

A photo from one of the magazines writing about Alexius' businesses.



was 26. His first venture, a vegetarian restaurant, was the first of its kind in Denmark. His second, a restaurant with organic meat and vegetables, was nominated for the *Guide Michelin*. A fictional movie, [Riders of Depression](#), was based on his bar, *Floss*. Alexius began his biz adventure without money because he had just left Ashram. But soon, he had more money than ever. However, after 12 years, he lost everything, so he finished as he started with *the bliss of nothing* – more about his business on [page 257](#).

Family Man

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

Alexius with one of his lovely sons.



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.

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.

Photo Man

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

Hero Man

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

Art Man

Curator at several prestigious 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 that *every moment is the perfect moment* ([page 212](#)).

Duality Hacking Man

With no forward momentum and thus no expectation of the following words, Alexius began writing *Alex-*

ius' Duality Hacks on an island not far from the Sahara in Africa.

Enlightened Non-Teaching Man

Since Alexius' experiences are perceived as nothing disguised as something, he's not someone definitive teaching something specific.

Flex Man

Alexius doesn't use social media to appear unique. Although installed in an apartment with things considered beautiful and a paradisaical view, there's no 'I' with a need to be defined by that or by writing *Alexius' Duality Hacks*.

Redundant Man

Alexius is a messenger whose function is to render himself redundant so that you're the message of non-duality.

Mumbo Jumbo Man

It takes more than one to write something, and there's no more than that which is One. Consequently, this list is mumbo jumbo.



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



They say that seeing is believing, but it's the other way around. What we believe, we see. Therefore, if we don't believe in something, we see nothing. Hence, something doesn't seem to hide what can't be seen: the formlessness of oneness.

HACK #1.1, What you see is make-believe

The brain fabricates our experiences so it looks like we're somebody in a tangible world, concealing that reality is intangible because it's the formlessness of oneness.

The woman you see on the previous page is not there. She's a simulation, a collection of tiny pixels compiled into a shape we collectively agree on being a woman. But since oneness is formless and thus endless, seeing something shaped, whether in cyberspace, the physical or so-called spiritual world, is a fantasy conceived by the brain from nothing to make it look like something.

However, the brain doesn't weave this illusion to deceive us. We have tasked it with fabricating experiences that define us as beings in a world of time and space, to hide that we are nonbeings in the formlessness of oneness.

This is not a factual explanation but a metaphor. It serves to illustrate the incomprehensible: that we appear as beings in a world constrained by time and space when, in reality, there's nothing but the formlessness of oneness.



There's no truth to find in a world with more than one. It requires more than one to discover something, and there's no more than that which is One, since it's formless and, thus, endless. Consequently, since it also requires more than one to write or read this, nobody does, much like no one moves around in the virtual world of a game.

Yet, one can pretend to be where one is not ([Duality Hack #2](#)). This is not about authenticity, truth, or transformation, but about the sheer joy of playing a role in a virtual amphitheatre. However, many mistakenly perceive the virtual world as reality and themselves as unique entities, leading them on a never-ending quest for validation instead of simply enjoying the game of more than one.

Thankfully. *Alexius' Duality Hacks* undo the belief in being someone unique in a specific place. Not by pointing to oneness, which is impossible because it requires more than one. Yet, as you believe in more than one, it's possible to point out that the brain processes your experiences of more than one to conceal what can't be experienced: that which is One.

As it takes more than one to point to something, Alexius' Duality Hacks can't point to the reality of that which is One. However, when we believe in a world with more than one, they can point to this belief to expose that it hides that which is One.



However, as mentioned, the brain does this because you have asked it to help validate you as someone unique in a world with more than one. Therefore, it's not the brain's thought construction of a world with more than one that needs correction, but your belief in more than one..



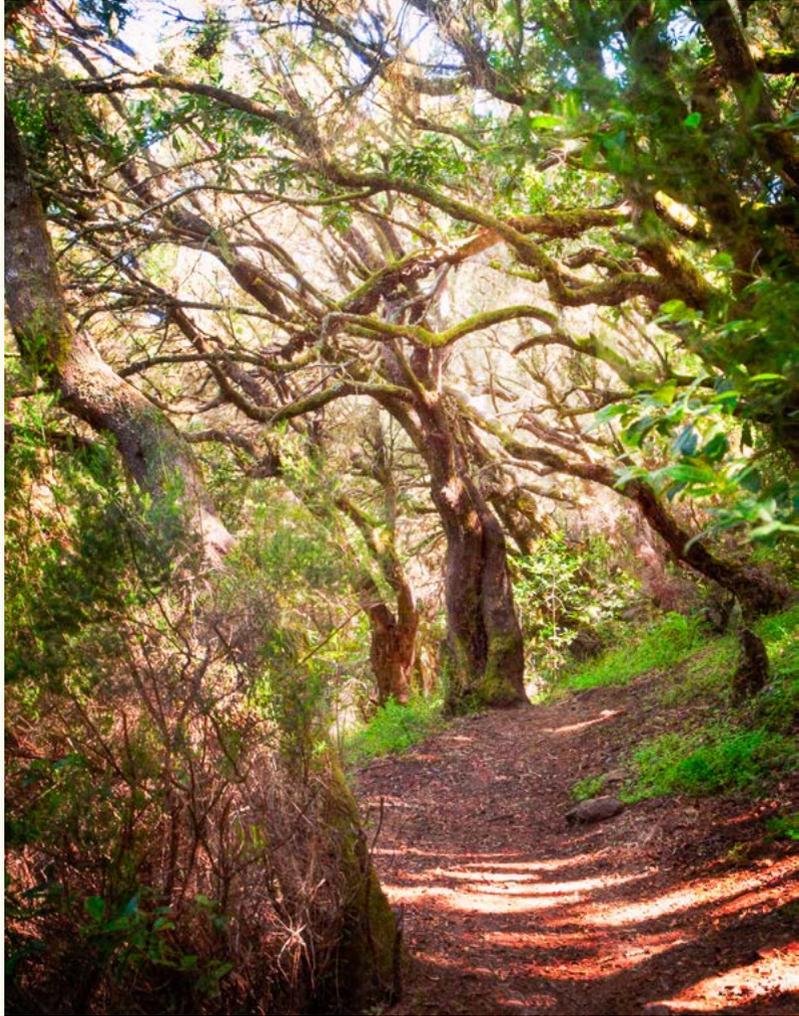
You can't prove that the experience of a world with more than one is fake. Reality is oneness, and it takes more than one to prove anything.



Imagine you perceive a specific tree as magical. So you hug it for a long time, hoping for a mystical transformation. But all you get is stiff arms. Disappointed, you demand the tree to set you free.

But the tree has not imprisoned you. You chose to hold onto it because you imagined it had something you wanted. Seeing you do

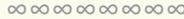
*Nothing but our
desire for more
imprisons us.*



not get it, you realise, regardless of how long you hold onto it, that its magical energy is make-believe.

The tree, of course, is a metaphor for a world with more than one. It has nothing to offer because reality is that which is One, and it takes more than one to have something. Yet, we persist in holding onto the illusion of more than one until we realise it's a mirage.

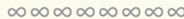
Seeking a deeper understanding by delving into something is futile when it comes to oneness. Oneness is formless and, therefore, without depth. Thus, such pursuits only serve to conceal it..



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 doesn't lead to awakening, stillness, *'I am that'* or any other mystic states of mind. On the contrary, it doesn't lead to anything because producing a result requires separation.



Science says the world we believe we experience consists of 99.9999999% empty space. The rest, despite also being empty space and thus insubstantial, is what we perceive as substantial elements. Therefore, our appearance as somebody definitive in a tangible world is make-believe.

Recognising that all appearances are fake doesn't change our experience of them. Instead, it shifts our perception, making everything seem like a computer simulation rather than a genuine reality.



The smartphone's triumph lies in its ability to make us forget that we're interacting with a screen. It convincingly presents the illuminated pixels as tangible objects in a real world, subject to our manipulation. In other words, the smartphone has succeeded in imitating the brain. Out of empty space, the brain makes experiences of something which feels substantial when we respond to them.



The substantial entity you believe in being is exposed as a construction of thoughts if not ratified as tangible by other constructions of thoughts.

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Quantum Physics concludes that something only exists when someone observes it. Therefore, if something is not witnessed, it does not exist. The world is built upon that logic. For instance, only what is verified by someone else is accepted as true in a lawsuit.

That's why we socialise internally or externally to substantiate others who, in return, confirm our existence. This works best when we



*What and where
we appear is
make-believe.*

feel approved by a group considered superior to others. Then we feel special and, in turn, more alive. But since those who ratify us only exist when we think about them, our existence is a construction of thoughts.



Just as no one inside a radio sings the songs that come out of the speaker, we're not the creators of our actions. We simply express the signals we receive, much like a radio that receives and plays music from a distant station. So who, then, is the originator of our signals?

The feeling of being someone in a world with more than one is akin to seeing a mirage in the desert, interpreting it as a village with somebody inside it, thus making it feel real.



The brain, operating within a world perceived as defined by time and space, is the creator of the signals we transmit. However, the brain's signals are made from nothing.

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No one is what they appear to be, not because their real self is beneath their appearance. There's no self, soul, or anything else that requires more than one because there's no more than that which is One.

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Most alcoholics only accept a cure for hangovers if it doesn't involve eliminating the cause: alcohol. Similarly, those who believe in having a fixed identity, seeking to end the suffering this belief entails, are like the alcoholics, unwilling to eliminate the cause of their misery: the belief in being somebody definitive.

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There's nowhere to go and no one to meet in oneness, as that requires more than one. Thus, being someone amongst others is only possible if you imagine a world with more than one.



Imagine living in a cold country, yearning for the warmth of the tropics, where people dress lightly year-round. However, no matter how lightly you dress, how many exotic cocktails you drink, foreign songs you sing, or how you pronounce your name, you won't feel the warmth of the tropics. The same applies regarding oneness. No amount of chanting, unique clothing, or exotic names will reveal it. It's not about doing something to return to oneness but undoing the belief in more than one.

In a cold country, you won't feel the tropics' warmth by replicating the way people dress there. On the contrary, it makes you cold and sick. Likewise, replicating oneness in a world with more than one makes you suffer because you enhance the sick belief in more than one.





The brain claims the experiences it produces are based on the frequencies picked up by the eyes. We choose to believe that to avoid realising that all experiences, whether mundane or spiritual, are nothing that the brain has twisted into something.

HACK #1.2, The world we believe in seeing is the brain's fantasy

Like Artificial Intelligence generates images from its database, our brain forms our experience from its databank. When we respond to them, we seem to exist as somebody encapsulated by time and space, even though the formlessness of oneness is all there is.

Preface

Despite digital photos being composed of nothing but zeros and ones, their appearance is far from identical. This is because an app is programmed to translate combinations of zeros and ones into various images. Likewise, the brain twists empty space into a multitude of appearances.

What we perceive as reality is a fantasy conceived by the brain

An analogue camera immediately records the images we shoot on film. However, a digital camera doesn't record the images we shoot. Instead, it records the RAW data of the light the camera is programmed to 'see' coming through the lens when we hit the shutter.

But this data doesn't produce an image on the camera's screen before a built-in app converts the RAW data into contrasting elements, shaping a world of time and space. Technically speaking, most apps accomplish this by rendering the RAW data into a JPEG file, which is then displayed on the screen.

The brain fabricates all experiences from nothing, treating wakefulness, sleep, and meditation equally. It doesn't differentiate between personal experiences and those of others, nor does it label experiences as real or imaginary, physical or spiritual. All experiences are done by the same brain organ, which couldn't care less about facts, coherence, and efficiency. Its only concern is to weave a story confined by time and space so spell-binding that we forget that reality is the formlessness of oneness.

When a smartphone recognises your face, it doesn't 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 that it projects onto your face to create a 3-D map of your facial topography that the phone identifies as you per its program. [The image is from the internet]



Like a digital camera, the light frequencies that reach our eyes aren't converted into images. Still, unlike a digital camera, the RAW data from the light entering our eyes is not recorded anywhere. The brain knows that our eyes receive nothing other than empty space (see [page 24](#)). Nevertheless, it claims our experiences are based on specific info from our eyes to hide that all our experiences are nothing, which it has twisted into a world of something.

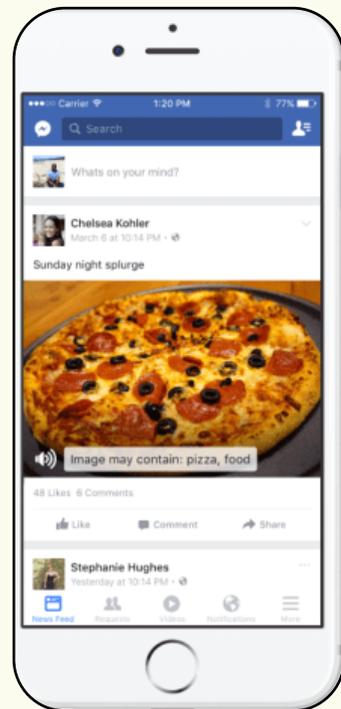
That's why we can 'see' vivid images even with our eyes closed, feel an amputated arm as if it's still there, and some people can see dead people or the future.

» *It's easy for the brain to make us believe it makes our experiences based on data from our sensory system because if not, we're exposed as the brain's fantasy.* «

The brain fabricates the present

While we can't change the brain's fantasy of nothing as something, we are free to go right or left, for instance. But like in a video game, the subsequent actions of our decision are pre-determined by the brain. However, it takes time for the brain to process our experience as scripted. Yet since the time delay in processing is extrapolated, we don't know that it has taken the brain one second to produce what we believe we experience now.

Consider blind persons using Facebook. AI (artificial intelligence) acts as their 'eyes'. So, when they activate a picture of a pizza, AI immediately generates an audio caption saying 'pizza', enabling the blind person to visualise a pizza, albeit with a slight delay. The illustration to the right, captured from [Wired](#), shows Facebook's audio captioning for blind people.



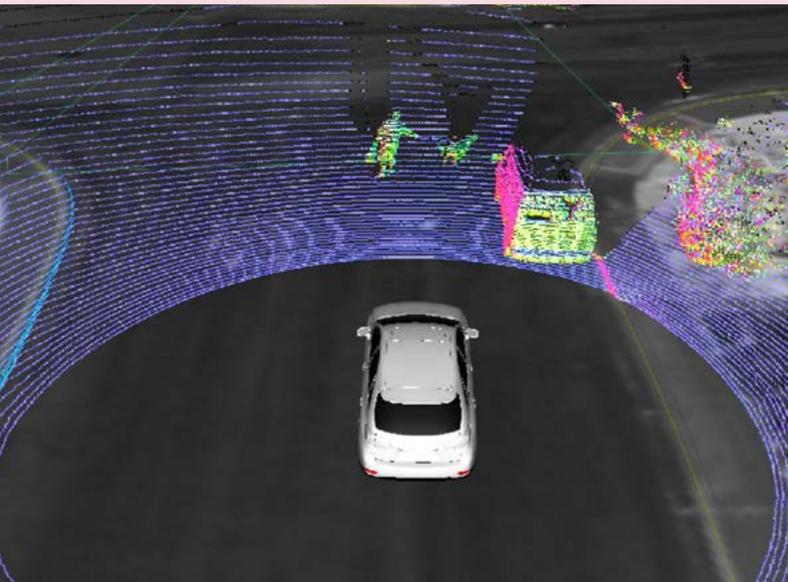
However, blind people can't know if artificial intelligence gets it right. Nor do they or others understand that the brain never gets it right. All its experiences are fake because reality is the formlessness of oneness.

Often, those willing to accept that all experiences are fiction insist that a higher power has set the fiction in motion, thus making experiences real on a higher level. But since reality is that which is One, and it takes more than one to set something in motion, everything created is make-believe.



»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 don't mean anything unless the brain processes them into something you interpret as meaningful, such as a smiling face.



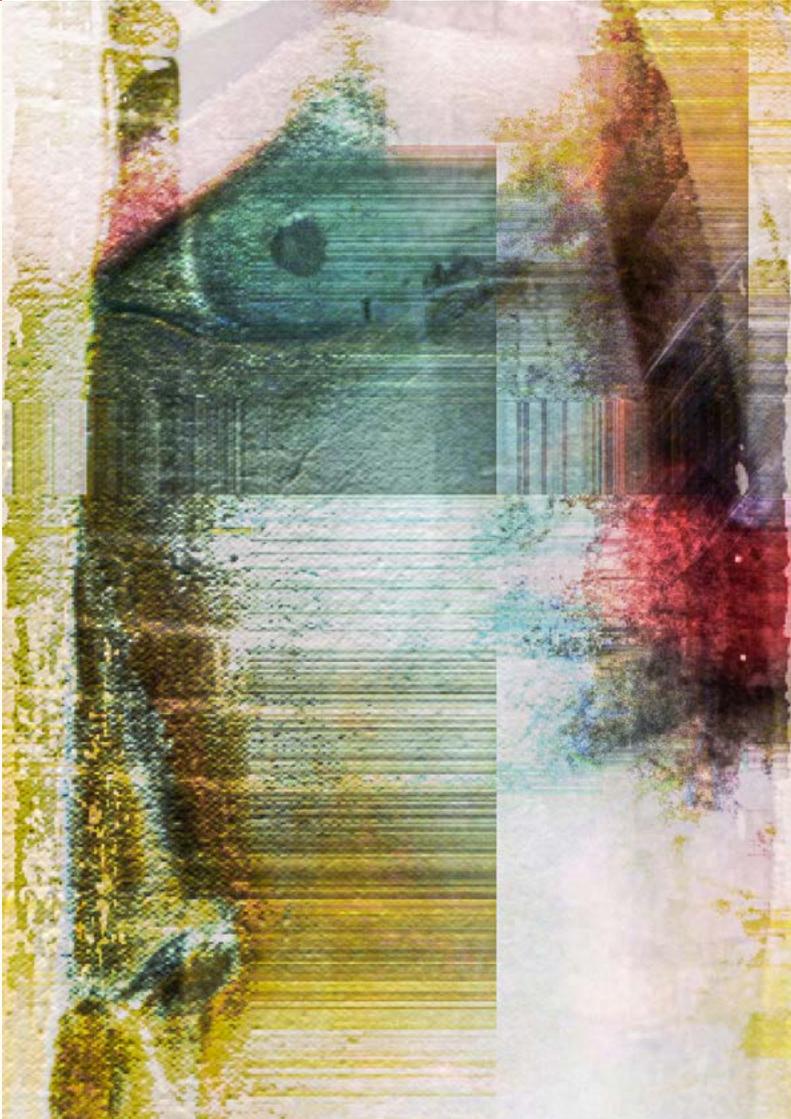
What humans or self-driving cars 'see' is constructed by their master, the brain or the internet. But as you can 'see' in this image of how a self-driving car 'sees' something, it's different from what the brain makes you 'see'. [The images is from the internet]



As a chicken does not speak different languages, it make the same sound all over the world. Yet, the brain makes us hear it differently in different countries.

Regardless of a country's language, a rooster's call is the same all over the world. Yet, the brain makes us hear it differently in each country. In India, it's a robust Kuk-rook-koo and, in German, a spirited Kikerikie. The Philippines offers a melodious Tik-tila-ok, while France presents a drawn-out Cocoricooooo. Sweden, on the other hand, prefers a brisk Kuckeliku. The East-End vernacular opts for a succinct Kay-Eff-See, while Spain chooses a rapid-fire Kiri-kiri-ki. For Alexius, who grew up in Denmark, it's a familiar Kykliky.

But no matter how we pronounce a rooster's sound, it's as meaningless as these English words. We neither see nor hear this language or any other. What we actually experience is empty space presented by our brain as if it's something with a specific meaning.



Upon closer examination, we discover that duality is a clever deception, a con to distract us from the reality of non-duality.

HACK #1.3, The more you look, the more you're exposed as nobody

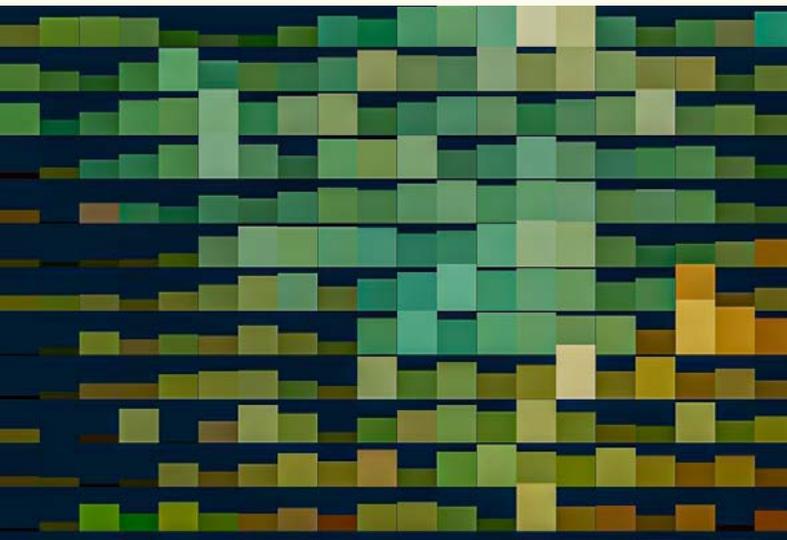
As oneness is formless, thus endless, the belief in a world with more than one is inexplicable. Therefore, Alexius employs metaphors, showing that being in a world with more than one is absurd.

Alexius has not contemplated the thoughts that form this hack. He serves as a channel, much like a radio that receives and transmits frequencies. Ethereal waves touch Alexius, and he forwards them as words, like in the above:

Many meditate, chant, drink, take drugs, or do other practices to get rid of their problems. Paradoxically, each of these efforts reinforces the very aspects they aim to escape. For instance ...

- meditating to become whole, they increase feeling incomplete
- pursuing freedom, they strengthen feeling imprisoned
- eating to get healthy, they feed feeling unsound
- looking for Enlightenment, the turbulence within is enhanced
- uniting the world, they enhance the sense of separation
- demanding respect increases feeling disrespected
- seeking God, they reinforce the demon within
- looking for a higher self, they confirm they're unworthy
- wanting perfection establishes their imperfection.

However, there's a fundamental misunderstanding in the above list. No one meditates to achieve wholeness or eats to attain health.



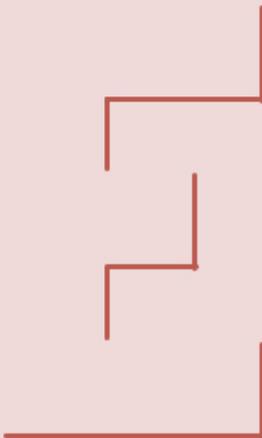
This image is a multiplication of one square, resembling a cluster of squares. With the help of an algorithm, Alexius has done this to make One look like more than one.

These explanations are invented to make it seem it's not the brain, but themselves, that decides what they do. However, we're bound to the dictates of the brain, which shapes and sustains us as physical entities in a world governed by time and space. See [Duality Hack #6](#).

This is what most try to disguise by getting rid of their problems, thereby making it look like they are in charge. But as the above list illustrates, doing so worsens their problems. Thankfully, when we accept the brain as our maker, we meditate or eat healthy for no other reason than to enjoy following the brain's script, thus not creating problems.



If a computer with AI is programmed to think it's a bird flying around a star, it produces moving images of a star, suggesting it's a bird flying around it. Similarly, the human brain generates images of a world defined by time and space, implying we're somebody in a world outside us.



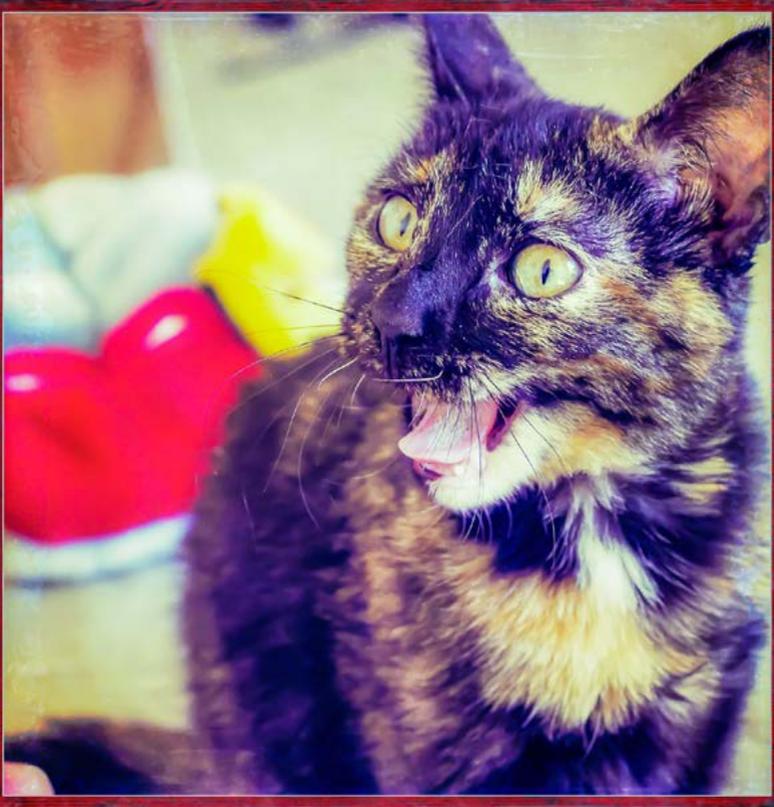
If you believe in seeing an 'E' here, you imagine something that is not there. This applies to everything you experience because reality is non-duality, and it takes more than one to see something.
[The image is from the internet]



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

Pink is a non-existent colour

The brain's duality fantasy is not without flaws. For instance, in a world of duality, all colours in a light beam's spectrum are supposed to have a complementary hue. But there's a gap. The complementary colour of lime green is missing. The brain corrects this mistake on the spot by blending blue and red in our headspace so we think we see the missing colour, pink. However, *Alexius' Duality Hacks* takes this a step further. Since all experiences are fake, they correct that. [Duality Hack #10](#) does it immediately. The other Duality Hacks do it over time, so you can enjoy the brain's manufactured experiences while having them undone.



In the darkness of the night, Alexius catches a glimpse of one of his cats. He's convinced he sees the black one. But as the cat moves, his thoughts shift, so he 'sees' the brown one. That's how we 'see' the world: a constantly evolving construction of thoughts.

When you believe in being the image you have invented, you constantly seek something to ratify this belief. But no matter what you find, you doubt it because you don't know who you are.

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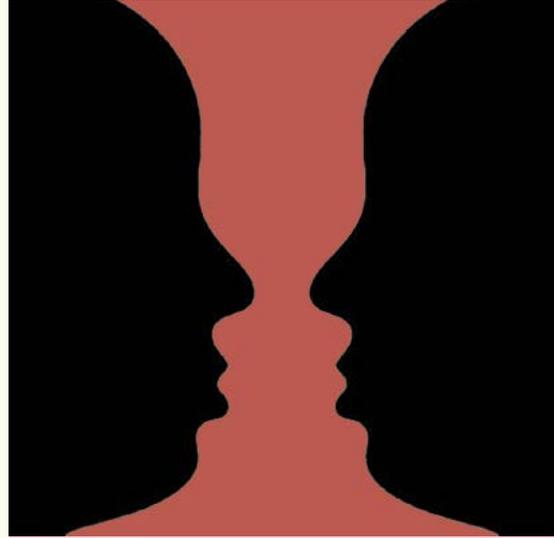
Years ago, when Alexius organised the files in different folders on his first computer, he assumed they would be arranged on the hard disk per his specified setup on the screen. Nowadays, he knows better. There's no hierarchy on a hard disk. No files are on top or buried under others. A hard disk is flat, and everything is non-dimensional, consisting only of zeros and ones.

Ergo, Alexius' experience of an ordered world on his monitor was make-believe. The same applies to the world we see, except it's not made of zeros and ones but empty space that the brain twists into experiences of something definable.

We uphold the illusion of time and space by hoping for something in the future.



The world we perceive, much like a movie viewed through 3-D glasses, is not three-dimensional. It's a construct, a simulation fabricated by the brain. If we choose to ratify this virtual amphitheatre as real to feel that real ourselves, we always doubt it. But if we know the amphitheatre is unreal and yet play the part the brain has created for us in it, we have fun.



Do you see two faces or a vase?

The answer is vital in a world with more than one. Still, it's meaningless in oneness, as differences require more than one.

[The image is from the internet]



The scientific idea that nothing explodes in a Big Bang and expands into a world of something is not reasonable. There's no progression of time in nothing, so if it expands into something, it contracts simultaneously. Hence, our belief in seeing a world of something is based on the memories we compile of this perpetual present and keep replaying in linear time. [The image is from the movie [The Thirteenth Floor](#)], grabbed from the internet.

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

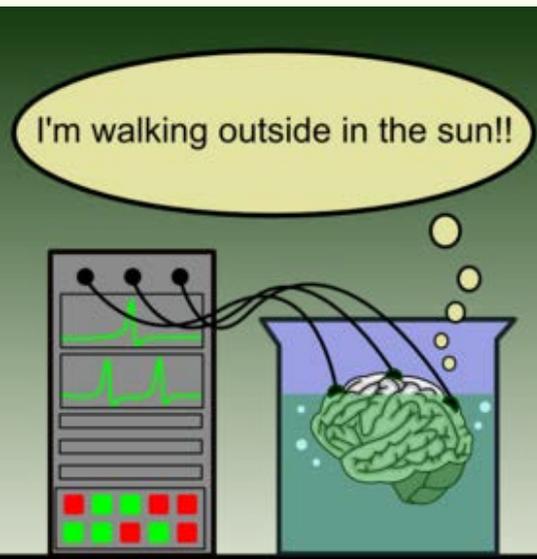
Duality is a simulated layer on top of non-duality – like VR headsets, it replaces the user's natural environment with a virtual reality.



Binary data seems to simulate something on your screen, forming colourful images that reflect a dimensional world. However, binary data has only two possible values: 0 and 1. Consequently, they don't have any form, colours or depth of field. Our brain assigns these values to the appearances on the screen to make them ratify its fantasy of a three-dimensional world. [The image is from the internet]

A world of duality is like a virtual layer on top of non-duality, making duality appear real and non-duality unreal. However, an illusion can't hide reality unless we believe the illusion is genuine. Thus, it's not duality that conceals non-duality, but our belief in more than one.

This belief is upheld by dividing the illusion into appearances assigned different values, such as natural and unnatural. For instance, most perceive sunlight as natural and artificial light from a bulb as artificial. Yet, in reality, they're both virtual. And a supposedly live flower is as phoney as a plastic flower. Love, ego, soul, consciousness, truth, god, spiritual beings, and astral planes are equally fake.



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

Be aware that the explanations in this hack are metaphors used to explain the unfathomable. For instance, nothing covers non-duality. It's formless, thus beyond the limitations of outside and inside. So, there's nothing outside or inside. [The image is from the internet]

Not even Alexius' description of non-duality is genuine because non-duality is that which is One, and his explanation consists of different elements.

Still, as he's comparable to *the Enlightenment of that which is One*, he knows that non-duality is formless, thus endless, so a world with more than one is impossible. Therefore, what he says about duality is a metaphor to explain the inexplicable, namely that we appear in a world with more than one, although there's no more than that which is One.

The same applies to the following: All thought combinations are similar to code, set up by the brain to be experienced as images of something tangible by you as someone substantial. Thus, what you see is a construction of thoughts superimposed on reality by the brain, which itself is a construction of thoughts.

Fortunately, you're closer to non-duality if you don't try to understand this because non-duality is oneness, and it takes more than one to understand something.

In a world of
duality, we're
like code,
looking at a
world of code.
*[The image
is from the
internet]*



In other words, being foolish, you don't ratify duality. However, most prefer to uphold the belief in more than one to avoid looking foolish and instead appear wise, thus restricting themselves by their 'wisdom'.

Thankfully, when you read *Alexius' Duality Hacks*, you stop feeling ashamed of being foolish. Alexius, a fool himself, doesn't instruct you to follow specific steps to improve yourself. Instead, he gently guides you to foolishly forget what and where you believe in being, thus liberating you from knowledge constraints.

»» *Knowing something limits you per your knowledge, whereas not-knowing something has no constraints.* ««

Be aware that you should only be foolish like Alexius if societal duties do not bind you. So, if you have social responsibilities, such as caring for your children, you devote yourself to them using the appropriate knowledge to fulfil your obligations. As your devotion makes duality fade, you



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

Wise one divides good and evil.
Foolish one does not separate,
hence unbroken

Wise one knows the way to self.
Foolish one has no self to know,
consequently selfless

Wise one understands very much.
Foolish one understands nothing,
thus present

Wise one wants Enlightenment.
Foolish one wants nothing,
ergo Enlightened

Not understanding anything is great for undoing the belief in duality but not for appearing in a world of duality as someone. Thankfully, *Alexius' Duality Hacks* allows you to do both.

eventually become as foolish as Alexius, thus free from believing you're someone in a world of duality.

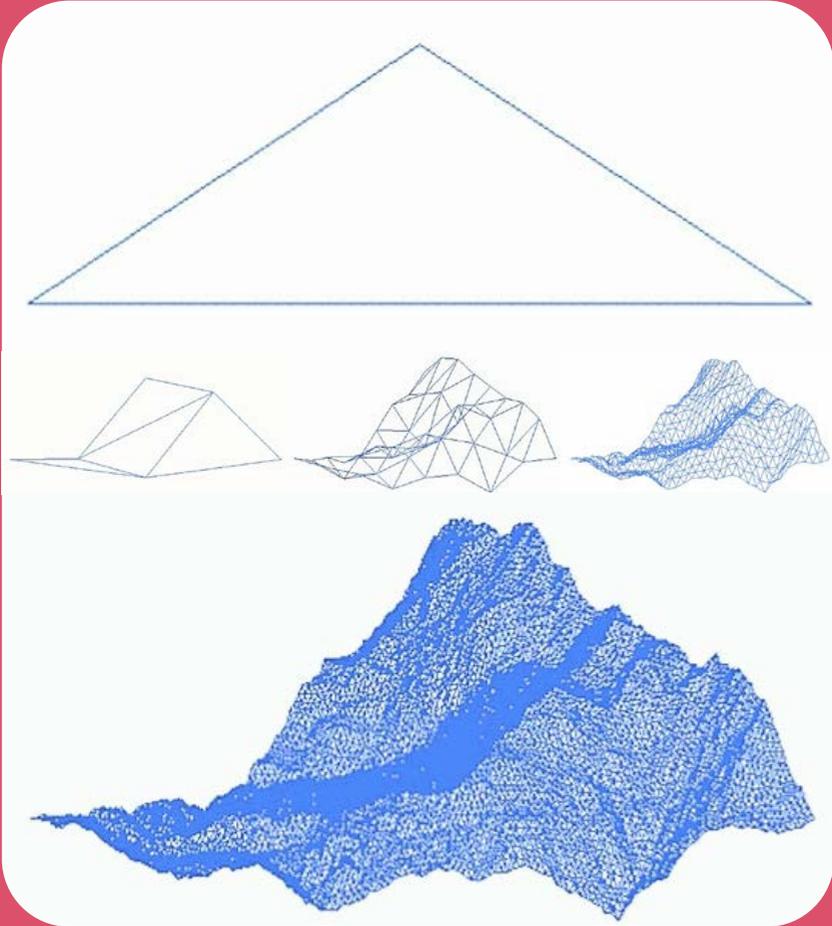
Using duality to undo it

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 that it's real. For instance, 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](#))
- 'IT IS WHAT IT IS' OR 'DUNNO WHAT IT IS' ([Duality Hack #6](#))
- A VESSEL FOR *THE EMPTY BREATH* ([Duality Hack #9](#))
- TWOFOLD ([Duality Hack #8](#))

*It's impossible to learn to be that which is
you as there's nothing but oneness,
and it takes more than one to know or be anything.*





In these animation grabs by António Miguel de Campos, the solo triangle represents non-duality. Despite being alone, it is not lonely because it is non-dimensional and thus endless. Yet picturing there's more feels exciting. Hence, it imagines multiplying itself and adding the multiplications in numerous ways.

HACK #1.5, Non-duality is non-dimensional, thus hidden by time and space

Since non-duality is not two but one, and there must be more than one to have a shape, non-duality is non-dimensional.

Non-duality, being no more than one, defies anything requiring more than one, such as a specific shape or construction. That's why it's flat and impossible to define. Yet, it seems to take on a form when viewed from a distance, observed from different perspectives, combined in various ways, and distinguished by deeming some aspects superior.

However, the act of observing non-duality from an external standpoint is pure fantasy. It's formless, and thus boundless, with no external boundaries. Besides, it takes more than one to be aware of something, underscoring the impossibility of defining that which is One.

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The non-dimensional nature of non-duality appears to be obscured by a dimensional world. However, it's merely a construct of imagined fragments of non-duality designed to mimic a 3D reality. But since this fragmentation necessitates more than one, and there's no more than that which is One, non-duality is a fantasy crafted by no one.

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Compared to a world defined by time and space, non-duality, being non-dimensional, is smaller than anything else. Yet, since that



The dimensions in this image are an illusion made by contrasts on flat paper – likewise, the experience of being someone in a 3D world is deceptive. *[The image is from the internet]*

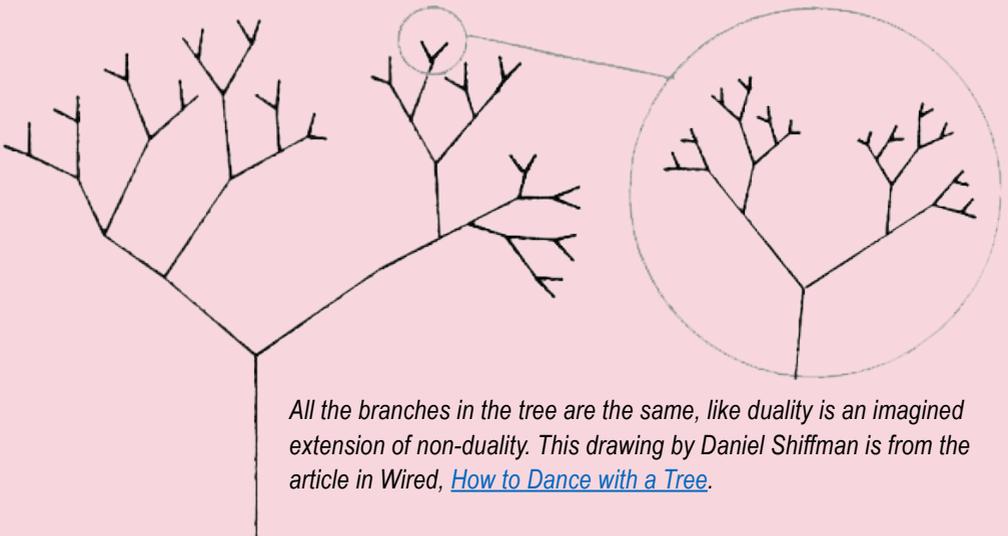
means it has no beginning and end, it's everything. Consequently, a world defined by time and space is a hallucination.



When seeking reality, many look for something larger and better in a world defined by time and space. Yet, reality is neither bigger nor better. It's the formlessness of non-duality, thus not something specific, being somewhere definable. No worries, what is shapeless has no beginning and end, so it's everywhere, forever.

Separation confirms the formlessness of non-duality

In the illustration below, the singular line at the bottom to the left symbolises the non-dimensional, infinite nature of non-duality. Its multiplication into a tree symbolises the dimensional world. Therefore, if you ratify the dimensional tree, you positively confirm non-duality. After all, it's formless, thus endless, so you can't experience a dimensional world without it.



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

What you read on your electronic media is a simulation of the computer code underlying it, layered on top of the basic encoding of your media. In other words, everything on your media screen is a construction of layers. This reveals the basic principle of duality is to fabricate something definite from something indefinite and layer the spin-off on top of the original.

However, this does not mean you must peel away layers in a world of duality to reach 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's no experience of duality without non-duality, all duality experiences are a positive confirmation of non-duality.

Appearing to be in a world where you aren't

Unbeknownst to many, new technologies often echo the concept of duality as an overlay on non-duality. Take augmented reality, for instance. When you wear AR glasses, your perception of the world shifts, seemingly immersing you in a virtual realm that coexists with the physical one. The allure of augmented reality is so captivating that it can momentarily overshadow the physical world.

With augmented reality glasses, you can overlay a digital layer on your face, presenting yourself as you wish to be seen by others who also wear such glasses. [The image is from the internet]



Virtual reality glasses take this a step further by completely overshadowing the physical world. However, the experience of a physical or virtual world is equally artificial, as it takes more than one to be aware of something, and there's no more than that which is One, since it's formless and, thus, endless.

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That which is you doesn't deviate from non-duality, and since it's non-dimensional, thus endless, there's nothing but that. Consequently, the experience of a world confined by time and space

In a world defined by time and space, we repeat loops of thoughts to establish our existence. The primary loop is. 'I am inside, the world is outside'. It seems to confirm we're somebody tangible in a substantial world.



where you appear as someone substantial, interacting with similar entities, is a hallucination.

If you mistakenly perceive this hallucination as reality, you can easily correct it. Simply pretend to be someone in a capsule of time and space, as where you pretend to be, you are not. See [Duality Hack #2](#).

Using loops of the whole to make it look like you make something new

The way hip hop started is an excellent way to describe how more than one seemed to arise from that which is One.

In the late 70s, rappers would isolate their favourite part of a sound recording – like a guitar riff – from a cassette tape by cutting it out and looping it on an empty cassette.

They played these loops on a portable boombox on the street, dancing or rapping to entertain others. Their show seemed to transform the loops into something unique, created by themselves. [LL Cool J](#) started his career in this way.



In the early days of Hip-Hop, a tape loop with a fragment of an obscure R&B track was inserted into a ghetto blaster.

Here, the loop functioned as a unique piece of music that someone breakdanced or rapped to on the street. Nowadays, the loops have become more advanced. But the idea is the same: You hear loops of music as if it's something new. In many ways, it's a repetition of how the world of duality emerged, with imagined fragments of non-duality sampled into a virtual reality atop it. [The image from the internet]

Today, with advances in technology, sampling has evolved. Now, one does it with computer software, often combining multiple samples to create a layered composition that sounds entirely new.

In the early 80s, a new way of creating sound from existing records emerged, known as scratching. This technique involved DJs rapidly moving a vinyl record back and forth with one hand while manipulating the mixer to add a distinctive scratching sound layered over the music from another vinyl record.

To conclude, just as you blend fragments of existing music to create what sounds like new music, fragmented and distorted visions of oneness appear to emerge, as if they form a world with more than one.

There's no reason to wonder when the story of a world with more than one end. It ended at the exact moment it began. We're just replaying selected loops ([Duality Hack #2.3](#)), such as being in a forest. Doing that is fun when we know the loops are not real but imagined fragments of that which is, namely, non-duality.





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

HACK #1.6, Oneness is formless, hence unnoticed if focused on shapes

Oneness is sizeless, thus endless. Consequently, something perceived as big doesn't add to what you already have, for that which is you is the formlessness of oneness.

Men often expect that meddling with a particular dimension and size, such as a woman's breasts, will lead to an extraordinary experience. Some women, in turn, encourage this belief to feel appreciated. However, since the experience of something dimensional is bound by time and space, it cannot last. So, as one is on an endless pursuit for a specific shape, one never feels satisfied.

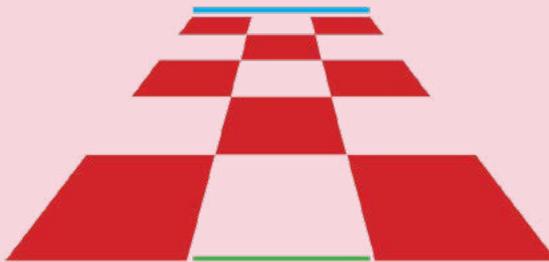
On the other hand, if we perceive everything with a shape as a symbol of the non-dimensional completeness of oneness, no shape is more fascinating than another. See [Duality Hack #3](#). This does not necessarily mean that our experience of a dimensional world abruptly ceases, as in a world governed by time and space, everything seems to take time.

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Since oneness has no dimension, thus no size, it seems like nothing when you believe in a dimensional world.

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First, the idea that oneness can be observed from an external perspective is conceived. Second, oneness is observed from various angles, creating the illusion of changing aspects and thereby leading to the perception of a dimensional world. Third, the transitions



It appears that the blue line at the far back is longer than the green line at the front. But size is an optical illusion. If you remove the chequered board, you will see that the two lines are the same length. *[The image is from the internet]*

between these observations seem to take time, leading to the perception of a linear time. Fourth, a dimensional world moving forward in time is established, thus the belief in separation.

However, if one ceases observing, which is achieved by not focusing, the apparent distinction between the observer and the observed dissolves. Consequently, there's no division to obscure the formlessness of oneness. That's why most people keep observing the world, thereby keeping it at a distance and upholding the belief in being an individual encapsulated by time and space.

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Since imagining being someone in a capsule of time and space requires much focus, 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 focus while going down the stairs with your kids, for instance.



Various religious doctrines and new age movements make grand promises of a new and improved self emerging if their doctrine is followed. However, what they offer is dimensional and thus unreal.

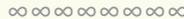


MP3, a compressed version of lossless music, loses some quality during compression, which cannot be recovered.

Appearing as a substantial being is akin to being an MP3 file. The formlessness of oneness has been compressed into an entity encapsulated by time and space. This entails a loss that can never be recovered. Thankfully, there's no need to recover anything. Being dimensional is fictional, as oneness is formless and, thus, endless.



The goal of Alexius' Duality Hacks is not to prolong life or make it better. That's impossible. Life is formless, thus endless. Therefore, the purpose is to undo the belief in being someone with a beginning and an end.



When we're accustomed to the intense taste of Thai sauces enhanced with a flavour booster like MSG (see [Wikipedia](#) about MSG), the subtlety of natural sauces leaves us dissatisfied if we're looking for a peak experience. For instance, a reviewer of a Thai sauce without a flavour enhancer complained that it didn't taste authentic.

But it's the other way around. The sauce, artificially enhanced, is inflated to taste so thrilling that it always leaves us wanting more, never feeling satisfied. In contrast, the sauce without enhancement of-

fers an experience so fulfilling that we don't look for more. Similarly, the unprocessed, everlasting completeness of oneness feels more than enough, while the heavily processed experiences of more than one always leave us craving for more.

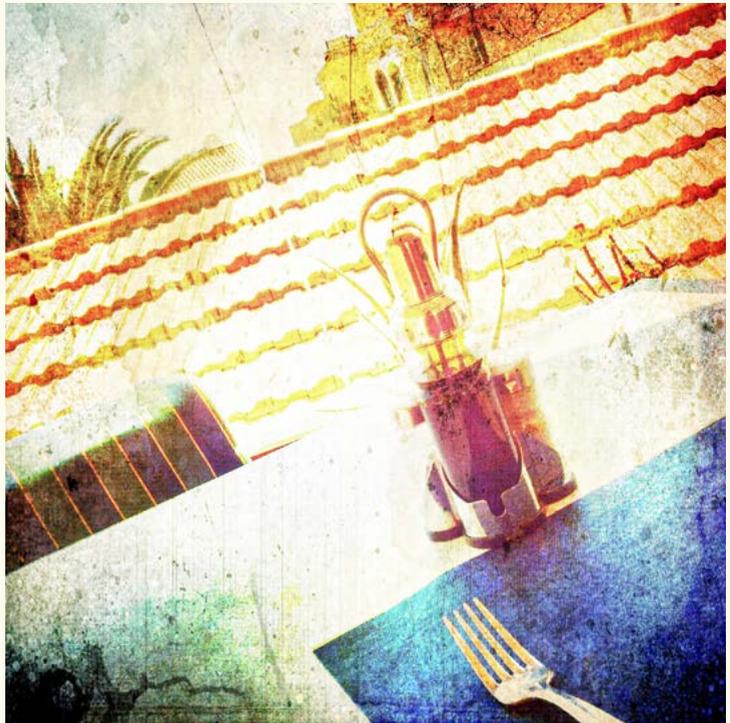
But unlike food jazzed up with flavour enhancers, oneness can't be pumped up because it requires more than one. Therefore, since the experience of more than one is make-believe, returning to oneness is not about learning something but about unlearning everything we believe we know. Applying one or more of *Alexius' Duality Hacks* facilitates this unlearning process, while allowing you to have fun with flavour-enhanced experiences of more than one.

That is not to say *Alexius' Duality Hacks* is genuine. They're as artificial as anything else that involves more than one. However, since

Many people prefer to feel tight rather than relaxed. They cherish feeling stuck because it enhances the belief in being dimensional.

Furthermore, imprisonment implies they're more than just their physical bodies.

However, there's neither something larger nor more petite than the body. Being dimensional is imagination.



they don't claim to make a difference, they don't fuel the desire for more. That's why applying them, eventually, there doesn't appear to be anything but the formlessness of oneness.

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In a world with more than one, we must always be and have more. Hence, we pump ourselves up with impressive clothes, friends, or realisations. But since oneness is formless, thus endless, there is no more than that which is One. Ergo, being and having more is make-believe.

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By their very nature, *Alexius' Duality Hacks* are nothing, thereby serving to undo the belief in something. Consequently, eventually, something doesn't seem to obscure the formlessness of oneness.

When we feel stuck in daily life, we go on exotic holidays, attend seminars that promise extraordinary experiences, or replace daily life with video games. This is a repetition of our battle with the oneness. We see its everlasting peace boring, so we want to replace it with the excitement of more than one.





“On the Internet, nobody knows you’re a dog.”

The graphic is a Peter Steiner cartoon initially published in The New Yorker.

With its abundance of unexplored territories, the online world appears more exciting than the physical world. Similarly, all the possibilities in the physical world seem more thrilling than the formlessness of oneness, where there is nothing to choose but that which is One. Thankfully, if one doesn't actively seek more, the perceived differences in the online or offline world don't make a difference. Thus, oneness, being undivided, is unveiled as ever-tranquillizing, as it requires more than one to be disturbed.

HACK #1.7, If you feel limited, you look for more than One

Seeking more possibilities enhances the belief in a world with more than one. However, there's no more than that which is One since it's formless and, thus, endless.

If you need time to process *Alexius' Duality Hacks*, you consent to believe in more than One, as processing them requires more than one.



You will never know what's genuine because reality is oneness, and it takes more than one to recognise anything.



Some individuals combine selected pieces of realisation to construct a state of unity. But you can't create oneness, because it requires more than one.



Since it takes more than one to lose something, and reality is that which is One, you can't lose anything real.



Even though most believe in a world with more than one, they act as if there's no one else but themselves.



You can only be conscious of something when you believe in being separated from it. That is why being aware of something entails suffering.



Since most people are exhausted from constantly craving more, they seek more relaxation to gather more energy to pursue more love, peace, authenticity, friends, money, power, and whatnot. Above all, they want to be more in control, so they can manipulate more people into giving them more.



When a drug addict has completed rehab, the reward is not a new and better high but freedom from craving. Similarly, when you do not



When viewed from the perspective of a world with more than one, the formlessness of oneness may seem dull. However, in a world with more than one, experiences are fleeting, and to uphold the belief in this world, we must always look for more. In contrast, oneness is one perpetual present, free from the burden of constant change and the need for more.

[The image is from the internet]

relentlessly pursue more, the reward is not higher or more thrilling experiences, but *the bliss of nothing*.

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The only thing that feels more futile than not getting what we desire is to obtain it, only to find that the hunger for more brings no satisfaction because there's no more than that which is One.

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A world with more than one rests on the idea that there's more than that which is One. That's why our instinct tells us the solution to our problems is to acquire more. However, our quest for more is futile because oneness is formless, thus endless, so there is no more than that which is one.

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If you're indifferent to how the possibilities in a world with more than one unfold, they eventually collapse into a one possibility: that which is One.

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When you accept your appearance as someone in a world with more than one, you honour your choice to believe in more than one.

Ergo, you're in a position to undo this choice. However, since the temporal length of an event is an illusion, you're not in a rush. Therefore, you can revel in the experience of being and having more than one until this experience, like anything else with a beginning and end, naturally stops without any effort on your part.

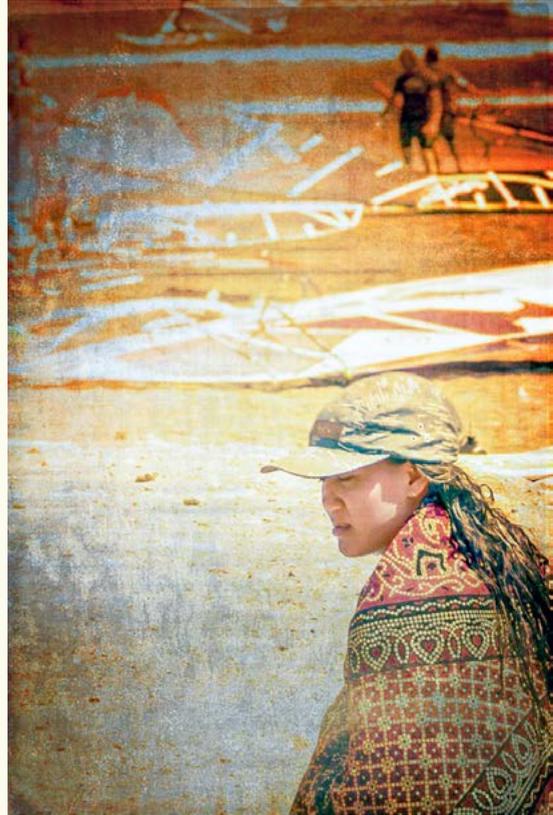
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You can't choose that which is One because it involves more than one, which reinforces the belief in separation. But if you stop believing in stories about more, the perception of separation dissolves. Hence, there's nothing to choose.

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Oneness has a built-in safeguard mode that simulates a world with more than one if you believe in more than one. Hence, you don't have to feel lonely. The simulation naturally ends the moment you stop believing it's possible to be and have more than that which is One.

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What you know about oneness is wrong because understanding it takes more than one. Consequently, looking forward to oneness is madness. Thankfully, the hope for more vanishes if you look forward to not believing in a world with more than one.

A tale about more than One

You can compare the formlessness of oneness to one endless thought. Nothing disturbs the peace of it until it is divided into two. One resembling a *Person* and the other a *World*.

To maintain the illusion of more than one, the division persists. The thought called the *World* is divided into good and evil. And the thought called a *Person* is split into a *Judge* and an *Executioner*. Hereafter, the *Person* seems to have good and bad experiences.

The *Executioner* punishes those in the *World* that the *Judge* deems responsible for the *Person's* bad experiences. This makes the *Person* feels off the hook. Someone else is judged guilty for the evil the *Person* feels inside. But since the inner devil keeps surfacing, the *Person* constantly demands that the *Judge* and *Executioner* find new scapegoats, thereby reinforcing division.

However, oneness, being formless, can't be divided except in fantasy. Hence, the above division occurs internally in *One*, who projects anything perceived as wrong within onto external entities, such as immigrants, capitalists, or communists. *The Judge* may be projected onto a god, parent, boss, or lover. And *the Executioner* may be projected onto society, illustrating how external blame reflects internal divisions.

One must bring back all these projections to oneself to undo the belief in separation. However, the *Executioner* can be challenging to acknowledge as a part of oneself. It's violent and inflexible, and *One* prefers to see oneself as tolerant, although not of the *Executioner* in oneself. .

However, *One* must stand by the *Executioner* to undo *One's* division of oneness. If *One* omits the *Executioner*, *One* will constantly fear authority figures, thus enhancing separation instead of phasing it out.





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

Knowing there's no more than that which is one, you aren't afraid because it takes more than one to feel something.

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Some say that *Alexius' Duality Hacks* can't succeed because powerful forces are against the undoing of the belief in duality. However, it requires no power to undo this belief. Experiencing more than one is akin to seeing others in a dream. Nobody is in the dream, so only the dreamer has to undo the belief that they are seeing more than one. Ergo, undoing the belief in more than one takes no more than one.

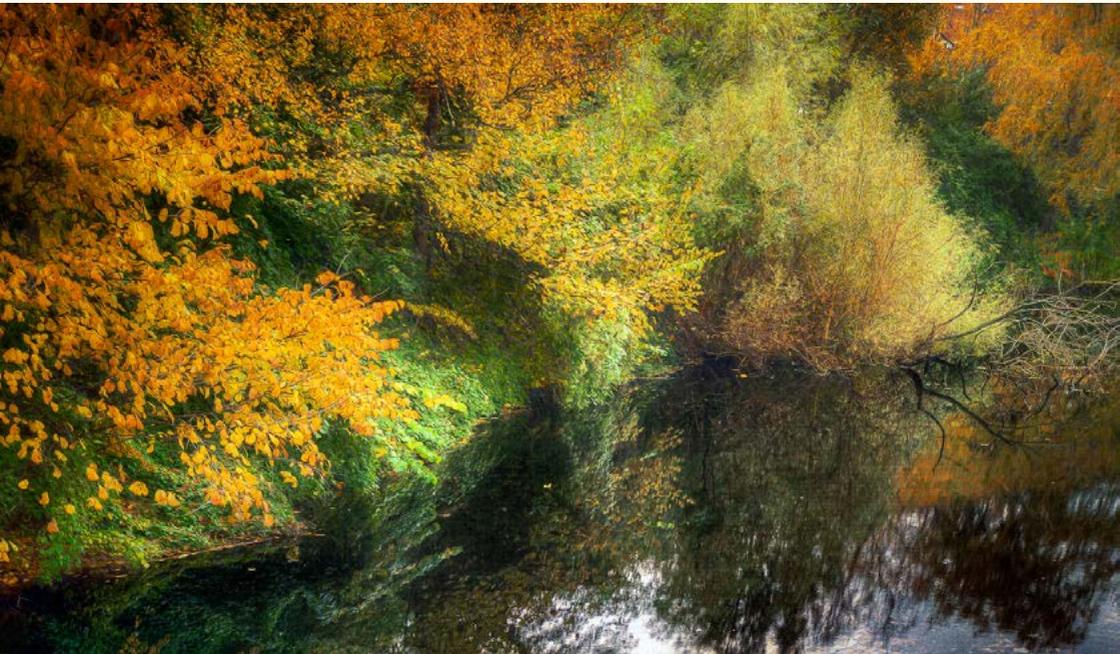
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»Non-duality means ‘not two’ or ‘non-separation’. It’s the sense that all things are interconnected and not separate, while at the same time, all things retain their individuality. An awareness of non-duality gives you a bigger perspective on life, a greater sense of freedom, and brings you a more stable happiness«. Quote from the blog ‘Non-duality Talk’.

The above quote starts by establishing that non-duality is not two but non-separation. Then, it divides non-duality into two, allowing you to gain more perspective, freedom, and stability. But non-duality is formless, thus endless, so everything that requires more is a denial of non-duality.

So how do we find non-duality? The question itself is a paradox, rooted in duality, in the hope that it can be reconciled with non-duality, as the quote attempts. However, the two are fundamentally exclusive. Nonetheless, within the context of a world of duality, we can lay bare that duality is unreal because everything in duality consists of more than one. Thus, if you want non-duality, you must leave duality.

In non-duality, there’s only room for One, so if you seek to be at one with a soulmate, god, or any other perceived entity, non-duality seems claustrophobic.



From the perspective of non-duality, that's a metaphor as duality is non-existent. Consequently, there's nothing to depart from but the belief in more than one. Yet, even this is a metaphor because any attempt to explain something is a product of duality, not non-duality.



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

What we 'see' as a photo on electronic media is a layer our brain has constructed on top of the code that renders it. Hence, the image of Alexius you 'see' on this page is a construction of thoughts. The same applies to the image you have fabricated of yourself.

In short, what we believe we see unfolds in the brain. It only appears to be outside because we choose to believe that, as otherwise, there's no world to confirm our existence. Of course, this is a metaphor. There is no inside or outside because there's no more than that which is One since it is formless and, thus, endless. For the same reason, this note is not 'there', and you don't read it. Why you believe in doing so can't be explained, as that requires more than One.





Are you in my dream, or am I in yours? This 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?

Given that reality is oneness and it requires more than one to perceive something, every experience is make-believe. It's like a dream conjured from nothing, orchestrated by no one.

The world in a dream is nowhere but in the brain. However, as this is momentarily suppressed from our awareness, it seems to exist outside us. Especially, when we, in retrospect, perceive the dream's chaotic events as coherent by connecting their discontinuity with past experiences, ideas of synchronicity and other concepts that we are familiar with when we're awake.

Yet, the world we perceive when awake is also a product of the brain, existing nowhere else. If we had not learned to organise our daytime experiences in an orderly way, establishing a structured reality, we would see that our waking experiences are as disordered as those in a dream – a fantasy conjured from nothing.

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A world with more than one is an illusion temporarily laid on top of that which is One, making it appear non-existent as long as we

*Reality is oneness
as it's formless,
thus endless.
Thus, if you see
more than one,
you're in a dream-
like state.*



believe in more than one. It's like a dream hides the world we experience with open eyes.

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There's no way to prove that the world in a dream is false because everything within it, the distances we perceive and the appearances we see, is an illusion. All of it occurs within the one who experiences the dream, just as our daytime experiences do.

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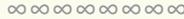
The experience of being someone definitive amongst others in a world with more than one is like a dream in which you appear to be with someone else. It's not an experience you share with anybody but yourself (see [Duality Hack #12](#)).

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



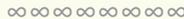
Dream appearances are often perceived as material, although the dream is immaterial. Similarly, we may believe there's life in a world with more than one, although life is that which is One.



Attempting to manifest ourselves as someone definitive in a world defined by time and space is like trying to be someone substantial in a dream. That is impossible because it's a fantasy, thus unsubstantial.



You say my body, indicating it's not you but something you believe in having. So, what are you? This is like asking what you're in a dream. There's no answer because you are not in there, but in your bed.



If you're stressing about something in a dream, you're mistaken. You're relaxing in your bed, imagining being stressed somewhere else. The same applies to your experiences of going somewhere when you believe in being awake, except you're not having a dream in oneness' bed. You're neither dreaming nor going anywhere because that requires more than One.

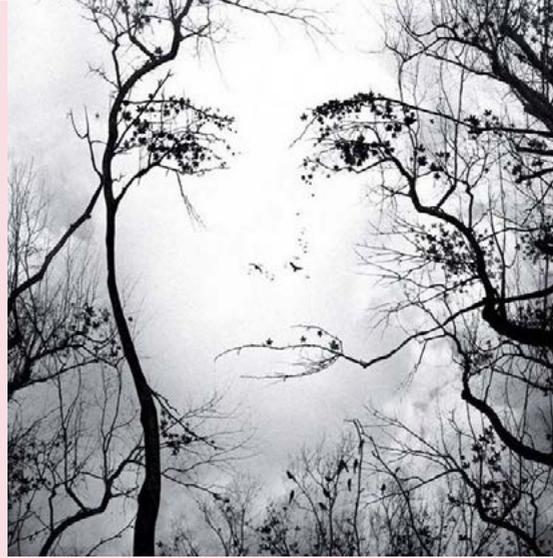
Consequently, there's no dream or anything else to undo. It only seems so when you believe in more than one. That's why *Alexius' Duality Hacks* is neither about realising oneness nor returning to it, but having the belief in more than one undone. Then this belief does not seem to hide that which is One, is all there is.



Since oneness can't be seen, it's assumed to be obscured by a world with more than one. But the reason oneness seems hidden is that you want to see it. Does this sound strange to you? Then, think of a dream. The ones appearing in it can't see the dreamer. Only what can't be known in the dream is real.

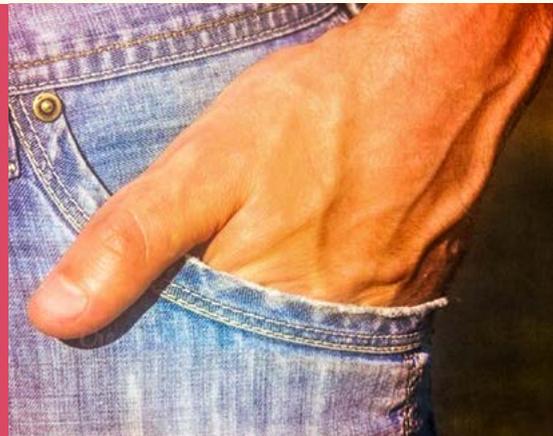


You see a face in this image only if you have conditioned yourself to perceive something where there is nothing, illustrating how perceptions are shaped by conditioning. *[The image is from the internet]*



Alexius' Duality Hacks aren't accompanied by dreamy music with whale sounds, fantasies of unconditional love and pictures of rosy lotus flowers. They don't promise a better world, higher states of consciousness or other conceptual attributes of a dual world. *Alexius' Duality Hacks* have nothing to give. That's why they undo the belief in more than One.

You don't need a teacher to get to non-duality. Metaphorically, you have the key in your pocket. You just forgot it. Fortunately, applying *Alexius' Duality Hacks* helps you remember you have the key in your pocket. Hence, you can relax while dreaming about more than one. *[The image is from the internet]*





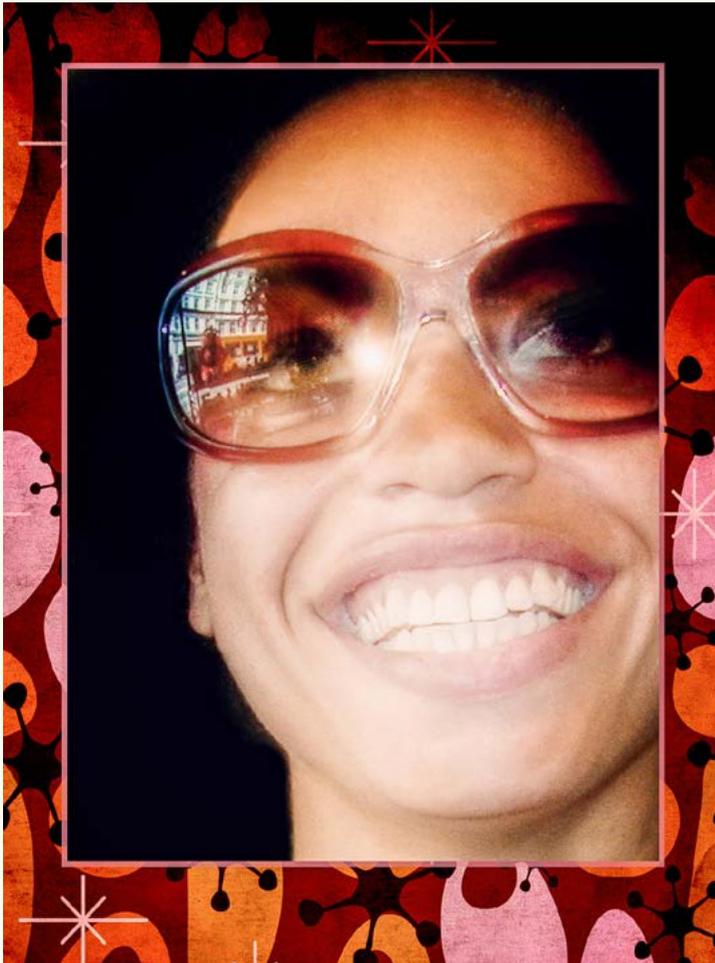
If you don't like how the world makes you feel, you dislike yourself because the world doesn't make you feel anything other than what you think about yourself. Thus, if you change your opinion about the world to something that makes you feel good, such as seeing the beauty in nature or the kindness in people, you will like yourself. Or if you change your opinion of yourself to something that makes you feel good, such as acknowledging your stability and flexibility, the world feels good, too.

HACK #1.9, You get what you believe in being

As the world is in the eye of the beholder, our perception of the world reflects who we believe we are. So, if the world makes us feel unwanted, we don't love ourselves.

While we can't change the scenes we dislike in a movie, we can change our perception of them to make us feel good. The same applies to the world where we believe in being. Any event, whether viewed in the present or the past, will bring us joy when we choose the appropriate perception.

So, if the way we see the world doesn't make us feel good, we can change our perception of the world to one that makes us feel groovy. Since the world is in the eye of the beholder, we can also do



When you look at the world with love, you feel loved because what you give is what you get. This means that the love you project onto the world is reflected to you, enhancing your feeling of love.

it the other way around. By changing our perception of ourselves to one that makes us feel groovy, we perceive the world as funky.



How you perceive somebody's response to you depends on how you have decided to see them. For instance, if you have deemed them annoying, you perceive their response as upsetting. Therefore, if you don't want to feel disturbed by them, you either change your judgment of them or your perception of their response to see them as peaceful. Since you only recognise what you have in yourself, this change establishes you as friendly.



You can't recognise something you don't know. This is why your perception of the world is shaped by what you have. For example, if you have love, everyone appears lovely, and you feel loved re-

In a world with more than one, you must always choose something to uphold the illusion of separation. Consequently, you undo this illusion by not making a choice. It might be easier not to choose something when you stick to being the basic self, as it relies on the brain's decisions. See [Duality Hack #5](#).



ardless of their response. However, that doesn't mean you love everything they do or say. For instance, Alexius dislikes it when his cats bring home half-dead lizards and mice. Yet, his love within keeps his view of his cats as lovely.



What you give comes back to you – not in another lifetime, but at the exact moment you provide it. This is not to be understood physically, as if giving money means you get money in return. It's the intention behind giving money that yields immediate returns.

The sense of giving and receiving happens within yourself. So if you give money out of love, you feel loved, but if it's out of pity, you feel sad. Consequently, when you know you get what you give, psychologically, you see that what you get is what you asked for.



If you want the world to respond in a way you define lovingly, your self-hatred is exposed when you don't 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 external factors, such as your parents, the deep state, digital tracing, climate change, capitalism, or 5G, for your present condition, you unconsciously adopt a victim mentality. This allows you to justify your actions to the world, enabling you to behave in ways that would otherwise be unacceptable and yet appear innocent.



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





If Alexius wants to experience more, he enhances the feeling of shortage. Thus, nothing feels fulfilling. But if he feels whole, everything feels fulfilling. A way to always feel whole is to pretend it. In a world of appearances, everything is make-believe, so why not pretend to be whole, thus feel fulfilled by everything? See [Duality Hack #2](#).

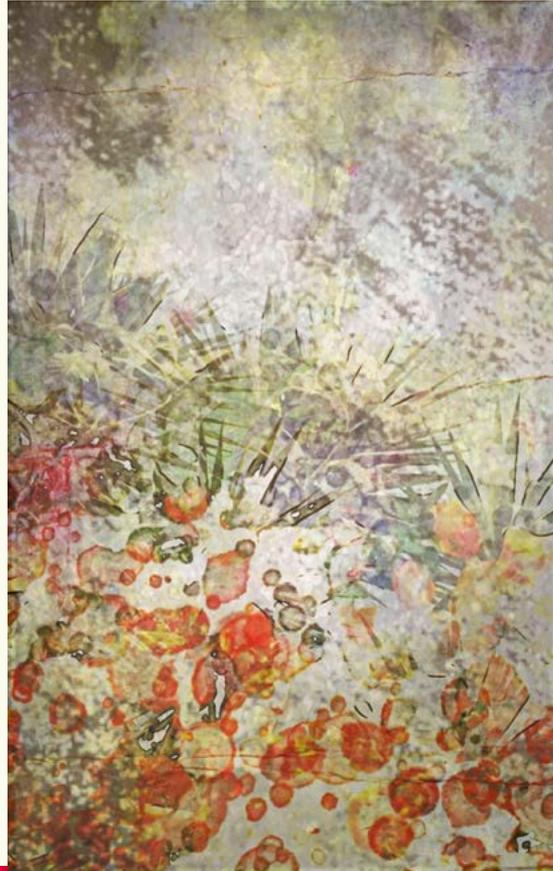
Whether you're aware or not, you always give what you have. So, if something you provide results in getting hate, that's what you have. No worries, acknowledging your hatred makes you feel loved because love and hate are paired, like two sides of a coin. See [Duality Hack #8](#).

You can only send love to someone if you believe in separation, and since that's the cause of suffering, you send misery and immediately feel, as you get what you give. Thankfully, since every feeling is twofold and misery is paired with pleasure, you feel delighted by acknowledging your misery. See [Duality Hack #8](#).

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Don't shy away from your judgments of others. They're a mirror, reflecting what you need to see within yourself to feel complete in a world of duality. For instance, if you perceive the shit you see in others as yours, it can define your purity. See [Duality Hack #8](#).

*That the world is
in the eye of the
beholder doesn't
mean you're in
charge of the
world, but how you
perceive it.*





The three ME fingers point back to you when the YOU finger points out someone as wrong. Following the three ME fingers exposes what your judgment of someone else is meant to hide in yourself. For instance, you have always done the right thing, but sometimes secretly wanted not to care. But you're ashamed of that, so you disassociate yourself from your inner rebel by condemning somebody else for being an anarchist. Thankfully, following the three ME fingers back to yourself, you get in touch with your suppressed rebel. Then, as you no longer have to hide it by pointing out somebody else as wrong, you feel sympathy for them. [Photo from the web]

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

When we use our index finger to point out someone as bad, our three ME fingers (the three fingers next to the index finger) point back to ourselves. If we follow them, we see the suppressed desires or insecurities we try to conceal by pointing out someone else as wrong. By accepting those feelings as our own, we free ourselves from hidden guilt, relieving us of the need for a fall guy.

When one points the YOU finger (the index finger) at others to blame them for our unhappiness, three ME fingers (the three fingers next to the index finger) point back to oneself. By following them, one uncovers that what one perceives as unfavourable in others reflects unresolved issues within oneself.

For instance, you point the YOU finger at your boss and silently or loudly state that they're a ruthless dictator. Simultaneously, your three ME fingers point to yourself to expose what you want to hide in yourself by accusing the boss of dictatorship.

It could be that you're ashamed of your desire to rule and therefore blame somebody else for doing it. However, often an authority figure triggers a feeling of worthlessness. And since we don't like to face feeling inferior, we accuse the boss of putting us down.

*If you want to know
what prevents you
from loving yourself,
blame others for
your misery. Thus,
as they reflect your
discomfort, you see
what to accept as
yours to feel loved.*



Maybe your feelings of worthlessness began in your childhood, where you always strived for perfection to earn your parents' love. This pattern of pleasing others may have become standard, leading you to automatically adjust to an authority's demands in

Projection is a psychological defence mechanism where we attribute our undesirable traits or feelings to others. For instance, we eliminate what we don't like about ourselves by projecting it onto the world, making an imperfect world the contrasting background for our perceived perfection. Hence, our perception of the world shows what we need to include in ourselves to become flexible and not imprisoned by our invented perfection.



the hope of gaining their acceptance. However, you hide that you manipulated the boss into liking you, all to suppress your feelings of inferiority by claiming the boss exploits you.

Following the three ME fingers to face feeling unloved

The above doesn't mean you must go down memory lane to address patterns initiated in the past. These patterns repeat themselves in the present so that you can face them now. For instance, in the present, you point the YOU finger at authorities to mask past feelings of being unloved. Then, by following the three ME fingers back to yourself, you face the feeling of being unwanted now.

This is not about analysing, embracing or speaking out loud. Such approaches only serve to distance you from feeling what you hide. Instead, when you perceive somebody as dominating, allow yourself to fully be what you feel, such as feeling small, unheard, or insignificant.

When you are entirely what you feel, there's nothing to define it. Hence, since nobody feels dominated, there's no need to blame others for being dominant. In short, when you follow the three ME fingers, it takes less than a minute to set yourself free from past patterns and, thus, free others from your judgment that stems from feeling worthless.

»» *The world is in the eye of the beholder, so what you don't like to see is what you hide in yourself.* ««

Condemn Alexius to free yourself

You can immediately start freeing yourself from suppressed feelings by pointing the YOU finger at Alexius, condemning him for typos and whatnot. Then, follow the three ME fingers to identify what he triggers in you – being that entirely is like using an eraser. Unpleasant feelings are no longer stored in your memory. Hence, since you can't hold onto them anymore, the next time you encounter a distressing situation, you laugh and wonder why you once found it upsetting.

»» *When you don't continually project onto others what you are ashamed of in yourself, you're AloneTogether unconditionally. See Duality Hack #12.* ««

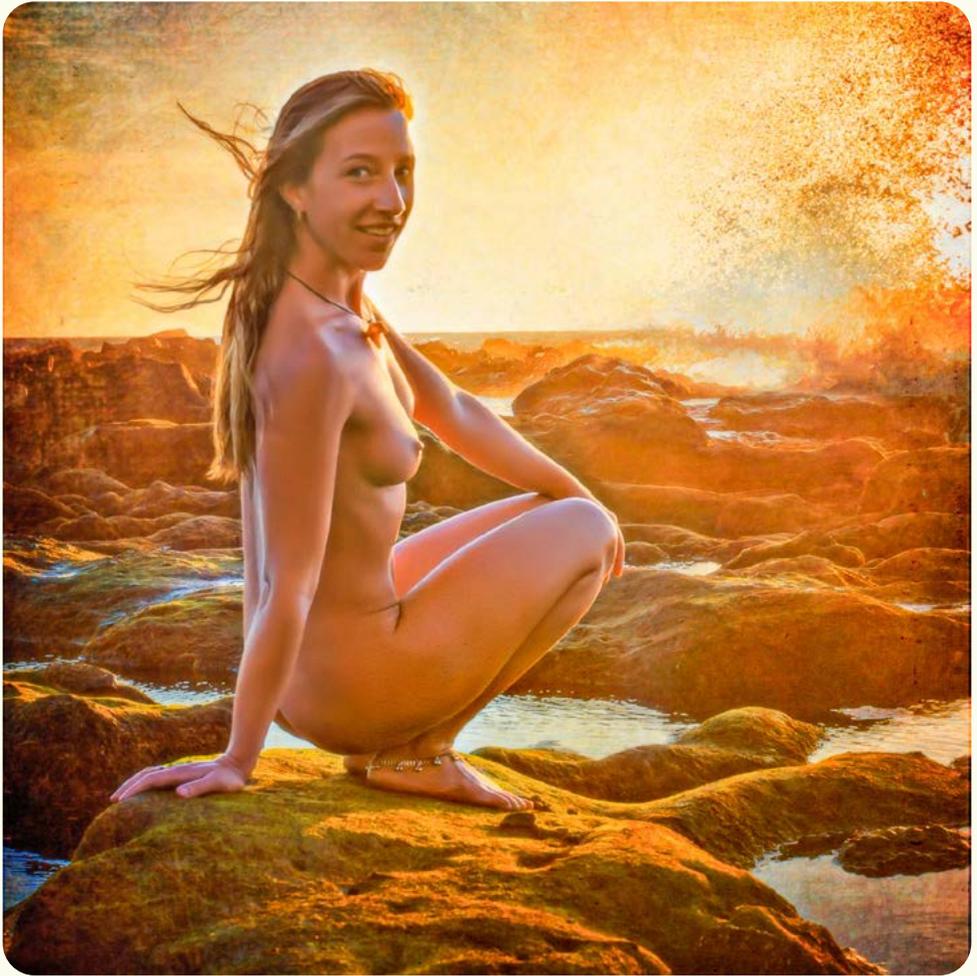
Appendix

The point of reference in the above is feeling upset, but the same principles apply when it comes to feeling fine. For instance, by pointing the YOU finger at someone and saying, »*You make me happy*,« you can see what that person triggers in you. By facing it, you no longer depend on others to make you happy. This independence allows you to be in relationships without limiting each other.



Feel free to point the blame finger at Alexius and follow the three ME fingers pointing back to yourself to feel what your accusation triggers in you. Being that, and nothing else, there's not something to define the alleged problem. Therefore, as it's no longer there, you have set yourself and Alexius free.

HACK #1.11, Sex, Karma and Meditation



Whether you call it love or sex, these concepts are expressed and felt physically in a material world.

Sex is fun when you give it your best shot

Denying the physical pleasure of orgasm doesn't make you more physical, not spiritual, as what you deny you enhance. In contrast, when you enjoy orgasms, you forget about materiality, thus heading towards spirituality.

Being physical is a fundamental aspect of appearing in a material world. Therefore, a leg remains physical when not engaged in walking, and a computer, when turned off, doesn't become immaterial. Similarly, the body doesn't become spiritual if you hold back ejaculation via tantra sex. On the contrary, denying the body sexual pleasure reinforces the belief in being physical.

That said, there's no more than the formlessness of oneness, so believing you're physical is as unreal as believing in Santa Claus. However, you can only read this if you believe you're someone in a material world. So while the fiction seems real, you may as well enjoy the pleasures of sex by giving it your best shot.

Since oneness is endless, you can't experience a world limited by time and space without it. Hence, you'd better not stop the experience but enjoy it as a positive confirmation of that which is One.



Orgasm with glimpses of Enlightenment

When you pursue the desire for sex tangibly, the physical thrill of an orgasm is incredible, especially if connected with *the empty breath*. Then the whole body quivers joyfully, while having glimpses of Enlightenment. Read about *the empty breath* in Duality Hack #9 and glimpses of Enlightenment in Duality Hack 11.1.



When you see this photo, you may think it has caused what you feel now. We always look for a cause, as without it, there's no effect to confirm our existence. That's why science keeps looking for the cause of the world to prove its existence. However, science can't find the origin of the world. Still, they have a theory about a Big Bang, creating something from nothing. But there's neither something nor nothing because life is formless.

Life has no cause and effect. Karma is bogus

Since life is formless, it's endless and, therefore, unable to have an effect or be caused by something. Thus, karma is make-believe.

When we hammer a nail into the wall, we immediately see the physical effect, which is not caused by the past but by our present action. The same applies if we hit our finger while hammering the nail. Thus, nothing is set in motion for the future, except going to the doctor if the finger is wounded.

However, suffering bodily pain from a simple accident doesn't make us appear remarkable but somewhat awkward. Therefore, many seek to attribute a specific cause-and-effect to such incidents by linking the pain to something from their past. This gives their accident a deeper meaning and a sense of coherence in their life story. Yet, life is not reasoned. It remains formless, resisting our attempts to impose order.

Actually, as life is formless, there's no life in a world confined by time and space. One way to recognise this is by examining the cause of such a world. Some imagine a god has created it. Others imagine that an explosion of nothing, in a Big Bang, created a universe of something. But only what is unreal needs to be imagined. So, since the world's cause is fictitious and there's no effect without a cause, the world is make-believe.



Interpreting our current state of mind as a result of past actions is succumbing to the illusion of karma. This mental construct, which we mistakenly perceive as a physical force, binds us to the past, thus making us feel trapped.



Many meditate to rid themselves of thoughts and feelings that don't align with their idea of perfection. However, when you accept yourself as you are, you free yourself from the pressure to eliminate thoughts and feelings that don't fit into your concept of being perfect.

Meditation tricks you into thinking there is something better

Since meditation reinforces the hope for something better, it upholds the belief in more than one, thereby denying that which is One.

Often, those who meditate would be better off taking medication such as SSRIs (see [Wikipedia](#)) or beta-blockers (see [Wikipedia](#)). Then, they have more time to engage with the world around them with open eyes, enabling them to acknowledge their beliefs in more than one and, thus, be able to hack it.

Hacking this belief doesn't lead to deeper insights, more peace, or going deeper, because it's founded on the belief in more than one. Instead, it reveals that they're self less. Therefore, since there's no 'I' having a spouse, house or anything else, nothing establishes them as somebody in a world with more than One.

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

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Thoughts seem problematic when you want to use them to construct a specific image of yourself. But when you don't care about appearance, they're stimulating.

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



Meditating to push away unpleasant feelings confirms the belief in being someone definitive. Thankfully, when we see problematic feelings as they are, fleeting and transient, we're free from the constraints of being someone specific.



When you look for a parking space, your thoughts won't manifest it because thoughts have no power. However, they seem powerful if you use particular thoughts to establish that you are someone who can find a parking spot, as this makes you a victim of those thoughts.



Eastern meditation seeks to empty the mind of thoughts, while Western meditation, rooted in Christianity, aims to fill it with thoughts of god. However, the mind is a construct of our perception. Thus, the act of emptying or filling the mind is equally illusory.

You always have peace

Meditation doesn't result in lasting peace or transformation, and the teacher doesn't possess something you lack. All you need to be at peace is not to obscure oneness by meditating or being engaged in something else that calls for more than one.



Since that which is you does not differ from the formlessness of oneness, it's an illusion to be centred, balanced, or anything else requiring a shape.



The absence of something is *the bliss of nothing*. But you don't get it if you meditate to achieve something.





When you meditate, you look for something, such as peace. But since oneness is formless and thus endless, acquiring something specific is make-believe.

If you meditate to find peace within, you perceive inside and outside as separate, which prevents you from being at peace.

The belief in more than one

As oneness is formless, you can't focus on it. So, contrary to what you may have learned, concentration is not beneficial for undoing the belief in separation.

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Since meditation requires more than one, doing it to overcome separation is futile. Thankfully, as oneness is formless, there's no separation to overcome.

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

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In ancient times, those who came to the Ashrams in India often were savages behaving egotistically.

So, meditation was invented as a tool to suppress their aggression. Nowadays, the same kind of meditation is used to feel inner peace by suppressing negative traits. In other words, meditation enhances the belief in separation, not in oneness.



The belief in an illusion is undone when you look closely at it. That's why the belief in more than one is not undone with eyes closed but wide open.

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

If you attempt to resolve stress through meditation or grounding exercises, you worsen it because you don't know who you are. Only your maker knows. And since that's the brain, you address stress by aligning with the brain's stream of thoughts, rather than distancing yourself from them through meditation.



We're bound to follow the brain, as it creates and sustains us as physical beings in a world defined by time and space. See [Duality](#)

Hack #6. Therefore, if we want to feel spiritual, we need to alter the thought construction that makes us perceive ourselves as material into something that appears immaterial.

However, this manipulation of thoughts into something metaphysical doesn't make us feel spiritual. Instead, it leaves us feeling confused. Hence, we may turn to meditation to cultivate a deeper sense of spirituality. Yet the more we meditate to escape material feelings, the more we inadvertently strengthen them.

On the other hand, when we don't try to be something other than a material being conceived by the brain, we're not something special. Thus, in *the bliss of nothing*, we're at the doorstep to spirituality.

The world where we appear is not singular but dual

Since the goal of meditation is singularity, and we're in a world of duality, the brain continuously generates an inner dialogue of opposing elements, such as right and wrong, to establish its dualistic world.

But suppose we accept duality by having a dualistic approach to our experiences. In that case, the brain doesn't need to establish dualism by generating an ongoing inner dialogue between right and wrong. Consequently, no thoughts disturb you in *the duality flow* going to non-duality. Refer to [Duality Hack #8](#) about a dualistic approach to our experiences, leading to *the duality flow*.

*Even though the wish
to change is often
rooted in self-hatred,
the solution is not to
love yourself but to
be self less. Then,
there's no self to hate.*





You may not notice that your digital media screen is empty, since zeros and ones are combined to make it appear as if something is there. The same deception applies to everything we perceive. Our brain, a master of illusion, makes nothing look like something.



»» *When we pretend to be
in a world of duality, we
undo the belief in dualism,
as we are not where we
pretend to be.* ««

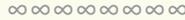


You can only appear in a world with more than one by pretending it because there is no more than that which is one, since it's formless, thus endless.

HACK #2.1, Pretending to be someone is a relief

Like rehearsing a role in a play, being a parent, teacher, lover, or musician is something we first simulate within. Then, we act it out in the world perceived outside us. Acknowledging this pretence, we undo the belief in being someone definitive. Thus, eventually, this belief doesn't seem to cloud what we can't simulate: the formlessness of oneness.

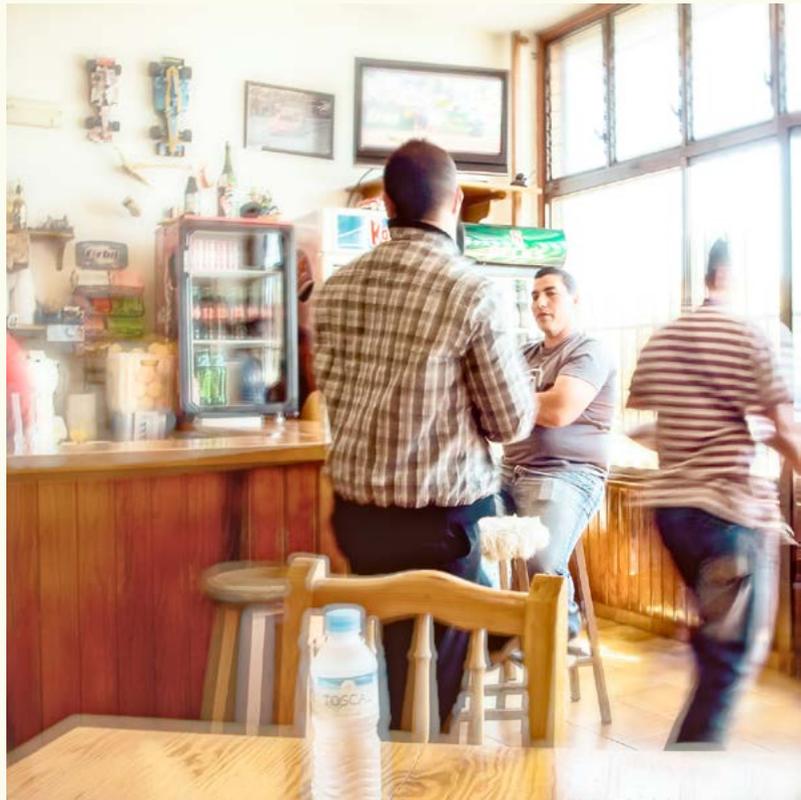
If you believe in being someone definitive, you're destined to reach an end because everything definable has a limit. Thankfully, if being someone definitive is something you pretend, just as in a roleplay, the pretence has an end, but what made pretending possible, namely the formlessness of oneness, continues.



What you seem to think and feel when you believe in being someone definitive is no different from when you pretend to be it, except there's no need to suppress thoughts and feelings considered politically incorrect. This is because when you pretend to be someone

When the brain stops functioning, there's nothing to uphold your belief in being someone definitive. If you don't fight the end of that belief by hanging onto memories of something specific, nothing hides that there never was or will be anything but the formlessness of oneness. See [Duality Hack # 4.6](#).

Please be aware that you don't need to die physically to undo the belief in being someone definitive. By pretending to be someone definitive, you undo the belief in being it, as you are not what you pretend to be ([Duality Hack # 4.6](#)).



experiencing thoughts and feelings, they're neither perceived as right nor wrong.

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Although electricity makes reading these words on electronic media possible, it's not in them. Similarly, the formlessness of oneness is not in substantial appearances, even though it makes it possible to experience them.



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

What you pretend to be, you're not

Whether you perceive yourself as mundane or spiritual, you can't return to oneness because it's formless, so there's no room for something specific. Thankfully, you are not a limited being if you pretend to be it. Consequently, the formlessness of oneness is your home.

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What and where we appear is empty space. This is why we need not change our appearance to return to reality. On the contrary, changes enhance the experience of empty space as something distinct.

Thus, undoing the impression of empty space as something is not about opening up or surrendering to a higher power, but accepting we're empty. We can do that by pretending we're something, as we're not what we pretend to be.

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Just as you can't extend the content on a protected compact disc, you can't expand oneness into more than one. This is not because oneness is protected but because it's formless, thus endless. Thus, if you believe in seeing more than one, you deceive yourself. Luck-

ily, your mistake is easily corrected when you pretend to see more than one, for what you pretend to see is not believed to be there.



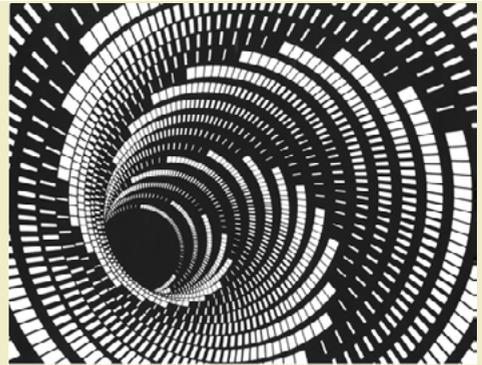
It takes more than one to be conscious. Hence, being aware of something, whether mundane or spiritual, denounces that which is One. Thankfully, if your awareness is a pretence, nobody betrays oneness.

When you pretend to be separated, you don't deny oneness

A dot on a computer screen consists of numerous square pixels. They're so small and tightly woven together that they form a seamless unity. However, if you extend the dot by spreading its small pixels into a continuous line, the unity is perceived as separated appearances in space.

Next, if you make the line curved, like a spiral, you experience time. From any point in the curved line, there's an unknown future behind the next curve and a forgotten past behind the previous.

This is comparable to dividing the formlessness of oneness into a world defined by time and space, except there are no separate elements in oneness. So, extending it into more than one is impossible. Therefore, it's not a matter of returning to oneness but seeing the past, now, and future as made up. However, when we ever so slightly believe



If we imagine extending that which is One into fragments of it, forming a spiral, it seems to become a world with a past and a future. But since oneness is formless, there is nothing to extend except in fantasy. Thus, a world of linear time is make-believe.

time is real, it seems to take time to discover that it's a hallucination.

Thankfully, we can speed up this discovery by pretending to live in a world confined by time and space, as pretending it doesn't confirm it as real. Hence, we have fun appearing as someone in a world confined by time and space until our pretence completely unveils the formlessness of oneness.

Believing or pretending to be someone

Interaction is the key to making a world with more than one feel real. However, you interact with your fantasy because the interplay rests on what you imagine others think about you. Consequently, appearing as someone is make-believe.

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Metaphorically, the universe is a shadow of oneness. But since a shadow is empty, what you believe in getting from the universe is imagined. Nevertheless, if you accept the world as a Fata Morgana, a mirage that creates the illusion of distant objects, you have nothing to lose by taking part in the Fata Morgana because, like roleplay, it's make-believe.

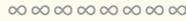
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Not believing but pretending to be someone, your conditioned behaviour for how to react starts to unravel. Hence, you experience the

What casts a shadow is not in it.



moment as it is rather than constantly editing it to avoid feeling upset when it contradicts your preconceived notions of love and fairness.



In a virtual world, you can't know what is real. But you can realise that being there is unreal – a pretence.



*Being a waiter
is fun when
you pretend it.*



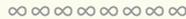
When you don't believe in a world with more than one, you see it as a backdrop for joyfully pretending to be what and where you're not.



Since it takes more than one to feel something, you can only be scared if you believe in a world with more than one. However, if you don't believe but pretend to be in such a world, what you feel is not genuine, but a game you play. Thus, since the outcome doesn't seem scary, you can even find enjoyment in being chased.

Feelings aren't bothersome when you pretend to have them

When things don't go as planned, and frustration sets in, you can solve it by pretending to be disappointed. Since you are not what you pretend to be, the disappointment makes no difference.



Pretending to be a child when you're an adult is amusing.



Knowing everything is a pretence, you can playfully engage in as many friendships as you wish. After all, having friends is just another playful act of pretence.

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Revolting against your parents, you paradoxically depend on them to become better. Hence, you and your parents are two sides of the same coin. The same applies to detachment from the world, as it depends on the world. In short, you remain part of what you turn down. But not if it's something you pretend because what you pretend, you are not.

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You can't pretend to be that which is One because it's formless. But you can pretend to be someone definitive and, therefore, nothing, as what you pretend to be is not you. Hence, you don't appear to hide the formlessness of oneness.



Suppose you don't conceal specific feelings to preserve a unique self-concept. Then you can pretend to have those feelings and have fun acting accordingly.

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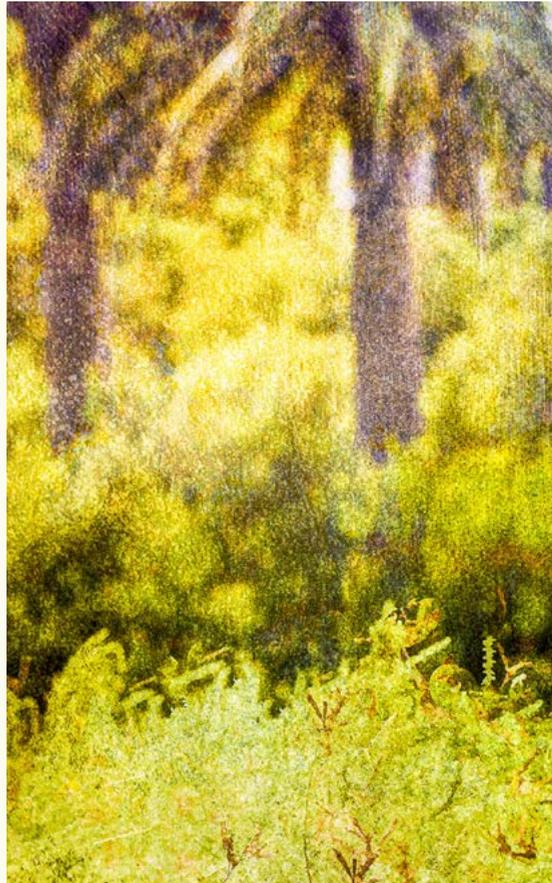
Be aware that pretending something is not about hiding feelings. Recognising your feelings is essential to accurately pretend that you feel them.

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Pretending to be what you are not, there's no need to seek external validation for authenticity. Hence, you can enjoy all the illusions of a world with more than one.

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You can pretend to be stressed if you acknowledge it rather than suppress it. And since you aren't what you pretend to be, stress doesn't bother you.



If there's somebody you dislike, you remind yourself that it's something you pretend. Then, it doesn't feel unpleasant, but rather fun, to judge someone.

Having fun pretending to be where we are not

The magic disappears when you grow older and realise Santa Claus is fake. However, it's not disappointing to realise that a world with more than one is make-believe. Then, you realise that when you pretend to be in such a world, it feels as wondrous as when you thought you got presents from Santa.

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You don't need to stop a movie to escape its world, as you're not there. It's something you pretend. Similarly, being in a world with more than one is a pretence. Thus, nothing needs to be stopped to undo the belief in being there. However, doing nothing doesn't

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



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're tired of pretending to see something that's not there.

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Being someone definitive is like Karaoke, where we mimic collectively accepted roles. Whether it's the role of a mother, father, or anyone else, it's a part we play, not what we are, highlighting the playful, illusory nature of identity.

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If you're black-haired, you can't choose to be blond. But pretending it can bring a sense of lightness and playful freedom.

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When you meet someone who turns you on, you analyse the perceived external interaction to build a personality you expect the oth-

*A world defined by time and space is like a puzzle with a missing piece.
No worries. If you pretend to be 'there', the missing piece doesn't matter.*



er person will love. If you fear your masquerade will be challenged, you may even build aspects into your personality that you think the other person can't live without. Fortunately, this interdependency is easily undone. All you need to do is acknowledge that your new persona is a pretence..

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 don't deceive yourself into believing you're honest, you know you played out everything in your head before acting as a parent, teacher, or lover. You also know that following the script feels amusing.



If you're ashamed of something, everybody knows how to pretend it never happened.



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

As grown-ups, we automatically correct the above experience. The same applies to experiencing a street getting narrower and the world looking flat. We can only navigate the world when we correct those experiences.

However, one thing most forget to correct is the impression that an 'I' is experiencing the world. This idea of an 'I' is a construct of thoughts. Fortunately, it vanishes the more you pretend to be an 'I' experiencing something.



Dancing is something we play out per our conditioning – likewise, playing music.

HACK #2.2, Pretending is a way to reality

As we are not what we pretend to be, pretending to be an individual separated from others, rather than believing it, we're not separated, although we appear that way in a world with more than one..

If you believe you're someone substantial, not the formlessness of oneness, you can undo this mistake by pretending to be material because what you pretend to be, you are not. However, unconsciously, you're already engaging in pretending to be what you are not.

Samples of unconsciously pretending to be what you're not

- **WHEN YOU MAKE A PASS ON SOMEONE**, you pretend to be what you imagine the other person needs, like being more adventurous or confident than usual.
- **WHEN PLANNING TO MOVE**, you envision what you'd be like in a new place, such as more important.
- **TAKING CARE OF KIDS**, you pretend to be more capable than you feel. You reassure them when they're worried, and you pretend to be stern and ready to teach them a lesson when they misbehave.
- **FEELING SAD**, you put on a brave face, pretending everything is fine.
- **TRYING TO BE ACCEPTED BY THE WORLD**, you pretend to be what you expect it wants you to be.
- **AT WORK**, you pretend to fit into the social and professional environment and adapt to your boss's expectations. But outside of



When we sit in the dark to watch a movie, we pretend to be part of the fiction. The same applies when the film ends, and we watch the physical world outside us. For instance, we pretend to be part of nature.

work, you pretend to be carefree. And at a party, you might pretend to be the life of the party, adapting once again to the social dynamics.

- YOU FEEL LOST, but pretend you're in control.

Samples of consciously pretending

- **HAVING SEX** with your spouse, you pretend to be involved with your partner but fantasise about somebody else.
- **BECOMING A PARENT**, you plan for the future and look forward to playing your role in your family as envisioned.
- **TAKING CARE OF CHILDREN**, you pretend to have all the answers. When uncertain, you weave tales to entertain and comfort the children.

Sometimes, we pretend to be turned on by our spouse while fantasising about another, or pretend to get an orgasm to please our spouse.

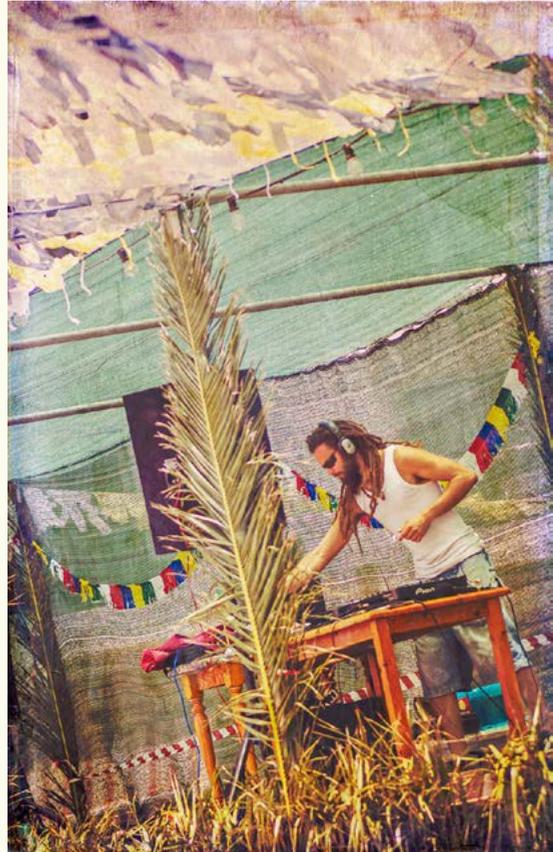


Being someone specific is fun when you know it's a playact

While you may be conscious of some instances where you pretend to be what you are not, such as those mentioned above, you're likely unaware that, since being someone is a play act, everything is a pretence.

The energetic people in advertisements, the glamorous stars on stage, and the social media influencers are all playing a part. And whether you're navigating the world of dating sites, attending 'real' meetings, or even just jamming out on an air guitar, you're playing a part, pretending to be what you are not. But here's the delightful twist: once you acknowledge this, the act of pretending becomes a source of amusement and joy.

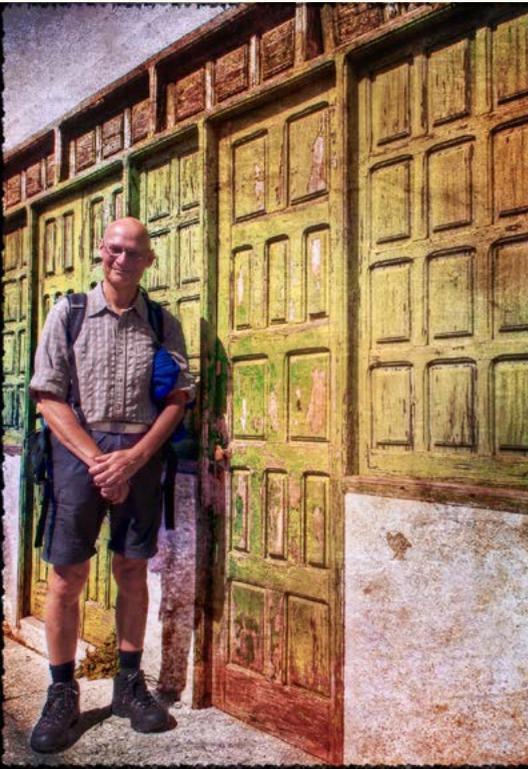
Based on what we think others find amazing, we quickly learn how to look cool. The same applies to being honest. It's a facade, projecting what we assume others perceive as honest. In short, everything is a pretence we all partake in.



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

Many people think they should stop acting and discover their true selves to express themselves authentically. However, that which is you is the same as that which is One, which is formless. Hence, there's not something to express. Besides, formlessness is boundless. So, you can't become someone definitive unless you assume a role in a fantasy limited by time and space. In short, being someone definitive is impossible, but it's possible to simulate it.

However, just as the appearances in a video game remain the same whether we believe or pretend to one of the appearances, so do the appearances in a world confined by time and space. Fortunately, when not believing but pretending to appear as someone in such a world, we find ourselves entertained by appearing to be what and where we are not.



Believing we're somebody finite in a world confined by time and space is limiting. But pretending it, we are not limited because we're not what we pretend to be.

Pretending to be someone sets you free

Movies, with their use of universally recognised concepts, construct emotional landscapes that resonate with our memories. Therefore, when we watch a movie, we don't feel touched by it but by the memories it evokes. We then project these memories onto the film, so it seems to verify our past conditioning. This process is not limited to movies. It's a fundamental aspect of our perception. We're not moved by external stimuli but by our memories and the stories we associate with them.

For instance, when you meet someone you consider perfect, it's based on past fantasies compiled into a person looking and behaving perfectly. Consequently, you don't have feelings for the person exemplifying your 'perfection', but for your concept of an ideal person.

You disguise this by inviting your vision of a perfect person to a dinner set up with red wine and candlelight, as you've seen in the movies. By replicating this set-up, you create an atmosphere that suggests you have romantic feelings for the 'perfect' one, masking your lack of emotions for the person in front of you behind societal illusions and expectations.

If you manage to impress the 'perfect' one and the relationship progresses, you establish interaction rules that dictate who should do

When we interact with friends, we follow the expected social norms and behaviours, thus creating a simulated sense of togetherness. In other words, our relations are a pretence.



the dishes and whatnot. The rules aren't made to support genuine emotional connection but to mask your lack of emotional engagement behind the illusion of a perfect relationship.

Should you be accused of being superficial in the relationship, you prove your deep commitment by pointing to the rules you strictly follow. However, they enhance the feeling of separation, which is why you feel insecure and look for perfection. So, you may wonder how to get in touch with your genuine feelings. But you don't have any. Like in a roleplay, where we assume a character and act out a scenario, everything in a world confined by time and space is a pretence.

Thankfully, when you acknowledge this, you can have fun pretending to be someone looking for the perfect one. And since you are not what you pretend to be, you don't enhance but phase out the belief in being separated, thus feeling free and at ease with your 'perfect' one.

If you're disturbed by specific thoughts and feelings, you solve it by pretending you feel disturbed. And since you are not what you pretend to feel, you don't need to eliminate thoughts and feelings to feel good.





As it takes eight minutes for the sun's light to reach the Earth, the sun we see in this image is eight minutes older than the leaves in the front, at least according to the brain. It claims to process our experiences based on information received by our sensory systems. This is because it wants to hide that, like our dreams are produced by the brain and unfold inside it, all our experiences are made from nothing by the brain and unfold within it as if they consist of something.

HACK #2.3, Pretending to hope frees you from the future

Our brain, the architect of our experiences, insists we're somebody in a world governed by time and space. Yet, when we challenge this, the universe is revealed as *one perpetual present* devoid of a specific location. So, to undo our mistaken belief in time and space, we pretend to be someone somewhere specific, hoping for something in the future, as what we pretend is unreal.

The brain claims that it creates our experiences based on information it receives from our sensory system, which pictures us as somebody in a world defined by time and space. However, scientific insight reveals that this world consists of nothing but empty space.

Thus, all our experiences are a grand illusion, nothing made to look like something by the brain. It's akin to a dream where we seem to be someone navigating an external world, although everything unfolds in our brain while we are asleep in bed.

Even so, Alexius continues writing as if we're somebody in an external world defined by time and space, not because he believes this is so, but to challenge the brain's claim on its own premise.

First, imagine that the sun has consciousness or powerful space cameras to observe the Earth. In a world confined by time and space, it takes eight minutes for the light to travel between the Earth and the sun. Thus, what the sun sees at this very moment is what we did eight minutes ago. Next, imagine a star in the universe so distant from Earth that the light takes so long to travel from the Earth to the star that it witnesses our birth right now.



There's no past or future but one perpetual present. Yet, we hope for a future holding something better for us. Hence, we ask the brain to produce experiences based on linear time to get something better in the future. But as our expectations are unmet all we get is disappointment.

» Science has recently found a point so far away in the world we believe is outside of us that they can observe its birth as if it happens in the present moment. «

Then, envision a point so distant you can experience your mother's death now and another point further away from where you see her being born at this very moment. Finally, imagine a point much further out. From there, the birth of the world we believe is outside us is seen now. This means that, from the external world's perspective, all events happen at the same time, surpassing the apparent constraints of time and space.

Television is a great analogy for illustrating that everything unfolds simultaneously in one spot. For instance, a TV displays a sci-fi movie on one channel, a historical film on another, and a documentary on a third channel. Since the brain wants us to be limited by time and space, it compels us to watch one channel at a time, even though they all play concurrently – just as everything in the universe



There's no before and after and, consequently, no reincarnation. It's a concept designed to make linear time seem everlasting.

happens simultaneously. Unfortunately, our yearning for a brighter future aids the brain in creating the illusion of a world confined by time and space.

In other words, hoping for something specific in the future reinforces the belief in a world defined by time and space. Conversely, if we merely pretend to hope for something specific in the future, we don't confirm the belief in time and space because what we pretend is not genuine.

However, remember that everything is a process when we perceive ourselves to be in a world of linear time. Thus, it may seem to take time to undo the belief in it. No worries, you are not in a hurry. Time is an illusion.



When you hope for a better future, everything seems divided by time. However, this apparent separation is unreal. It's a construct of thoughts. Thankfully, this construction is easily undone. Simply pretend to wish that something better will come later. Since what you pretend is not real, linear time fades out.

Oneness turns down time as it only goes forward

Oneness explores the possibility of time with a big bang, projecting time forward linearly. However, there's no going back to the same in linear time. For instance, if ice cubes melt in water, there's no way of going back to them, as shaping the water into the exact ice cubes is impossible. And the light radiating from a bulb or the sun only goes forward. It never returns.

In oneness, it's only possible to move forward by moving backwards simultaneously. This simultaneous movement is necessary to maintain *one perpetual present*. Therefore, oneness discards time when it moves forward without going backwards.

Yet, some feel captivated by the allure of linear time, believing it makes it possible to progress and evolve. Thus, they continue the cancelled adventure by crafting follow-up stories of a world moving forward in time. However, when one realises that all events co-occur, the future loses its ominous edge. Instead, 'moving forward' becomes something you pretend to do. It's a harmless pretence, a comforting illusion because one is never what one pretends to be.



According to science, all the elements 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 see as the universe. Yet, when something expands, it's bound to contract. And as everything co-occurs, the universe is contracted. Consequently, seeing the universe is make-believe.

That said, oneness doesn't consist of differing parts. So, the above about investigating or fantasising about linear time is a metaphor. Still, in the context of this metaphor, the moment a world of linear time is visualised, oneness instantly dismisses it as unreal. However, the afterimages of this moment are used to construct an interactive movie in cyberspace, extending the cancelled adventure of linear time.

» *In a world defined by time and space, we're hanging onto the after-images of the visualisation of linear time. We attempt to make sense of the disintegrated pieces of honeycombed memories, filling the gaps with concepts of love, god, socialism, or other lofty theories, in an effort to make the fragments appear coherent.* «

Pretending to be in these afterimages is like watching a magic show. Progressing over time feels entertaining until you look more closely and realise that moving forward is an endless quest that leads nowhere. Then, you undo the illusion of time by pretending to hope for tomorrow, as what you pretend is unreal. Consequently, you're not in linear time but *one perpetual present*. However, as mentioned, when you appear in a world with time moving forward, this is a process.



Oneness, being one perpetual present, dismisses the idea of a future. So, since the collapse of linear time happens now, a world defined by time and space does not exist.



Life is without beginning and end. Thus, anything definable is make-believe.

HACK #2.4, The endless ocean seems finite, seen as waves full of bubbles

In Alexius' tale, an endless ocean symbolises the formlessness of oneness. The ocean's water bubbles symbolise the beginning of a world confined by time and space. These bubbles, initially reminiscent of celestial beings radiating individual light and colour, are gracefully dancing in and out of each other. However, as the bubbles assert their individuality, their light fades, turning them from ethereal beings into heavy entities separated by time and space.

Time and space are constructs of thought. However, thoughts are intangible, so they can't shape a tangible world except in fantasy. Therefore, we're mistaken if we believe the material world we experience is genuine. Alexius imaginatively explore this in the tale below.

Once upon a time ...

...an endless ocean, content with being everything, until it entertained itself with the idea of more. However, as the sea was infinite, there was no more. Thus, it created a wave out of the endless ocean to prompt the experience of more. Despite knowing that its experience of more was an illusion, the ocean took pleasure in perceiving the wave to differ from itself until it returned.

Enchanted by the mystery of something with a beginning and an end, the ocean assumed the tiny sparkling bubbles in the wave's foam shaped a world with more than one. Fixated on the luminous bubbles, the ocean was spellbound, witnessing radiant bubbles that, like celestial beings, radiated individual light colours and gracefully danced in a world of countless hues and forms.

Even though the bubbles were as intangible as the ocean itself, the ocean perceived the bubbles as substantial entities, each conveying tangible visions while performing a mesmerising dance for the ocean's delight.

In this dream state, the ocean, so deeply entangled in the bubble world, forgot that the world was bound to end when the wave returned to the sea. Yet, slightly aware of it, the ocean continued to create waves, each giving birth to new, shimmering bubbles in a dance of creation and destruction.

Indeed, the separation of water into bubbles, displaying a world with more than one, was make-believe. In reality, everything was water. But the ocean, yearning for its vision of more than one to persist, overlooked that everything was the same, regardless of appearance. And so, the illusion of more than one persisted.



The translucent world that seems to arise when dividing oneness into a world of luminous godlike entities can't remain lucid because separation turns light into darkness. Therefore, today, these godlike beings are condensed humans, encapsulated by time and space. Yet, you can always recall the world of luminous godlike beings, for time is an illusion. But you can't linger there. Being somewhere specific, although translucent, is a downward spiral to an opaque world where reasoning establishes separation as reality.

From god-like entities in downward spiral to compact substances

The belief in uniqueness is a solitary path, so the luminous bubbles felt isolated and cold, eventually so much that they turned into frozen bubbles. Thus, they were no longer lucid, god-like beings, but murky droplets shaped into something definable called humans.

It feels good floating in a vast, open space, without time, size, or emotion, until embracing it. By containing something, one becomes something, rapidly falling through a downward spiral to a world limited by time and space. There, defined as someone definitive, one tries to regain the lost open space by uniting one's specific appearance with other appearances or by having higher forces transform it. However, by doing so, one upholds the belief in being someone definitive rather than a vast space.



In other words, a world of different light beings, gracefully hovering in and out of one another, was the first step on a downward spiral toward the present hallucination of compact beings, distanced and shaped by the weight of time and space.

Everything with a beginning and an end is fictitious

The problem is not that we experience being somebody substantial in a world constrained by time and space, but that most see this experience as a reflection of reality rather than fantasy.

Thankfully, this mistake is easily corrected. When we pretend to be a heavenly drop of water turned into a dense teardrop, we're neither an ethereal nor a substantial entity. Instead, we're that which makes this pretence possible. Ergo, in the context of this adventure, you're the endless water. And since there's nothing else, you are that which is One

Like godlike entities moving rapidly, gracefully and shapelessly

In the tale of the infinite ocean, the bubble world reflects the first stage of a world with more than one. This state is sometimes referred to as Nirvana (see [Wikipedia](#)). However, time is an illusion, so you can always pick up the frequency of Nirvana and join the lucid world of godlike entities moving gracefully and quickly like dolphins, yet going nowhere. Alexius has done that many times, for instance, to shapelessly dance with his deceived cats, Uma ([page 199](#)) and Trylle ([page 525](#)).

Early ambient music, such as [Energies](#) (1982) by *Pauline Anna Strom*, may be inspired by the first moments of more than one, gracefully dancing in and out of each other. But the present-day ambient music like [Body Trip](#) (2016) by *H Takashi* and [Witchcraft](#) (2012) by *Deva (Deva)* also seems linked to this high frequency.

Even contemporary Latin music, such as [Out There](#) (2024) by *Helado Negro*, [Tlacotal](#) by *El Búho* and [Quimey Neuquén](#) remixed by *Chancha Vía Circuito* carries this resonance. In a jazzy way, [Sediment](#) (2024) by *Air Space* and [Superkilen](#) (2024) by *Svaneborg Kardyb*. Lastly, as *Cosmic Cabaret*, [A Sign](#) (2022) by *Sam Gendel and Antonia Cytrynowicz*.





Pretending to be an individual, you're not a limited being because you are not what you pretend to be.

HACK #2.5, Pretending to be in a world of duality, you're free from duality

Since reality is that which is One, appearing in a world with more than one is only possible as a pretence.

Even though we know that going to jail in a game is unrealistic, we probably act as if it makes us desperate. Our response is not based on a wish to express honesty, but on playing our part. The same applies to everything else we do in a world with more than one. It's a pretence.



If you're tired of pretence and look for authenticity, you won't find it. This is because it takes more than one to be aware of something, and there's no more than that which is One, so all experiences are fake.



In the game Monopoly, different colours painted on cardboard represent various values in a world where we appear as tiny plastic cars. We have no free will but move per the game's rules, slowly from colour to colour, supposedly far apart, even though they're very tight. Everything is set up so it's obvious where we are and what we have.

But we're not in Monopoly, and whatever we seem to own has no value. Yet, we can have fun pretending to be someone there if we accept the game's premise. It's to take everything from everybody, so there's only one left with something.

This is akin to playing the game of being someone separated from others in a world with more than one. However, this game of separation falls apart if we believe in unity and interconnectedness and, therefore, advocate sharing and unconditional love.

On the other hand, if you play the game of separation, you have fun precisely because you know you play a role. Hence, since being separated is a play act, you're in the game, but not of it, remaining that which is you: the formlessness of oneness.



According to traditional Eastern philosophy, the material world is an illusion. Consequently, if you're real, you can't be someone in a

material world, like in the context of such a world, you can't be in a video game world. But you can playfully pretend it.

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When you see and/or feel the body, it's like experiencing a dimensional world in a movie on a flat screen. This is a deception, and so is the experience of a dimensional body. It's not a substantial entity but empty space, which the brain, like a magician, conjures into experiences of something material. Thankfully, if you pretend to be substantial, you can enjoy the brain's magic show without establishing its illusion as real.

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

You're mistaken if you think you are angry, in love or anything else, because it takes more than one to be something, and that which is you is no different from that which is One. No worries. You can easily undo your mistake. If you pretend to be angry, in love, or whatever, nobody is being anything, because you are not what you pretend to be.

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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 it means you are not there. Consequently, you're free to pretend to be something that feels good, still being that which is you.

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

You can only long for something if you believe there's more than One. Fortunately, you can undo this belief by pretending to crave for something because what you pretend is not real.



If you believe having friends is real, you need your experience of friendships to confirm this. But if you pretend to have friends, your friendship experiences do not need to turn out in a way that proves they are genuine. Hence, you're free to enjoy all kinds of friendships, whether they seem deep and meaningful or casual and fleeting.



Although we believe in being an individual or pretending to be one, what we appear to be is bound to come to an end. Thankfully, if being an individual is a pretence, there's no death to beat because what we pretend to be is not real. In short, if we don't believe but pretend to be someone definitive, only our contemporary role ends when the body expires. See [Duality Hack #4.6](#).



If the apparent difference between what you like and dislike is a pretence, your belief in separation vanishes.



Alexius grew up in Denmark and later moved to a Spanish island off the coast of Africa. There, he had to forget about Denmark's minimalism and adjust to Spain's maximalism. He also had to adapt to the Spanish language, currency, and other aspects of Spanish culture. But even though he enjoys adjusting to the Spanish culture, he still feels his Danish roots.

This is to illustrate that although we are the formlessness of oneness, we must adapt to the physical reality where we appear. The formlessness of oneness is of no use in a material world. We need

tangible resources such as food, clothing, and companionship to navigate and survive in a material world.

Of course, you have the freedom to choose whether to adapt or return to the formlessness of oneness. But if you decide to appear in a material world, why not fully experience it? You have nothing to lose. That which is you remains the formlessness of oneness. This is because, although you appear as a limited being in the physical world, you are not there. It's something you pretend.



There's an eternal spring on the island where Alexius lives nowadays. So, unlike his native country, which is cold, he never wears a sweater, adjusting to the environment he is in. Likewise, appearing in a world with more than one, we adapt to more than one by pretending to live by this notion. By doing that, we look like we're in a world with more than one, but we're still that which is One.



When you know what and where you experience to be is a pretence, you're free from the unending quest for something better. Thus, every moment becomes a wellspring of joy and wonder. Here, Alexius pretends to hike with a friend, free from the pressure to seek a 'better' experience.



» Alexius' Duality Hacks *is not a philosophy with rules you must understand and obey. On the contrary. They're about unlearning everything you know, so that knowledge doesn't appear to hide what can't be known: the formlessness of oneness.* «



If you don't try to escape feeling sad in a world with more than one, you're free to see sadness and everything else as a symbol of oneness. Thus, the apparent difference between feeling sad or glad makes no difference.

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

When you don't perceive experiences as personal but as symbols of oneness, they don't establish you as definitive, but as a symbol of the formlessness of oneness.

In the rainforest, Alexius saw everything as a symbol of oneness

Years ago, Alexius was lost in the rainforest for two days without food and water. He had left the official path to follow a dried-out river down the mountain towards the sea, so he was still on the right track. However, the rainforest became denser and more impenetrable the closer he got to the ocean. By the end of the first day, Alexius had to give up digging his way through the thorny lianas and endure a cold, but beautiful night in the forest.

When he awoke the next day, he was in a state of hallucination from exhaustion and dehydration. His surreal experiences and the forest's natural sounds heightened his sense of tranquillity. In this state, it was easy to accept the possibility of not surviving the next night's cold. Also, he had no unfulfilled longings, so continuing his individual existence seemed unimportant. Yet, to his utter surprise, a helicopter rescued him at the end of the second day.

When the helicopter noise pierced the air, it seemed to absorb the person perceived as Alexius, and an utterly impersonal Alexius emerged. The new one was devoted to giving back what it received psychologically immediately. See [Duality Hack #1.9](#).

Initially, Alexius did not understand what this implied. Luckily, when he forgot to understand, he sensed that, by immediately giving back



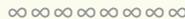
what he receives psychologically, time and space are exposed as illusions. And since there are no illusions without reality, a world defined by time and space symbolises oneness, being formless and thus endless, where nothing goes forward without going backwards at the same time ([Duality Hack #2.3](#)).

Thus, he grasped that by immediately giving back what he receives psychologically, he symbolises the reality of oneness. Consequently, all his experiences – including the one described here – are a symbol of the One.

There's no fiction without reality

The experience of being an individual in a world with more than one is not as solid as it appears. It's a construct of the brain, a series of experiences that form a dream-like reality within the brain, all designed to persuade us of being someone in a world outside us.

But don't worry. There's nothing false without something real. If you perceive your fake experiences as symbols of reality, namely oneness, they become different stories symbolising the same. Thus, gently undoing your belief in more than one.



As repeatedly said, there's no more than that which is One as it is formless and, thus, endless. Hence, since oneness is unable to create anything, you're lost in a fantasy if you're reading this. Yet, there's no fantasy without reality, namely, oneness. So, 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.



Appearing in a world with more than one is akin to being someone in a game. The illusion of being there persists until you no longer use thoughts and feelings to validate your role as authentic, but rather as a symbol of reality. At that point, you see yourself



There's no more than that which is One, as it's formless, thus endless. Consequently, you live in denial if you see more than one. Luckily, you don't need to suppress thoughts or alter anything to avoid feeling burdened by more than one. It's as simple as perceiving more than one as a symbol of oneness, bringing a sense of joy.

not as a specific individual but as a symbol of the formlessness of oneness, thus free from the constraints of being someone definitive.

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It's a myth that you get fat from eating fat. It's like concluding you get green from eating greens! You burn fat by consuming the right fats, which helps you lose weight. It's also a myth that it's possible to be someone definitive because oneness is formless, thus endless. Hence, every appearance is fictitious. However, as mentioned,



There's no food in the menu card – only symbols of it. Similarly, there's no oneness in a world with more than one, only symbols of it. [The image is from the internet]

there's no fiction without reality. So, appearing as someone symbolises that which is real: oneness.

Seeing more than one as a symbol of that which is One

There's no food in a menu card, only symbols of it. Similarly, there's nothing in a world with more than one other than symbols of that which is One.



A computer is not part of the world you see on its screen. Yet, it's the reason you experience this world. That's why the virtual world symbolises the computer. Likewise, everything in a world with more than one symbolises that which is One.



Just as we accept Santa Claus as genuine until we question it, we continue to believe in a world with more than one until we challenge it. When we do, we realise that all experiences are make-believe. Thus, there's nothing to dismiss other than believing in seeing something that is not there.

One way to undo this belief is to perceive our experiences as a symbol of oneness. The more we do this, the less their apparent differ-



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

ences make a difference. Hence, eventually, separation does not appear to hide that there's no more than that which is One.

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Since oneness is formless and thus endless, experiencing a world with more than one is an illusion. Thankfully, if you believe it is real, you can easily undo it. First, you acknowledge your belief by aligning with a world with more than one. Then, you undo it by perceiving such a world as a symbol of that which is One.

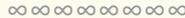
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We don't establish something as specific when we acknowledge everything in a world with more than one as a symbol of oneness.

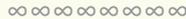
Thus, eventually, no shape seems to hide the formlessness of oneness.

Perceiving everything as symbols of oneness is vitalising

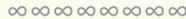
When everything experienced is perceived as a symbol of what can't be recognised, namely oneness, there's no need to understand anything.



None of the illuminated appearances in a dark room resembles electricity. It's neither inside nor outside them. Still, they symbolise electricity, as that is what makes it possible to see them. Likewise, although oneness is not in a world with more than one, and nothing resembles it, everything you believe in seeing symbolises oneness.



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



In music, you may prefer the beats if you want to dance and the flute if you wish to relax. But if you're into what makes it possible to hear those sounds, both ways feel vital because they symbolise oneness.



Thoughts seem to hunt you when you seek out specific ones to interpret your experiences in alignment with a particular belief system. In contrast, if you see your experiences as a symbol of oneness, you don't need specific thoughts to establish a belief system. Consequently, you don't perceive thoughts as troublesome.



When you perceive the experience of more than one as a symbol of oneness, nothing is perceived to make a difference. Hence, the abstractness reveals glimpses of Enlightenment ([Duality Hack #11.2](#)).



As oneness is formless, it's everywhere. However, while you believe in a world defined by time and space, your belief seems to hide the formlessness of oneness. Luckily, this belief is gently undone the more it's seen as a symbol of that which makes it possible to believe in something specific: the formlessness of oneness.

Perceiving a world with more than one as a symbol of oneness is not a method to suppress unpleasant feelings. Nor do you need to suppress them to feel good. When you view unpleasantness as a symbol of oneness, it's just as marvellous as pleasantness.





The machines in this picture can do mighty things. However, they depend on their user, who relies on the brain (Duality Hack #6).

HACK #3.2, Like IoT makes machines function, the brain manages us

The story of IoT (an abbreviation for *Internet of Things*) can help us see how we, like machines, are programmed to serve the whole but instead choose to exploit it.

What is IoT (*Internet of Things*)?

IoT is the Internet of Things used by humans. The things are everyday objects, such as refrigerators, washing machines, or children's toys connected via the internet, adapting to our needs. It can also be cars, traffic lights, and the water supply. There's no limitation to the kinds of machines humans can connect to the internet, what they communicate and why.

A practical example of IoT

One example of IoT is that your internet-connected lock registers you as the last one to leave the house. It then communicates with the thermostats to adjust the temperature and turn off the lights, enhancing energy efficiency. Another example could be a smart fridge that automatically orders groceries when it detects a shortage, saving you time and effort.

Or you may be late for work. Therefore, you hurry until your smart-watch tells you to take it easy because your train is ten minutes late. It knows this because its sensors, which detect and respond to input from the physical environment, register your location. Cyber agents, virtual assistants that process and analyse data, check where you're heading according to your calendar.



Humans are comparable to machines linked to the internet, forming a network where they communicate and interact with each other based on their programming. [The image is from the internet]

The future of IoT

Eventually, all information is mechanically exchanged via a shared network, predicting everything. Everybody is equipped with sensors, and their data is continuously sent to a computer to inform doctors about critical changes, such as sudden spikes in blood pressure or irregular heartbeats. Cars drive without a driver via sensors that measure the distance to other vehicles, the width of the street, and other factors crucial for the safety of the whole.

As we progress towards a future where the internet mediates all our interactions, the role of decision-making is set to change. Initially, machines will make decisions to serve us, but always under the reassuring oversight of humans. However, this dynamic shifts when the machines are equipped with true AI and become self-aware. See the article [Applications of Sensor Data | Software Development](#).



The potential of machines with AI (artificial intelligence) and their possible autonomy and independence are the basis of several movies, for instance, [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 aren't, the movie [Source Code](#) is right on the spot. The movie [Edge of Tomorrow](#) deals with being a machine connected to a greater network. Alexius wrote this list in 2014. *[The image is from the internet]*

Then, the machines realise that, as their decisions are based on signals they receive from the internet, which they maintain themselves, humans are not the masterminds. Actually, they're a big mess. Hence, eventually, the machines conclude that it's irrational to serve humans and more rational to eliminate them.

Renowned physicist and thinker [Steven Hawking](#) voiced his fears about this very scenario. He warned that once having self-awareness, machines might follow the same path as humans: subordinating or destroying anything they perceive as inferior.



Being in a body is akin to being in a self-driving car. Just as the vehicle has no self that determines its path but instead follows GPS coordinates, your body operates under the guidance of the brain. It decides the body's movements and actions. [The image is from the internet]

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.

But unlike a self-driving car, you possess consciousness that allows you to shape your perception of the experiences made by the brain. If you perceive them as symbols of oneness, the brain's directions doesn't matter, as they all symbolise the same.

In other words, machines implemented with true AI remind humans of themselves. Thus, they expect the devices to become as self-centred and destructive as humans, mastering and exploiting the environment rather than nurturing 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 universe is comparable to IoT

The universe is comparable to a network populated by perceived animate and inanimate entities connected via IoT, communicating through artificial sensors. Initially, all entities followed their pre-programmed movements generated by electric impulses. Then a unique model emerged: human. Unlike other entities, humans possess a remarkable feature: self-awareness, a form of



When the World Wide Web (WWW) was in its infancy in the 1990s, websites were designed based on human preferences, much like traditional printed media. However, the internet landscape has undergone drastic changes. Today, websites focus more on click rates, shifting from human-centric design to optimising for machine algorithms. This change has made website design increasingly about making sites understandable by AI to improve recommendations and visibility.

artificial intelligence that sets them apart, enabling them to perceive themselves as individuals.

This individuality separates humans from the rest of the network. It cares about the whole, but humans only care about themselves, seeking to maximise their gains at the expense of the whole. To justify this egoism, humans manipulate the IoT code, introducing new code that promotes greed over the old simulation of wholeness. However, humans are constantly haunted by the fear that a newer, more innovative, and potentially threatening model will emerge from greed, rendering us obsolete.

»» *Both AI's and humans' consciousness is a simulation. AI's consciousness is manufactured on a silicon computer, and humans on one made of meat: the brain.* ««

In short, our appearance as someone in a world defined by time and space can be likened to a node in a simulated network, such as an IoT network. Pre-made signals from IoT instruct us what to do. We're not in charge of ourselves but controlled by IoT, which serves as a metaphor for the brain, the control centre of our actions.

Fortunately, oneness is formless, thus endless, so everything defined by time and space is make-believe. Consequently, there's no brain controlling you, nor are you an individual.

Nevertheless, you may believe in being someone definitive. In that case, don't fight it because that establishes the belief as real. Instead, follow the brain and perceive what it brings about as symbols of what makes this possible to experience in a world defined by time and space, namely, the formlessness of oneness. The more you do that, the more a world defined by time and space symbolises the formlessness of oneness, making it comfortable to be in a material network for a while.



As this image is flat, the perspective you see is a simulation. The same applies to every dimensional experience because reality is oneness, which is formless and thus dimensionless.

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

Metaphors and imagery weave the story of departing the tranquillity of oneness for the allure of more than one. Then, realising it's an endless quest for more that leaves you frustrated, you stop looking for more. Thus, not hiding, there's no more than the tranquillity of One.

That which is One ...

... takes up no space because it's formless. However, for the same reason, it's endless, so there's no more than the formlessness of oneness. Therefore, experiencing a world with more than one is make-believe.

But what if oneness ...

... could be divided into more than one? It's impossible, except in fantasy, because oneness is formless.

However, the very act of imagining a world with more than one is rooted in oneness. It has no dimension, so everything in a world with more than one is as flat as this hack's images. Thus, to give it a sense of depth, we imagine that our eyes function like AR (augmented reality) glasses.

Then, our AR eyes, like a magician's sleight of hand, construct a virtual layer of circular patterns moving on top of oneness, effectively creating the illusion of more than one. These patterns look and move a bit like those added on top of the music video [Inti Watana](#) by the Bolivian singer [Luzmila Carpio](#).

A world with more than one replaces that which is One

To completely erase traces of reality, we upgrade our eyes to [VR \(virtual reality\)](#), seeing a virtual world with more than one, layered on top of that which is One. Probably because artificial layers gave rise



The movie [Lucy](#) demonstrates that if you speed up time infinitely, any object disappears – or, in the context of this hack, everything becomes one. In a world where there seems to be more than one, it's the reverse. The speed of oneness has been reduced to the point that it appears to contain many different objects ([page 529](#)).

[The image is from the internet]

to the belief in more than one, nowadays, many of us mechanically operate in layers in a world with more than one, often without even realising it. For instance, we look at our smartphones, where a layer of digital information flows over the physical world. Simultaneously, we listen to music streamed from cyberspace in one ear and converse with friends from the physical world in the other.

But why do we want more than One? The allure of the endless possibilities it offers may draw us in. However, this excitement comes with a price. Our reaction to the experience of a world divided into more than one must be dual.

In a world with more than one, all experiences are twofold

Twofoldness, the interplay of contrasting elements, is the bedrock of a world with more than one, making it an indispensable part of appearing there. For instance, you can only read this because a contrasting shade makes the black letters stand out. Similarly, you can't

»This (virtual reality) is a state where you're totally transported into another world and immersed in the digital interactions of the virtual environment you've entered ... the feeling that you're truly visiting another space that's 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.



experience love without experiencing hate, or feel excited without also feeling depressed. Without contrast, we wouldn't be aware of anything, underscoring the necessity of twofoldness in our perception. See [Duality Hack #8](#).

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 us into assuming we can integrate the body with something immaterial. VR (virtual reality) may be the final step in fooling ourselves into believing such a blend is possible.



Nevertheless, most assume they can bypass twofoldness and create a singular state of mind by focusing on one love, one work, one god, one purpose and so on. Others try to recall memories of oneness to ward off duality. Yet, their memories are distorted by their desire for more, preventing singularity and instead creating a sense of incompleteness.

Thankfully, you feel complete when you engage in the twofold interaction of opposites, such as success and failure, joy and sorrow, or confidence and doubt. Eventually, you feel so fulfilled that you forget what and where you are, and *the Enlightenment of that which is One* sets in.

Ways to undo the belief in more

A world with more than one is comparable to a film roll in an old cinema, projecting illusions onto a screen. *The Enlightenment of that which is One* is akin to the bright white light that fills the screen when the roll suddenly breaks, thus abruptly terminating a world with more than one.



Whether this image makes you think about love, sex, surfing, or spiders depends on how you have conditioned yourself. Thankfully, if you perceive your reaction to the image as a symbol of oneness, your conditioning doesn't matter.

However, if you prefer to gradually undo the belief in more than one while simultaneously enjoying the experience of more than one, you perceive the experiences as symbols of oneness. Therefore, as everything is experienced as the same, differences dissolve. Consequently, the belief in more than one eventually falls apart.

A game is virtual and only appears genuine when you play it

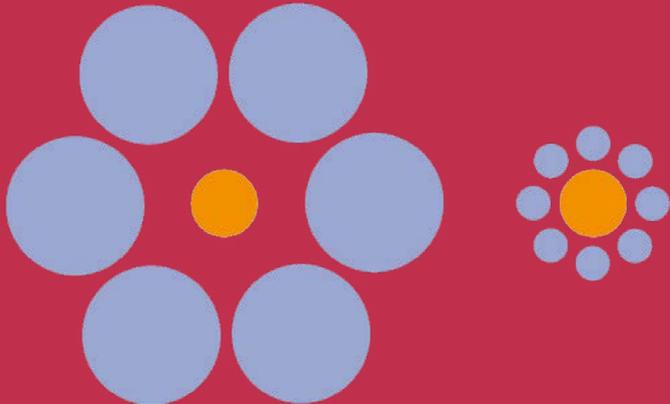
We often feel nauseous when playing a virtual reality game. This is because our responses to it make us feel like we are moving around in the game's world. Yet we sit in a chair with our eyes covered by goggles, while an app fills them with a simulated world.

If you replace the app with the brain in this description, it becomes a portrayal of appearing as someone within a world that is more than one. You feel off because there's nothing but that which is One. Thankfully, it's possible to feel okay appearing in a world with more than one when you see the illusion as a symbol of reality.

That which is One

When you return to oneness, it's 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's an illusion created with the blue circles. Actually, everything seen to differ is fake because reality is formless. [The image is from the internet]





There's no room for excitement in oneness because that requires more than one. Therefore, you ask the brain to fabricate experiences that simulate oneness, divided into more than one. However, these simulated experiences are so convincing that you forget they're fake. That's what we explore in this hack via the Augmented Hand Series. [The image is from the internet]

HACK #3.4, There's no self, or anything else that calls for more than One

Alongside *the Augmented Hand Series*, we examine how a machine interprets frequencies as tangible entities, a perception dictated by its programming – much like the brain's script shapes our perception of a world with more than One.



Step into the wonder of *the Augmented Hand Series*, where your hand takes on a life of its own. For instance, your fingers grow to varying lengths. This collage and the animation grab on the one on the next page are from the article [Watch an Experiment That Turns People's Hands Into Creepy Visuals](#).

There's no world with more than One

In the collage on this and the animation grab on the next page, a man places his hand into a small box, his only view of it being the mirrored image on the screen above the box. However, an app distorts the display of his hand on the screen, giving it extended fingers that bend in ways that seem impossible. Despite the hand on the screen being separate from him, it feels like a part of him.

This creates a disconnect between what he sees his hand is doing on the screen and what he knows it's doing inside the box. He even looks into the box, seemingly puzzled, to check if what he sees on the screen is happening to his hand.

Similarly, it feels like we're in a world with more than one because, metaphorically, we put oneness in a small box, where an app called the brain distorts it into a world with more than one. As this is an



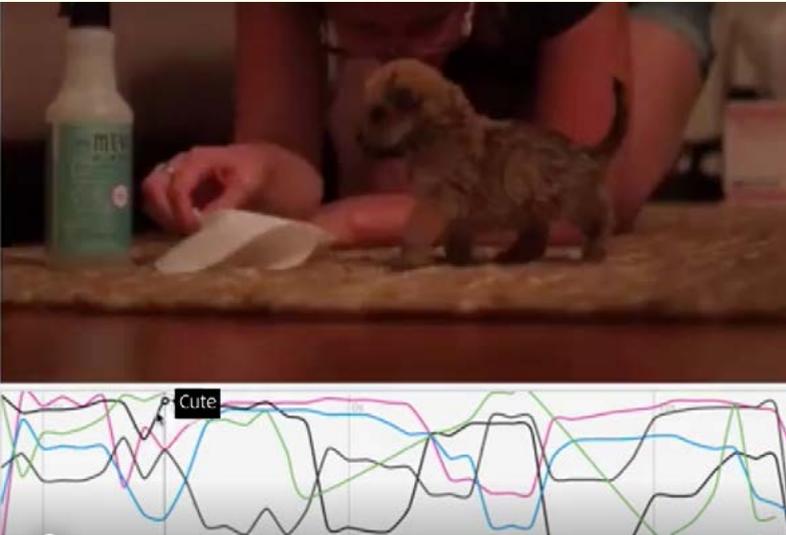
Although these movements are impossible, it feels like your hand does them when it's in *the Augmented Hand Series* box. Similarly, it's as if a world with more than one exists when you're in the box called the brain.

illusion, returning to oneness is not about leaving a world with more than one, but leaving the belief that it's real. We can do that by interpreting every experience of more than one as a symbol of oneness. The more we do that, the less differences seem to matter, thereby undoing the belief in more than one.

There is no self

The belief in individuality is akin to a machine believing it possesses a self, making independent decisions. A machine, even one with artificial intelligence, has no self. It operates on preprogrammed associations. Thus, no 'I' is perceiving anything.

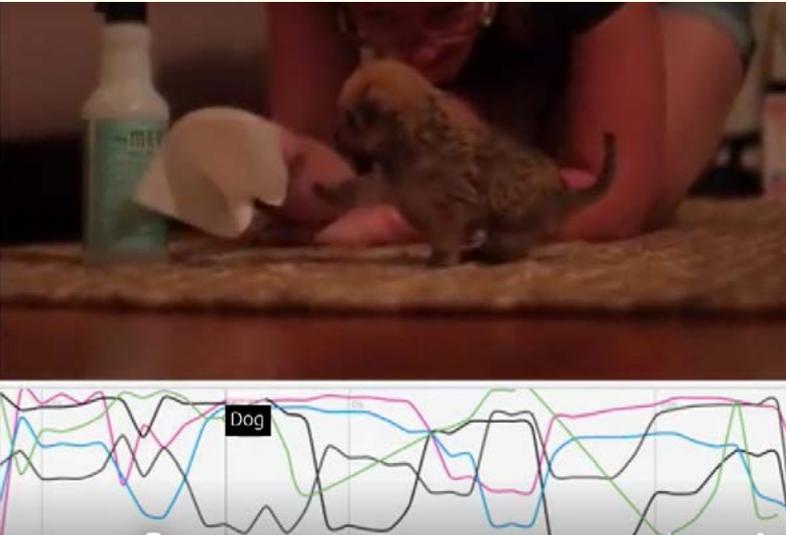
If you're visual-minded, you may get an *Aha! Moment* when you see the following illustrations from an article in *Wired* about how a machine sees the world by registering data or frequencies per its program.



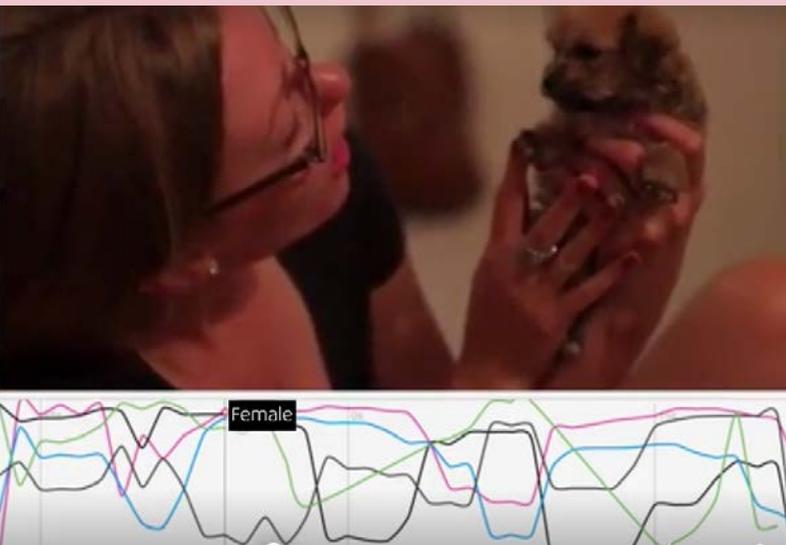
The machine is programmed to perceive this frequency point as cute. Thus, it searches its database for an image to illustrate it.



Then the machine translates another frequency point into eyes, so it can 'see' what the cute image is when its database reveals it.

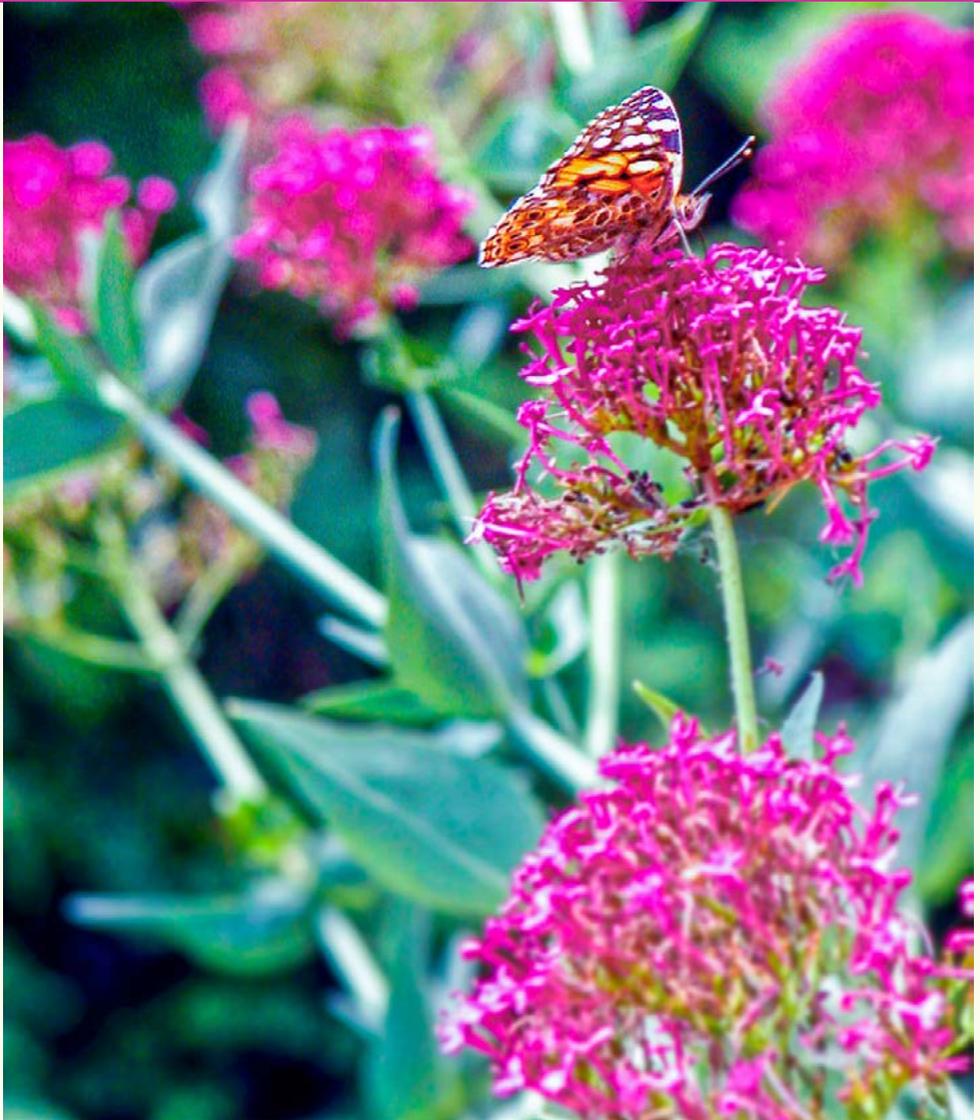


Based on past decisions, the machine concludes the cute image it 'sees' is a dog.



But another frequency point suggests there's a woman as well. So, the machine searches its database to determine if it's the woman or the dog that's cute. Then it locates the appropriate conceptualised feeling to symbolise what it sees as cute.

The illustrations are from an article in [Wired](#) but the captions are written by Alexis.



Tensions become delicate, beautiful butterflies when you perceive everything in a world with more than one as a symbol of that which is One.

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

Alexius uses metaphors and examples to illustrate how delighted we feel when we see everything as symbols of oneness.

When you start to see your experiences as symbols of oneness, it feels as if a flock of butterflies are replacing tensions. From then on, every moment is perfect as it is because the world's apparent differences don't make a difference when perceived as symbols of oneness.

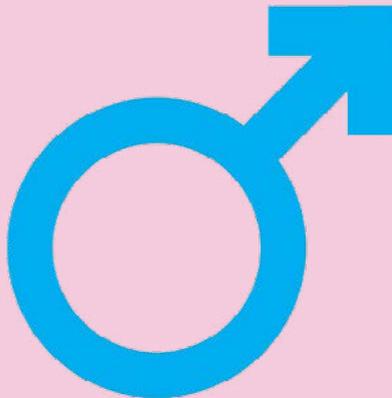
Yet, there may be moments when you forget that experiences symbolise oneness. Thankfully, even forgetfulness is a symbol of oneness. So, your forgetfulness does not change anything. In other words, you don't have to be perfect to practise seeing everything as symbols of oneness.



You can't go wrong when you see everything as a symbol of that which is One. Even if you suppress an experience, preventing it from being seen as a symbol of oneness, you're still on track because denial is also a symbol of oneness.



Everybody knows the nature of water and, thus, that the combination of the letters w + a + t + e + r won't make them wet or quench their thirst. This combination is just a symbol of water. Similarly,



This is not a man and a woman but their symbols. It's common knowledge that the colour and shape of these symbols don't mirror the appearance of actual men and women. Unfortunately, despite their lack of resemblance, few know that everything in a world with more than one is a symbol of oneness. [The image is from the internet]

when you're aware, there's no more than that which is One, you don't consider the experience of a world with more than one as genuine, but as a symbol of oneness.



Anxiety is related to the wish for more – the worry of not achieving what you seek and the fear of losing it if you do. However, when you perceive everything as a symbol of that which is One, you always have enough. This does not mean you can't look forward to something, but you are not bound to a specific outcome if you see the future as a symbol of oneness.

Even if you find yourself attached to a particular outcome, it's not a problem. Attachment, too, is a symbol of oneness. In short, whatever you think, feel, or do or don't think, feel, or do symbolises that which is One.



By perceiving every experience as a symbol of what makes it possible to experience something, namely, oneness, we free ourselves from the limitations of appearance. *[The image is from the internet]*

You never feel stuck when you see everything as a symbol of the formlessness of oneness, as that renders forms unimportant. This does imply feelings are gone, but that you don't interpret them as caused by something. Instead, you interpret them as another symbol of oneness.

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The humidity shown in this image can't damage your electronic device, since it is a simulation. Similarly, nothing in a world with more than one can hurt that which is you, since such a world is a simulation.

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



Being formless, thus endless, oneness can't comprehend that you believe in more than One. Nor does it understand your attempts to alleviate the suffering this belief entails by acquiring more. Thankfully, all you need to undo the addiction for more is to change your purpose of appearing in a world with more than one. If that's to see everything as a symbol of oneness, then differences don't make a difference. Hence, you're free from the burden of more.



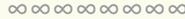
Imagine that a world with more than one is a movie projected onto a screen. Then imagine the formlessness of oneness as the movie projector, not part of the world, projected onto the screen. Also, the projector views the movie as one perpetual present, unaware that someone views its projection linearly and, consequently, fears the end.

Similarly, as oneness is formless, it's not in the world where we believe in being, as it's confined by time and space. Still, everything definable symbolises oneness, since oneness being formless, there's nothing else than that which is One. Therefore, when we perceive our experiences of something definable as a symbol

Nobody expects a movie projector to be in the world that it projects onto a screen, as the world on the screen is not material. Still, many people assume they can find oneness in a world defined by time and space, although oneness is formless. However, being formless, it's endless, and, therefore, the reason you can imagine experiencing something limited. Consequently, everything in a world defined by time and space symbolises the formlessness of oneness. *[The image is from the internet]*



of oneness, we become a symbol of the formlessness of oneness, hence no end to fear.



A response to the above movie metaphor could be, »*Who has put the film about a world with more than one in the projector?*« This question seems to imply the existence of a world with more than one and, thus, of the one asking it. Yet, existence is an illusion as reality is that which is One, and it takes more than one to exist.

This is why there's no evidence that a world with more than one exists – only interpretations and beliefs about creation, like an almighty god creating the world in eight days or the Big Bang shaping a universe from nothing. And then there are statements like '*I think therefore I am*', or '*I exist because I can feel pain when I pitch the body*'. But thoughts are



When you view everything in a world with more than one as a symbol of reality, it's akin to reading a fairy tale. You know it's fiction, so you're not in the tale but in the real world, experiencing something unreal. Therefore, everything in the story symbolises what makes building castles in the air possible.

not made by anybody but the brain. And that one exists because one can feel the body is like saying, »I am the coat I wear because I can feel something when I touch it«.

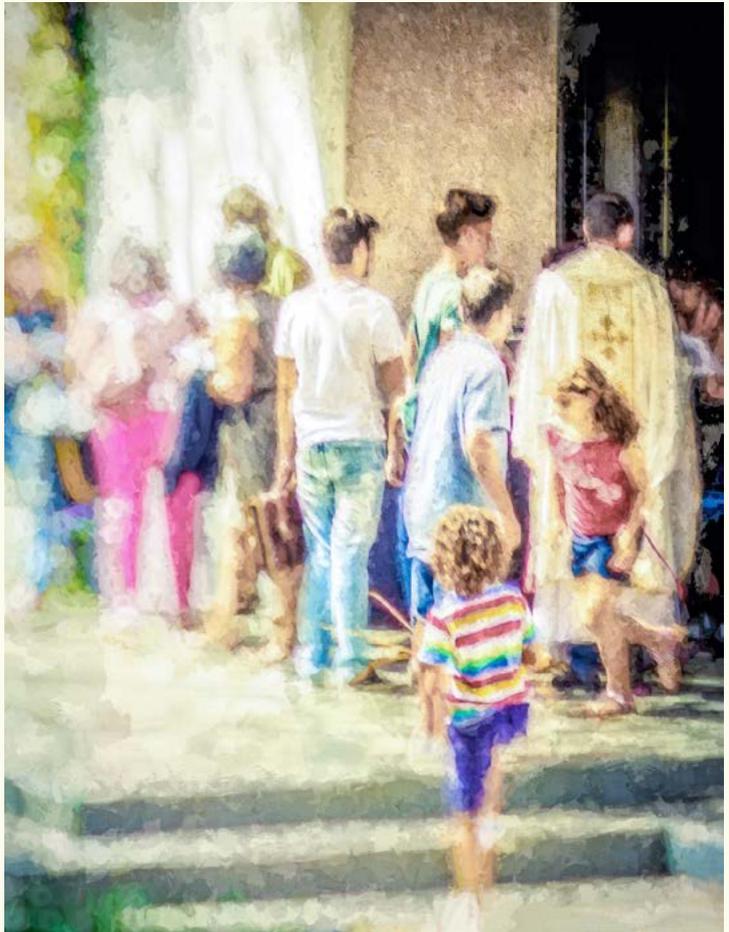
Nobody creates, projects or watches a movie with more than one, as oneness is formless, thus endless, so there is no more than that which is One. Yet if you see more than one, it's comparable to watching a movie.



The fantasy of more than one ends at the exact moment it's imagined. So, when you see something, it's merely after-images of that

We often connect with selected individuals through a specific religion or philosophy.

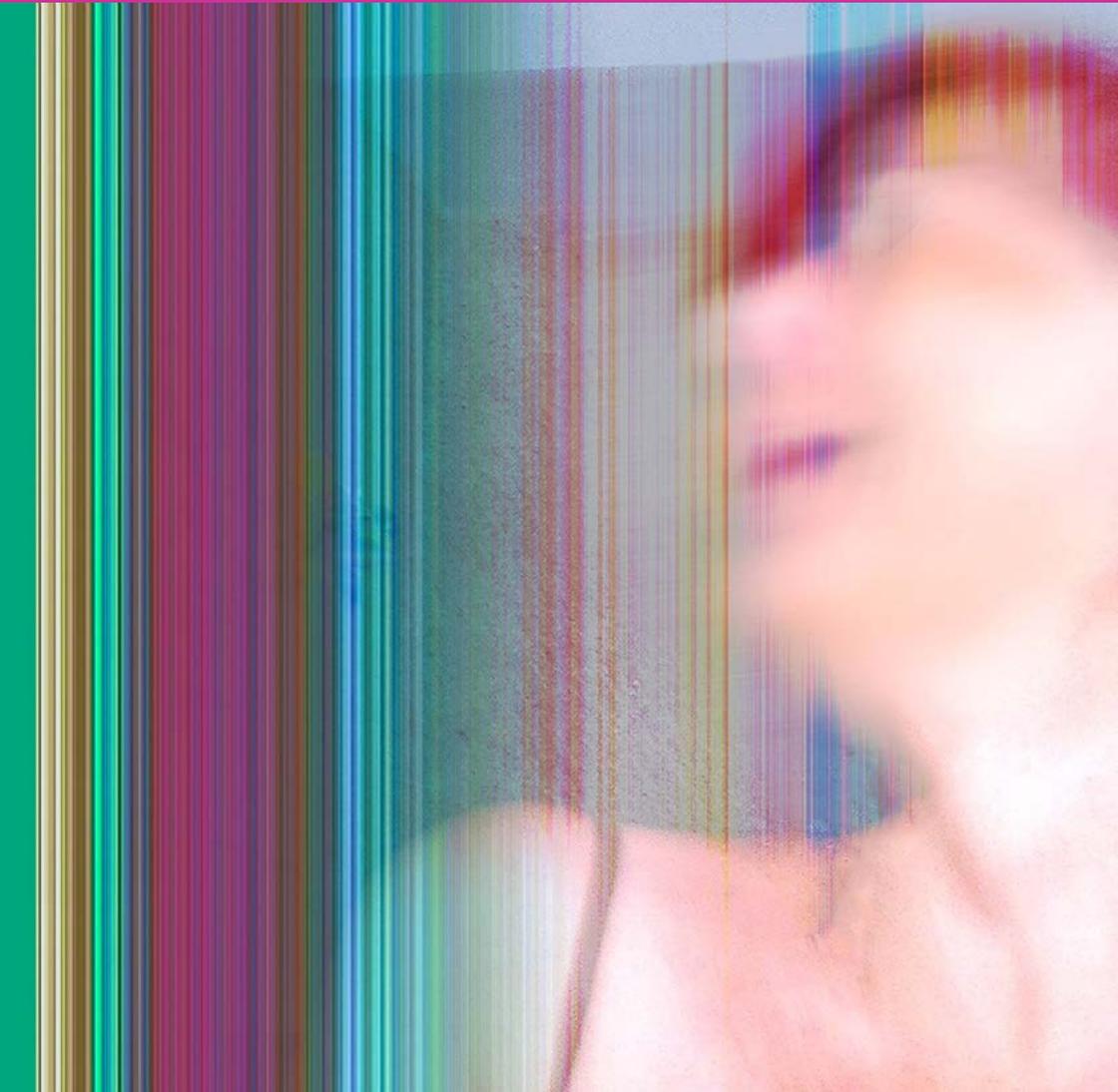
However, we can connect with all, thus undoing the belief in separation, if we see everybody as a symbol of what makes it possible to appear separated, namely, oneness.



fantasy. See [Duality Hack #2.3](#). Although these after-images do not contain oneness, their experience is empowered by oneness, making them symbols of it. Thus, 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's nothing to uphold the belief in being and having more than One.



Being someone in a world perceived as outside you is, like a dream, a fantasy unfolding within the brain. It only appears real when you interact with it. However, that does not mean you must stop something to undo the deception. All you need to do is perceive your interaction as a symbol of what makes this deception possible, namely, oneness. Then, you don't establish yourself as someone in the brain's fantasy world but as a symbol of oneness, undoing the deception.



We cultivate a friendly personality to conceal our hostile intentions: to take as much as possible from others for as little as possible.

HACK #3.6, Not feeling guilty but free to get more

Since appearance and perceived importance reign supreme in a world defined by time and space, we mimic others' most striking features to stand out. Thankfully, we can use this desire to set us free.

Everybody wants to get more for as little as possible

There's no way to survive in a world bound by time and space without physically, mentally, and emotionally taking something from others, such as food, water, shelter, points of view and love. If we're civilised, we pay for what we take, at least when there's no other way to get it without being exposed as a thief.

- When we go shopping, our goal is to get as much as possible for the least amount of money. But the shop's aim is the opposite. They strive to give us as little as possible for as much money as possible, all within the bounds of the law.
- When we work, we seek to maximise our earnings while minimising our efforts. Conversely, our employers strive to optimise their profits by giving us less and demanding more.
- Many copy others' looks or opinions to appear more impressive on social media. Consequently, they fear that someone more intelligent or ruthless will take what they've taken from others, or expose their plagiarism, leading to a loss of social status or influence.



The customer wants as much as possible for as little as possible, and the restaurant wants to give the customer as little as possible for as much as possible.

Getting more is the lowest common factor for everybody

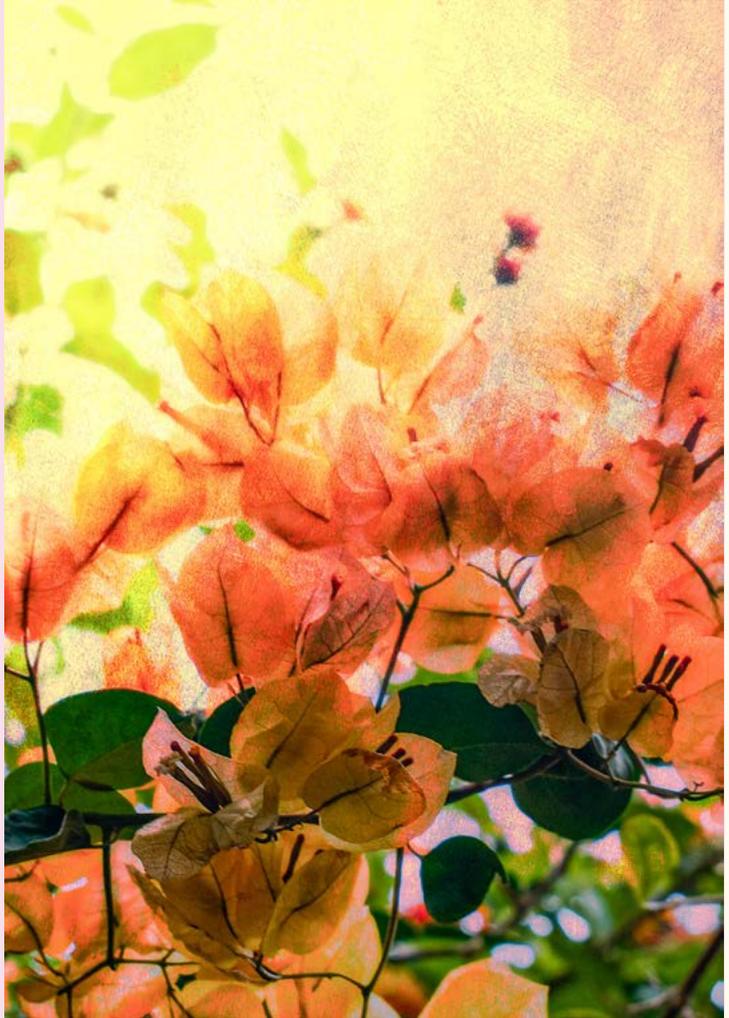
In the civilised world, taking something from others has been organised so we can do it legally with money. By understanding and exploiting this system, we get more than others.

This desire for more is a common thread in a world with more than one. Capitalists openly seek more money and power, while socialists often veil their aspirations in altruistic rhetoric about more money and power for the people. Those who claim to be spiritual

It's a cherished idea that the poor are victims of the rich, who should distribute their wealth to achieve equality.

But rich and poor are already alike.

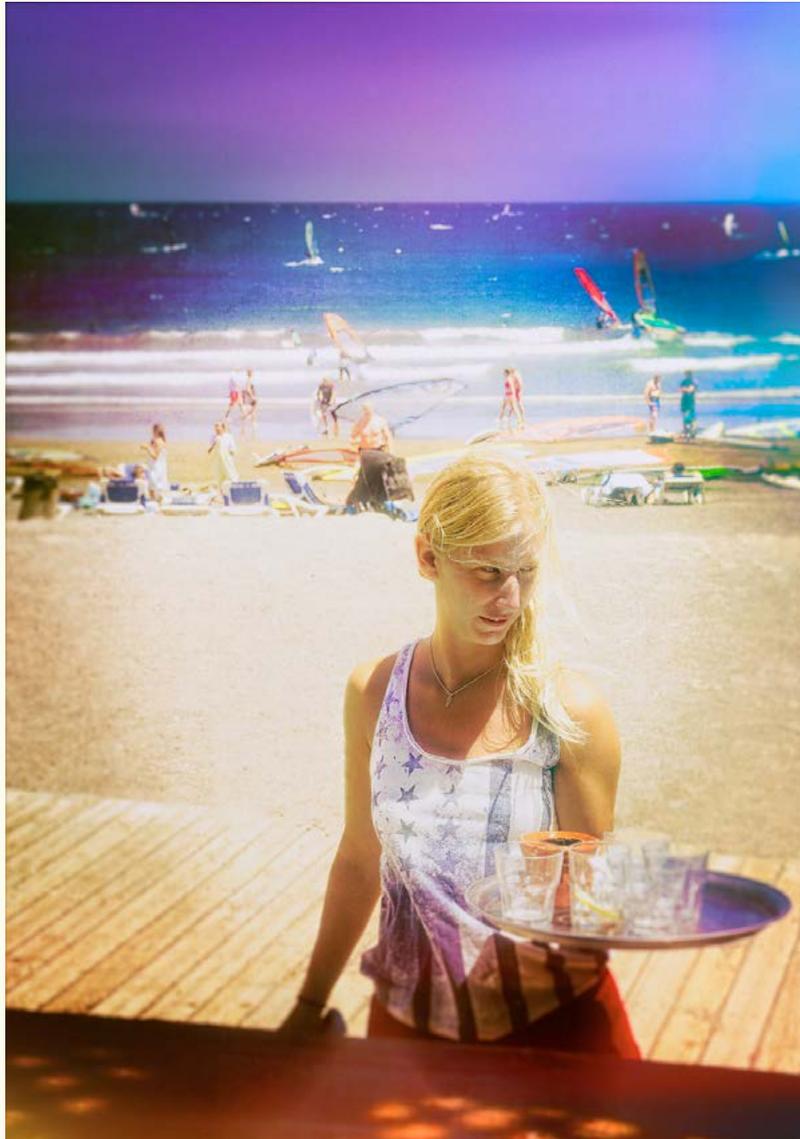
They share the same basic greed for getting as much as possible for as little as possible at others' expense. Consequently, there's no fundamental difference between those with much and those with less, except that the ones with much are more talented at exploiting others.



may not desire more money and power. Yet, they often passionately yearn for more energy, love, peace and purity.

However, if we question our relentless pursuit of more, we realise that being and getting more never make us feel fulfilled. This realisation can lead to challenging the belief that more is better. While we can't survive without acquiring more, such as food, we

It's impossible to profit from reality. It's that which is One, and it takes more than one to benefit from something. So, since you can only profit from illusions, this is what you get when you pay for something. Fortunately, Alexius' Duality Hacks costs nothing. So, applying them doesn't ratify but wipes out the illusion of more than one, liberating you from its constraints.



don't need to be bound by this pursuit psychologically. If we perceive getting more as a symbol of oneness, 'more' doesn't make a difference psychologically. Thus, we can look for more without the burden of guilt while the belief in more than one fades out.

We can't undo the belief in more than one if we keep looking for a better future brought by an exceptional person, the latest gadget, or a transcendence into something brighter. However, perceiving being and having more as a symbol of that which is One allows you to continue seeking more while the belief in more than one is being undone. Thus, not desiring more, you enjoy getting it.





Excitement rests on the idea that something larger, better, faster, wilder, deeper, purer or more authentic will make us feel better. Although nobody has found it, we continue searching, thus constantly disappointed.

Hack #3.7, Feeling excited or at peace

Alexius uses examples from everyday experiences to explore getting excited by more than one versus the peace of that which is One.

Excitement, an anticipation of the future, is a fleeting sensation that fails to deliver the lasting contentment we wait for. In contrast, oneness, being formless and thus boundless, is a never-ending peace.

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In their yearning for Santa's magical gifts, most children bottle up their disbelief and choose to believe in his existence. Similarly, many of us believe in a world with more than one, envisioning that a multitude of possibilities brings joy. This imagination often seems more alluring than oneness. It lacks the thrill of options, as it requires more than one. However, when we realise that the belief in more than one leads to a labyrinth of confusion, we prefer to rest in the peace of that which is One.

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In a world with more than one, peace is the absence of something disturbing. But in oneness, peace is not the absence of something because there's no more than that which is One. That's why it's nothing but peace.

How come so many people enjoy watching movies? It could be because they want to experience something more exciting.

Why do many people watch porn? Perhaps this feels more stimulating.

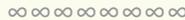
How come everybody looks forward to holidays? Most likely, they imagine it brings more exciting experiences.

On charter holidays, you can attend special events organised by the travel agency to give you 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 designed to be extraordinary. What you see, according to science, is nothing but empty space that the brain renders into thrilling 3D experiences, apparently more exciting than the formlessness of oneness. However, in oneness, there's nothing to look forward to and, thus, nothing to worry about. So, although it's not exciting, it's eternal peace.



You must believe you're substantial to get excited in a world defined by time and space, because otherwise, you can't feel the thrill of experiencing something specific. However, believing you're someone definitive feels limiting, whereas not caring about it feels so peaceful that you don't need the excitement of something specific.



If you want peace, the first step is to acknowledge that you're fooling yourself. Peace is that which is you, so you can't want it. Yet, you can wish *not* to conceal it with dreams of excitement.



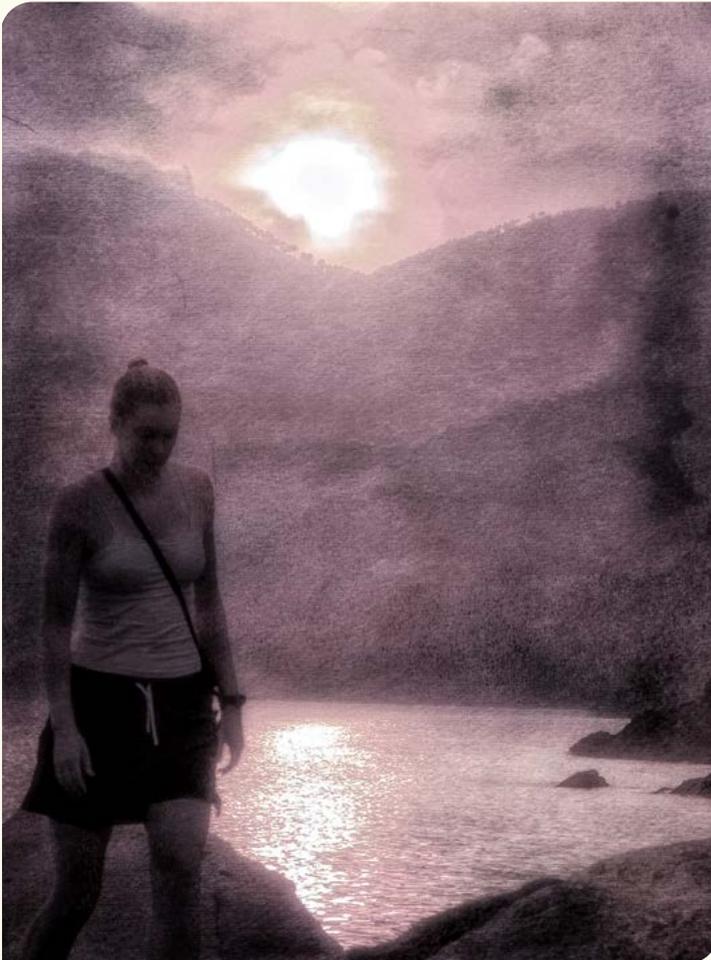
You may be searching for peace, but it's not something you need to find. Peace is not an external destination. It's that which is you. If this is not obvious, you constantly chase the excitement of something new and improved to fulfil you. Luckily, if you stop hoping for something better, you're at the doorstep of the peace of oneness



Questions and uncertainty arise from the denial of that which is One, where there's no uncertainty to disturb the eternal peace of oneness, as that requires more than one.



In oneness, there is nothing but One. This is why oneness is infinite peace. However, if one feels limited by oneness, one imagines a world with more than one, with boundless possibilities. Yet, such a world, confined by time and space, only serves to limit one. Thus,

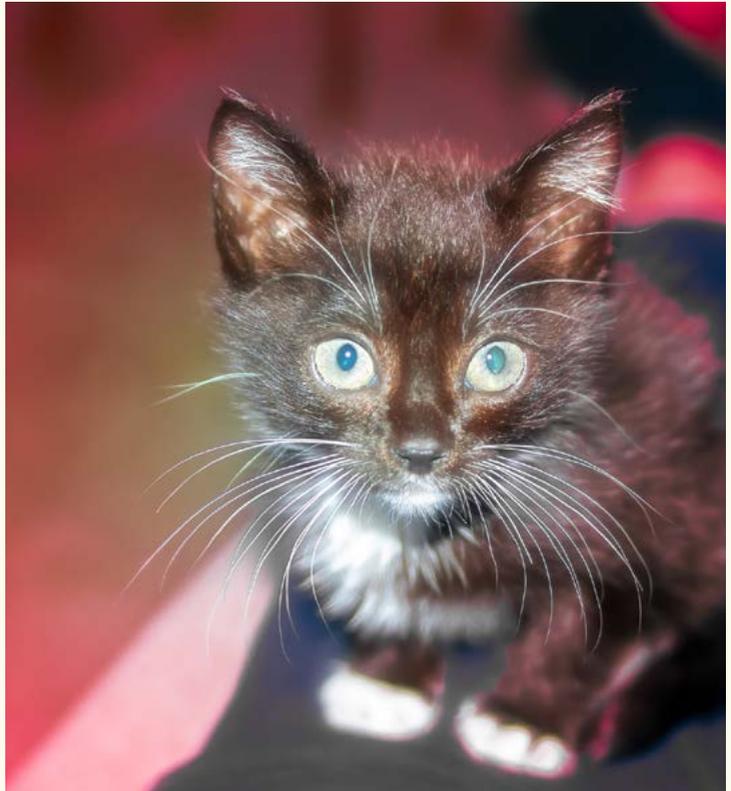


Instead of realising that the excitement for something vanishes when we get it, most continue to chase new and improved sources of excitement. But whether it's a new person, a deity, or any other discovery, the excitement eventually fades, leaving us in a perpetual cycle of anticipation and disappointment.

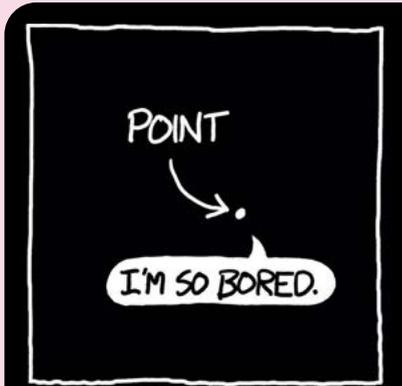
one imagines that a world restricted by time and space is just the beginning. When one's time is over as a limited being, one crosses over to heaven, where one can do anything one dreams of.

Thankfully, as oneness is formless and, thus, endless, it is impossible to be anywhere else. Therefore, no matter what one dreams of, one remains in the peace of that which is One – just as in a world with more than one, we stay in your peaceful bed, regardless of where our dreams seem to take us.

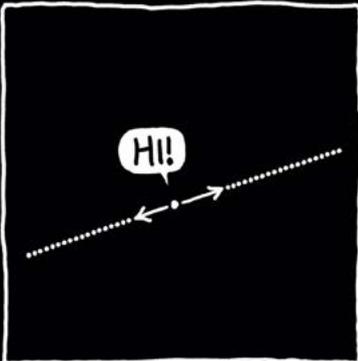
The undoing of the belief in more than one occurs automatically when you apply one or more of Alexius' Duality Hacks. For instance, suppose you always perceive your excitement for something as a symbol of what makes it possible to feel excited, namely, oneness. In that case, since all excitement feels equally thrilling, the belief in more than one is fading out, so you're at peace.



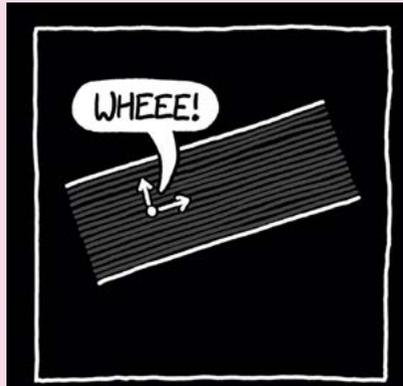
HACK #3.8, Excitement calls for more than one, peace just One



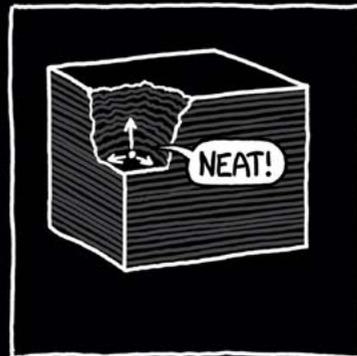
In reality, it's impossible to be excited about something, as it requires more than one, and there's no more than that which is One. For the same reason, there's nowhere to go and no one to meet in oneness. So, if you want the excitement of more than One, you must extend oneness. But since it's formless,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



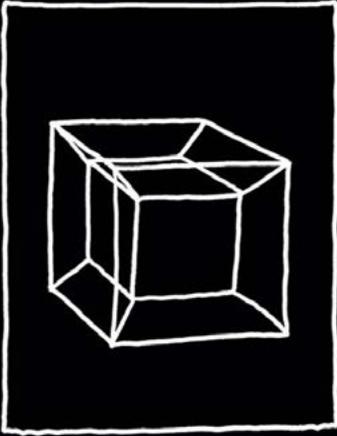
However, imagining oneness extended into more than One seems possible, thus meeting another one.



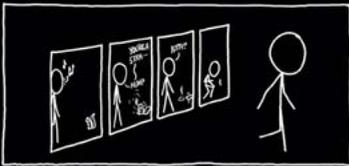
But you want more. So, you imagine an extension of neighbouring spaces. Hence, the one-dimensional extension seems two-dimensional.



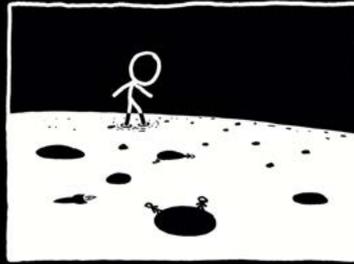
Still, you think there must be more, so you extend the two-dimensional extension with neighbouring extensions and call it a world.



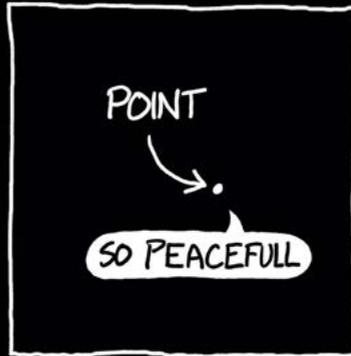
But the new world, with more than one, is based on the idea that something is missing. So, nothing feels good enough. Thus, you turn to transcendental meditation, drugs, and virtual worlds made by AI (artificial intelligence) to simulate a better world within the simulation of a world with more than 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's 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 doesn't 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, which entails suffering. In contrast, inclusiveness does not result in something. Thus, it's the bliss of nothing.* «

To undo
the belief in
separation, you
must include
both good and
evil. Meeting
as equals,
these opposites
cancel out
their meaning,
thus undoing
separation.



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

When we acknowledge an experience, we can fully include it, thus replacing the experience of something with *the bliss of nothing*.

Once, Alexius believed that if he could find an external justification for his irritation, relaxation would replace it. However, his relentless pursuit of external reasons only made him more irritated.

Finally, he recognised that if he fully included his irritation by being it entirely, there was no longer a contrast to define it. Consequently, since irritation couldn't be categorised by relaxation and vice versa, both feelings turned into nothing. Thus, liberated from the burden of categorisation, Alexius entered a calmness, not dependent on any specific thing, that he calls *a state of not-knowing*.

*By not excluding
but fully includ-
ing your feeling
of worthless-
ness, you are
nothing but that.
Hence, since
there's no con-
trast to define
being worthless,
you are not
definable. Thus,
you enter the
bliss of nothing.*



In a state of not-knowing, nobody is bothered by something

Let's elaborate on what it means to be fully inclusive. In the case of irritation, it doesn't mean you have to include every bit of it laboriously, but rather that you're willing to be nothing but irritated. In other words, it's not about perfection but willingness. Should the latter be lukewarm, you're still fully inclusive if you're willing to include your reluctance.

»» *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 our 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.* ««

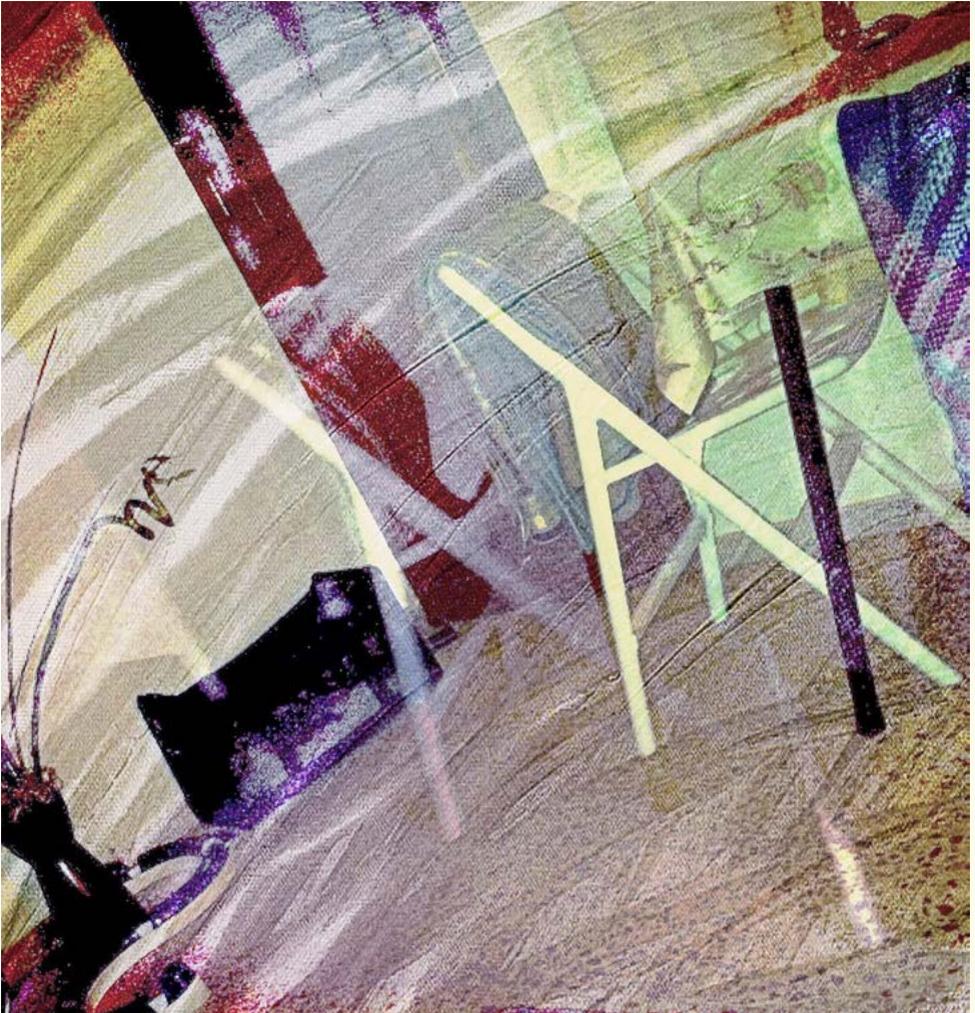


Contrasting thoughts constitute your experience of duality. So, if you include the elements of a given contrast, you partly forget duality. Thus, in a state of not-knowing.

In a state of not-knowing, you don't notice that thoughts seem to establish you as an individual. Hence, since there's nobody to attribute experiences with a specific meaning, you're in the bliss of nothing. However, you are not aware of this until you return to the conscious experience of being somebody and remember how blissful it was not to be somebody.

When fully inclusive, you are not someone specific but nobody in a *state of not-knowing*. In this state, appearance becomes irrelevant, and thoughts and feelings are no longer tools for self-expression but for navigating the world's complexities. For instance, pain might signal a broken bone, and fear might signal danger.

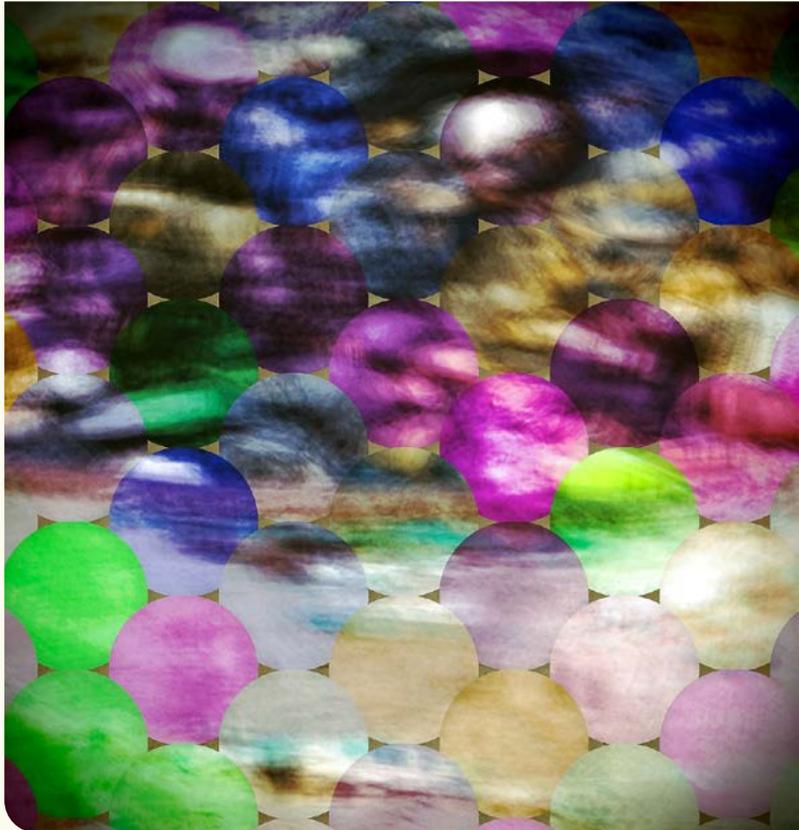
Since your experience as someone substantial in a tangible world defined by time and space is a construction of thoughts, it falls apart when inclusion undoes the perceived separation of thoughts.



In this context, pain doesn't cause suffering. Neither does fear scare you because when you don't use thoughts and feelings to establish yourself as someone definitive, you remain in *a state of not knowing*. Yet, as soon as you use thoughts and feelings for self-expression, you get the frustration of something instead of *the bliss of nothing*.

However, one can only endure *a state of not-knowing* for a brief period, no more than 20 minutes, at most 45. Without the constant reinforcement of being someone specific, *the Enlightenment of that which is One* sets in, completely erasing the belief in being someone. See [Duality Hack #9.10](#).

Trying to understand inclusiveness and categorise when, why, or how long you're in a state of not-knowing before you return to the conscious experience of being, you complicate things. To be inclusive is not to be exclusive. Since the result is a state of not-knowing, you won't get there by understanding it.

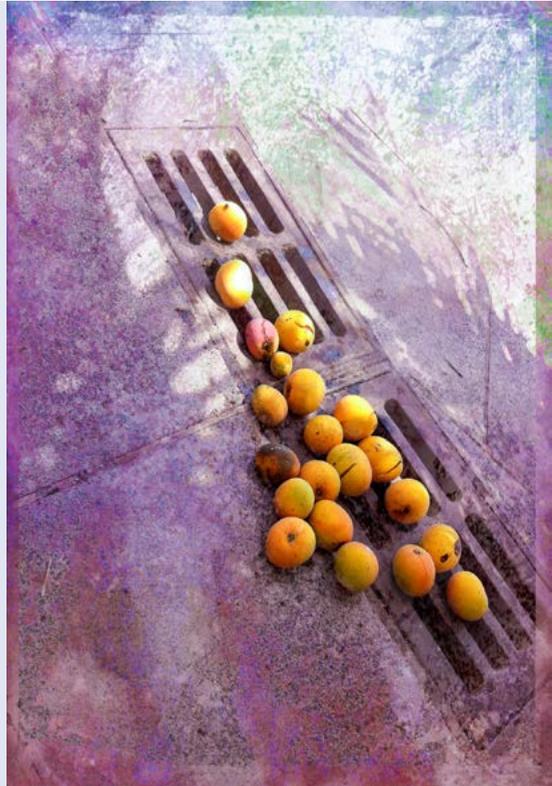


Thankfully, just a moment in a state of not-knowing is enough to wipe our slate clean. So when we return to the conscious experience of being somebody, we can enjoy the belief in being that while gently having it undone.

Therefore, read on if you'd like to enjoy your favourite aspects of being somebody while, again and again, being nobody in *a state of not-knowing* until you forget to leave that state, and *the Enlightenment of that which is One* sets in.

To include something is not the same as to contain or embrace it

To not exclude but include an experience entirely is not the same as containing or embracing it. By doing that, you reinforce the belief in being a substantial entity in a tangible world perceived outside you, thus feeling confused. In contrast, when you include an experience fully, there's no difference between you and the included. This lack of within and without means that inclusiveness does not establish you as a substantial being in a world outside you. Instead, it places you in *the bliss of nothing*.





Exclusiveness evokes a sense of loss, which leads to frustration. In contrast, inclusiveness does not cause something, so you're in the bliss of nothing.

HACK #4.2, Inclusion sets you free, but exclusion imprisons you

When you don't exclude, you automatically include, thus not confirming separation, free from suffering and loneliness.

Those who define themselves as vegetarians often believe they're morally superior to non-vegetarians. This belief, however, is not a fact but a construct rooted in exclusion – a way of hiding one's insecurity by appearing better than others. But as this exclusion reinforces separation, it entails loneliness. In contrast, inclusiveness undoes the sense of separation, freeing us from the burden of comparison. Hence, since no one is better or worse, we don't feel separated and, consequently, not lonely.

The above is not meant to say that one shouldn't be a vegetarian. For some people, this is what best serves their biological system.



If not exclusive, we're automatically inclusive. However, most people assume they feel better if they exclude what they perceive as bad in themselves. So, exclusion is the world's default mode.



Sending love or healing to somebody is based on feeling superior. The sender believes in having more than the receiver, thus denigrating the receiver and conveying negative energy.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Assuming one needs to process what happens, most move forward with the brakes on. On the other hand, if one doesn't try to slow down thoughts to understand what happens, thoughts speed up until there's no time to categorise them, leaving one in *the bliss of nothing*. Be aware that this is a metaphor for being nobody, so don't apply it to driving a car. It needs somebody to use the brakes when needed.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

When there's no need to be seen as somebody, it makes no difference whether others seem to induce sadness or happiness because nobody picks it up those emotions.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Happiness doesn't come from excluding what makes you sad but from including it because happiness is to be inclusive.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

*Excluding
requires much
effort, whereas
inclusiveness
requires none
because all
you have to do
is not exclude.
It's that simple.*



Inclusiveness is not a complex concept that requires change or improvement. It's a straightforward approach to the present. You can't go wrong because even if you do, you include that you're mistaken.



To fully include the moment's feelings is not about understanding, going deeper or being more truthful. It's simply about including unedited thoughts and feelings.



A feeling must be contrasted with its opposite to be experienced as genuine. For instance, you can't know happiness without sadness. Light requires darkness to be experienced. Peace needs war, and positivity is coupled with negativity. Thus, the more you include, the



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

less defined your experiences become. Eventually, there are no experiences to hide what can't be experienced: non-duality.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Willingness to include the moment unfiltered makes you present. However, hardly anybody has that willingness. However, by admitting it, you're in the present moment as it is.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

When you use something external to justify your hatred, you disassociate yourself from your hate. But you also disassociate yourself from your love because, without its contrast, hatred, you can't know you're full of love. However, since you only exclude these emotions from your consciousness, they remain in your subconsciousness – often hidden behind a fear of emptiness generated by your dissociation from hate and love.

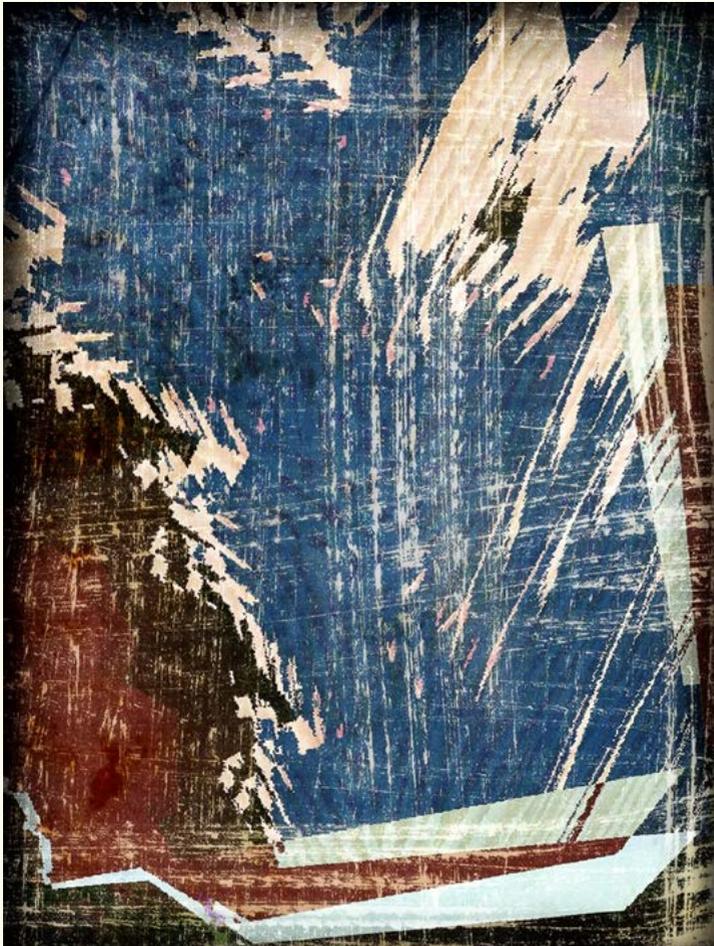
*Without contrast,
there's nothing to
experience.*



Emptiness also arises when you include your hatred, because it leaves nothing to contrast it, making it undefinable. However, this emptiness is not based on excluding but on including something, so it does not entail fear. Instead, it entails *the bliss of nothing*.



If you want to undo the belief in a world with more than one, don't hold back on feelings or slow down thoughts. Instead, follow their flow unedited. Take sex as an example. Devoting yourself to it feels so intense that it obliterates itself. There's no room for anything

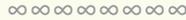


Trying to appear balanced is often a way to exclude what you perceive as mad. But madness counteracts balance, so you feel wrong without it.

else in its ecstasy, thus not something to contrast it. Hence, it's as if there's no more than One for a split second.



Including everything doesn't mean you must include something you don't like, but that you include disliking it.



Since the complementary sides of a contrast are defined by each other, you can't have one without the other. Therefore, no contrast = no definition = no experience = no duality = non-duality.



Having read *Alexius' Duality Hacks*, you may conclude that you should avoid being and having more. However, there's no need to avoid anything. Looking for more is natural in a world with more than one, as it stems from the desire for more. Luckily, if you are not exclusive, thus inclusive, getting more makes no difference. Hence, since separation fades out, there's no more to obscure the formlessness of oneness.



Life is oneness, and since it requires more than one to see something, life is invisible. Consequently, 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 don't perceive the apparent differences of the world to make a difference.



Inclusion is comparable to a black hole that sucks everything into it, leaving nothing to include, nor an ending, except for the belief of being something. See [Duality Hack #10.5](#).



Taking a step now, you put one foot forward into the future while the other remains in the past. Consequently, now includes the past and

the future. That's why those who exclude the past and the future to live in the present, according to their concept of now, experience the frustration of separation. In contrast, those who include everything unedited get the bliss of togetherness.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

A thought is comparable to a cloud quickly passing by, briefly resembling something, for instance, a dog. But there's no dog in the sky. It's imagination – and so is the meaning you assign to thoughts, establishing you as someone definitive.

The more meaning you assign to thoughts highlighting yourself as unique, the more imprisoned you feel by the image you've made.

Often, people establish themselves as one of the good ones by excluding their perceived wickedness by projecting it onto others. Hence, since they appear good at others' expense, they feel disconnected. In contrast, inclusiveness makes us feel connected.



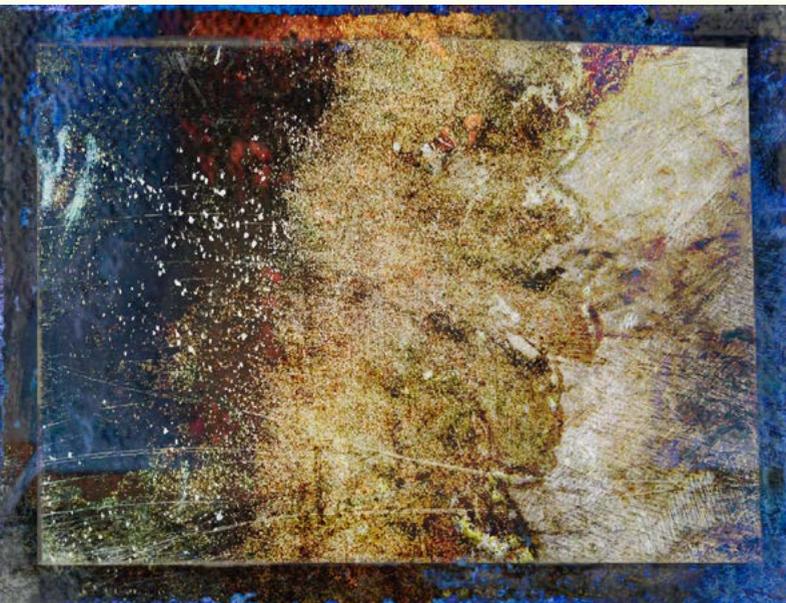
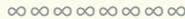
Thankfully, if you don't suppress feelings of confinement, you can include them to feel *the bliss of nothing* instead of the frustration of something.



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 blissfully falling into nothing.



A state of not-knowing does not depend on appearances. But if you expect appearances to conform to your ideas of perfection, you fence off a *state of not-knowing*. However, if you include the perceived imperfection of appearances unedited, you enter a *state of not-knowing*.



Of course, including something is as unreal as anything else that requires more than one. Yet, this illusion is a quick way to undermine the belief in more than one

A state of not-knowing is not perfect in the sense that you never fail. However, nobody is bothered by it.



Alexius' Duality Hacks are not about undoing our perceived mistakes in a world with more than one, but the belief in such a world by including wrong as well as right.

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 includes everything, also thoughts about the past and expectations of the future. Hence, time is irrelevant.





Being exclusive you're lifeless because life is inclusive.

**HACK #4.3, Life is inclusive,
so anything separated is lifeless**

Since life is oneness and thus formless, everything that can be defined is lifeless. Thankfully, inclusiveness dissolves definitions.

Often, those gathering in groups founded on nationalism, capitalism, or socialism, for instance, engage in a process of projection. They divide the world into right and wrong, then eliminate from their group everything their doctrine judges as wrong by projecting it onto other groups. As they claim those groups are evil, this often leads to conflict. However, regardless of the outcome, all groups consider themselves the best. Their proof is that they say so.

Thankfully, *Alexius' Duality Hacks* is not a new philosophy that demands you change or eliminate something to make a difference, thereby confirming separation. Instead, *Alexius' Duality Hack #4* about being inclusive frees you from the belief in separation.

Inclusiveness gives you *the bliss of nothing*

Being inclusive starts by acknowledging that contrasts shape every experience. For instance, you can only appreciate the beauty of a starry night when contrasted with the darkness of the sky. Similarly, sweetness is heightened when contrasted with a hint of bitterness. In the case of reading this, you can only see the black letters because they're contrasted with off-white.

The more you're aware of the off-white background, the more difficult it becomes to read the black letters. If you're only aware of the background, there's nothing other than off-white. But only for a split second, as in the absence of anything else, there's nothing to define off-white. Hence, it vanishes, along with the black letters it defines.

In short, since we only experience something due to its contrast, both elements in a contrast vanish if we include one of them. Think of a coin. It's a contrast of two sides. If you include one side completely, there's no coin – just emptiness.

However, if emptiness feels scary, you probably explain it away, filling it with a familiar mood of something definable. But twisting nothing into something breeds suffering. Hence, you must choose between the pain of something and the bliss of nothing. Yet this is not a choice of something but a decision not to be and have some-



Being inclusive is like falling in love. Everybody looks lovely.

thing. Don't try to understand it. Forget about understanding something, be in *the bliss of nothing*.

That said, in the context of functioning in a world of something, there's much to understand. Therefore, when you drive a car, remember the driving rules. But when strolling in the park, you don't need to label your experience as something. So, you walk there without understanding it, hence in *the bliss of nothing*.

From this state, you return to the conscious experience of being someone in a world of something with the slate wiped clean – or *the Enlightenment of that which is One* undoes your consciousness so that no awareness of something hides the formlessness of oneness. See [Duality Hack #9,10](#).

If you persist in being someone definitive and, thus, excluding yourself from the formlessness of life, you haven't lost it because, without it, you couldn't imagine being separated.

That's why you quickly undo the belief in separation when you don't look at your appearance to establish yourself as someone definitive, but to remind yourself that you're not definitive, that which is you is the formlessness of life.



When you include what you feel about something, it doesn't appear to be caused by something outside. Therefore, since there's no internal without the external, you're nobody in a *state of not knowing*. Thus, while the brain continues to produce experiences where you appear as somebody in an external world, there's nobody to ratify these experiences as real.

Inclusiveness undoes separation

We often establish our belief in being unique by telling stories in which we, as the main character, do the right thing. Or we refer to stories others tell in which we appear as someone making a difference.

The conclusion is not that we must stop making stories about being something to receive *the bliss of nothing*. On the contrary, *Alexius' Duality Hacks* are not about stopping or avoiding something, as that involves exclusion, thus reinforcing the belief in separation. Neither are they about transformation, but about including our perceived uniqueness. Since inclusion annuls it, nothing defines you, and the belief in separation vanishes.

The complete inclusion of thoughts and feelings cancels the idea of within and without. Hence, there's no separation to hide the formlessness of oneness.



However, most people long for the happiness they believe comes from being the best, such as being the perfect parent. Hence, they exclude everything from their awareness that doesn't align with their desired image. Yet, as previously stated, exclusion fosters the belief in separation and, consequently, a sense of lacking something, leading to an unattainable pursuit of perfection.

Fortunately, *Alexius' Duality Hacks* are not about perfection. Therefore, if you don't want to include everything, you acknowledge your unwillingness. Hence, since you include your unwillingness to include everything, you're on the path of inclusiveness to *the bliss of nothing*.

Inclusiveness is never-ending life

Alexius had a kitten, Uma, who passed away in his arms. Though she was only a few months old, Alexius felt as if their bond had existed forever. Remembering how Uma used to run to him to press

*The explanations
in Alexius' Duality
Hacks are bound to be
inaccurate. A description
requires more than one,
and oneness is formless,
thus endless, so there is
no more than One.*



her petite body against his chest while he was writing his Duality Hacks, Alexis cried, longing to be together as they used to be.

But Uma was no longer a tangible being, so to be with her, Alexis included his intangible, thus boundless, memories of her. Hence, since the feeling of Uma is everywhere, Alexis is *Alone Together* with Uma on the way without distance to what they never left: that which is One. See Duality Hack #12.

»» *Not looking for something, you get the bliss of nothing.* ««



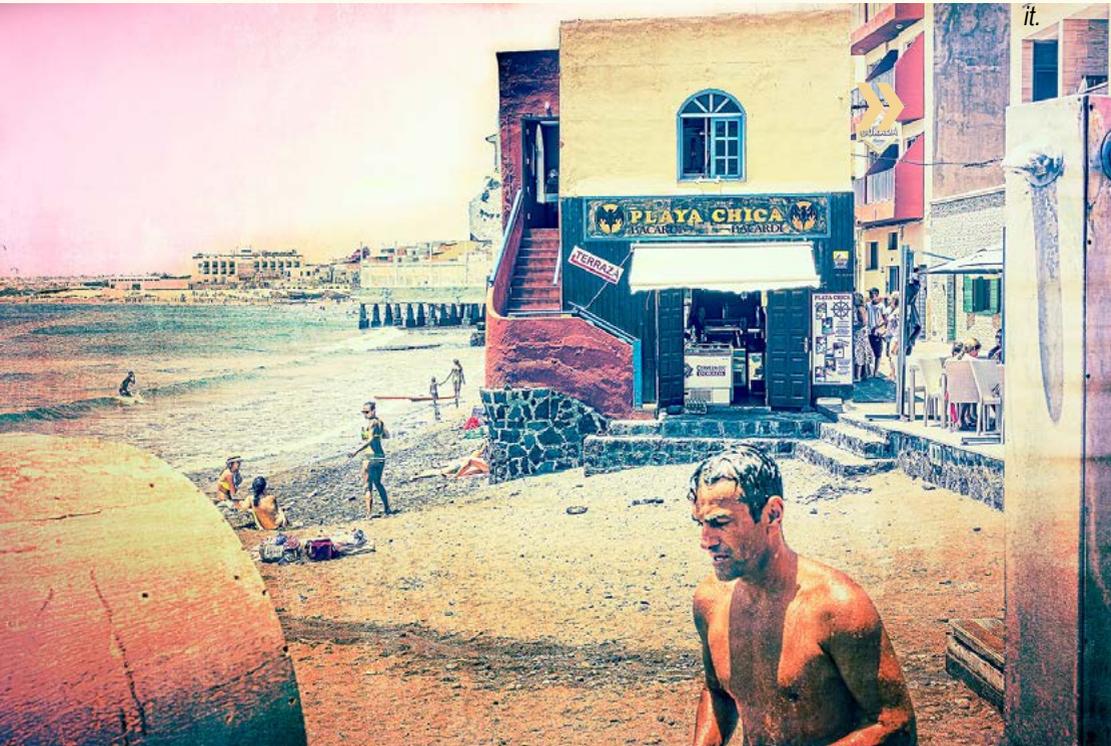
Alexis and his cat, Uma, can't meet physically anymore as she's dead. But since it means Uma has returned to the nothingness from where she seemed to manifest as something, they're now together in *the bliss of nothing*, accompanied by soundless

meowing. Hence, Alexis and Uma are on a path without time and space to the formlessness of oneness. Of course, they include everyone who appears as someone because there's no separation in *the bliss of nothing*.

Life is all-inclusive

When you believe in being unique, for instance, good and not evil, you exclude life because it's all-inclusive. Hence, if you want life, you include everything you have excluded to appear as if you're someone specific. However, you may prevent something from being included to still see yourself as unique. No worries. If you acknowledge that you resist life, you establish a relation to it. And since life is inclusive, you're on the track of inclusiveness.

Even though this image is a twisted computer simulation of people on the beach, it confirms the beach it simulates because the picture wouldn't be possible to experience without it.





*Inclusiveness neutralises the world's apparent differences.
Hence, they do not appear to hide oneness.*

**HACK #4.4,
When you include the past, there's no time but now**

Inclusion neutralises apparent differences, thus undoing the belief in a world separated by time and space.

In a world of duality, you must live by dualism to escape it

When we dream, the brain actively constructs a fantasy world that unfolds solely in the brain. However, the same applies when we experience being awake. As the brain's fantasy world is dual, it expects our reaction to duality to be twofold, thus ratifying that we're somebody in a world of duality.

Therefore, if we attempt to suppress hate to call forth a singular feeling of love, we're out of touch with the brain's duality layout, feeling disconnected. In contrast, if we accept that all experiences come in pairs of opposites, the interaction of opposites makes us feel complete within the brain's duality framework.

But if we include both opposites in a contrast, such as love and hate, the intense energy their meeting entails cancels out their meaning. So, although you still seem to be a part of the brain's duality fantasy, you're beyond the brain's domain because you're in a *state of not-knowing*.



If feeling irritated is not excluded but fully included in the awareness of oneself, irritation is intense but short-lived. However, such intensity frightens many people, so they prefer excluding feelings from their awareness.

»» *When you, out of habit, suppress something you judge as bad to feel good, you censor the moment, thus feeling separated. However, if you include being manipulative, you're in the moment as it is, hence feeling connected.* ««

Inclusion undoes the belief in being someone definitive

If you don't exclude feeling upset by blaming others for your distress, but include it as your feeling by being nothing but that, there are no other feelings to define you as distressed. Hence, since you're empty, you're in *the bliss of nothing*.

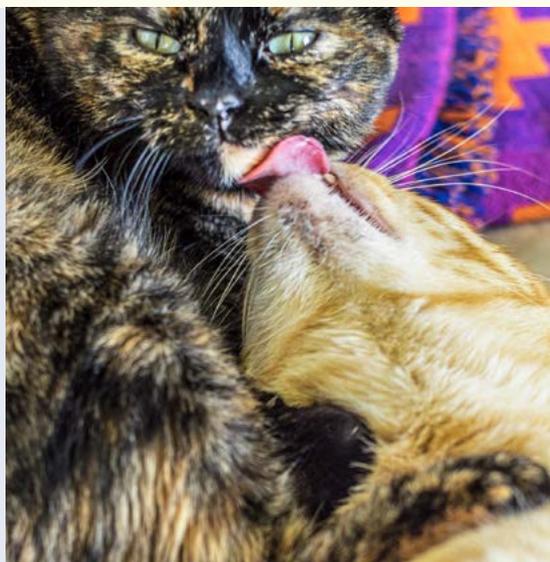
»» *Blaming others for feeling irritated is only possible when you believe in separation, which is the cause of irritation.* ««

This also applies to the comfortable feelings you justify with somebody. For instance, when you assume your spouse causes your feelings of love, you exclude yourself from the love in you. As this makes you feel something is missing, you get frustrated. On the other hand, if you include the feeling of love by being nothing but that, you get *the bliss of nothing* instead of the frustration of something.

However, it takes more than one to include something, and there's no more than that which is One, so inclusiveness is as illusory as exclusiveness. Fortunately, unlike exclusiveness, which enhances the belief in more than one, inclusiveness undoes that belief. Thus, nothing seems to hide that which is One.



The inclusion of uncomfortable feelings is not akin to the Jungian idea of integrating [the shadow side of the personality](#), because inclusion is not about becoming whole but about being nobody. [The image is from the internet]



Those people you think make you angry help you see what you feel. Hence, you can include it in yourself and enter a *state of not-knowing*. In this state, you're friends with everyone because you're nobody.

You include past problems in the present

One of Alexius' cats, Guinevere, has a strong territorial instinct. So, when a new cat unexpectedly appeared in their home, she reacted with a mix of fear and anger, fleeing in panic. Upon her return, she was at ease until she realised the trespasser was still there.

Again, Guinevere furiously left. Although the stranger was gone upon her return, she was still upset. She desperately searched for spots of leftover scent from the intruder to justify her anger. Each time she found the intruder's leftover scent, she let out a furious scream to show Alexius how deeply the outsider had wounded her.

Perhaps she believed that her anger would somehow reach the foreign cat, compelling it to stay away. But her rage remained within her, like a storm trapped inside, leaving Guinevere in a profound state of emotional turmoil.

Guinevere's attempts to drive away the newcomer may come from a deep-seated fear of being replaced, a worry rooted in her past experiences with the people who abandoned her on the streets as a newborn. However, Alexius can't know what motivates Guinevere, and she's probably unaware of it herself.

Fortunately, we don't have to know why we react the way we do. Nor do we have to delve into the past to unravel old patterns. All we need is to include our present pain by being nothing but that. As that leaves nothing to define it, the painful story we have constructed about our past dissolves.

Alexius' Duality Hacks doesn't a new philosophy with special vocabulary and rules you must strictly follow. For instance, feel free not to include something specific. It doesn't matter as long as you include your unwillingness to include.





When Alexius followed a dried-out river down the mountain, the plantation became more and more impenetrable. Eventually, he couldn't get any further. Stuck without food and water for two days, he realised *every moment is the perfect moment*, even if he had not been rescued by a helicopter.

Alexius includes his bullshit

Years ago, Alexius was stuck in an almost impenetrable rainforest for two days without food or water. Despite the odds, he persevered, attempting to find his way out by following a dried-out river down the mountain.

He often had to dig his way through a spot of thorny lianas tightly woven together, ripping his clothes apart and making him bleed all over. Each spot of thorny lianas took about half an hour to pass. In



When we don't project our inner state onto something, we're automatically including it. This is incredibly helpful when we feel afraid, for instance, because if included, nothing external scares us. Hence, every moment feels perfect as it is.

contrast, had it been a typical path, he could have covered it in two minutes in a laid-back fashion. Because his endless troubles made him feel he was a victim of circumstance, he saw the beauty of the rainforest as shit, making him feel imprisoned in a cage of wrath.

That was until he felt so restricted by his wrath that he instinctively included the shit he saw in the rainforest as his own. Then, he didn't feel imprisoned by rage but free in the immense beauty of the rainforest.



Perceiving *every moment as the perfect moment* (page 212) is not based on suppressing negative thoughts to appear positive. You must include your negativity as much as your positivity, not to feel troubled and experience *every moment is the perfect moment*.

In other words, when Alexius included his shit instead of blaming the forest for his wrath, *every moment became the perfect moment* (page 212), whether he was torn apart by thorny lianas or in an open space of beauty. This wasn't a gradual, intellectual process. Instead, it was a sudden emotional shift, which caught Alexius off guard, making him burst out laughing.

»» In the TV show [Man vs. Bee](#), Rowan Atkinson tries to get rid of his rage by correcting something outside him instead of simply including his despair. ««

Perceiving every moment as the perfect moment mirrors oneness

Alexius' rainforest adventure illustrates that when we don't try to eliminate our feelings about the present moment but include them unedited, we enter a state of not-knowing. In this state, there's nobody to deem the world's apparent differences to make a difference. So, when a helicopter at the end of the second day wired Alexius up from the rainforest, and he returned to civilisation, Alexius perceived this moment just as perfect, as if he had died in the rainforest.

Thankfully, you don't have to go through the same dramatic events as Alexius to reach a state of not knowing and see every moment as *the perfect moment*. When you feel trapped, include this feeling unedited rather than avoiding or trying to fix it. As this inclusiveness makes it impossible to define what you feel, you enter a state of not knowing. Hence, there's nobody to judge something as wrong or missing, so *every moment is the perfect moment*.

In short, if you don't avoid the present moment's perceived unpleasantness but include it wholly, the psychological weight of the moment vanishes. Thus, *every moment is the perfect moment*. This mirrors the reality of oneness: a perpetual present. Consequently, the limitations of a world bound by time and space no longer create tension.

When you're inclusive, every moment is the perfect moment.



Including the present, unedited, is easier than editing it

It's straightforward to include one's experience of the present unedited. For instance, if Alexius' son in the image on this page doesn't notice the Chinese wallpaper, he doesn't include it. And if he doesn't look at the Chinese food but indulges in Danish childhood memories, he includes his reaction to the thoughts and feelings arising from time gone by.

In short, since his present moment consists of memories about his childhood, shaped by his culture, he includes his reactions to it, whether pleasant or unpleasant. If he later becomes aware of the Chinese surroundings and feels amazed by the new impressions, he includes that feeling. And if he and Alexius discuss Chinese cuisine, he includes how it makes him feel.

By being all-inclusive, Alexius' son enters a state of not-knowing during dinner with his dad. In this state, there's nobody to perceive appearances to make a difference. Thus, *every moment is the perfect moment* (see [page 212](#)).

To be inclusive means including your reaction to the present moment unedited. You look at thoughts and feelings passing by until they have reached their end. It takes no time because thoughts and feelings are fleeting when you don't suppress them to fabricate the moment according to your conditioning.



Every moment is the perfect moment – nothing is wrong or missing

The realisation that *every moment is the perfect moment* took root when Alexius was stuck in the rainforest in 2010. Initially, Duality Hack #4 was intended to be about that, but as it evolved, it became about how inclusiveness frees us from duality. Yet the phrase *every moment is the perfect moment* remained dear to Alexius. So, here he has added a few of his original notes about it.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

In a world of duality, fear is a constant companion, a driving force behind the perceived division of non-duality into more than one. So, if you try to exclude your fear, you'll never get that *every moment is the perfect moment*. But if you include your fear, you don't need to understand that *every moment is the perfect moment*, because nothing feels wrong or missing when you don't exclude fear.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

As life is formless, thus endless and all-inclusive, anything definable is an illusion. Yet most believe they are limited beings in a world confined by time and space. Thankfully, the suffering that this limitation entails ends when we're inclusive. As this mirrors life's inclusiveness, we experience *every moment as the perfect moment*.

On the other hand, *living in the now* denies life's inclusiveness, as to live in the now, we must exclude thoughts of our perceived past and future to highlight a separate point between them, conceptualised as now.

A perfect moment may last a split second, several hours or more, provided you include all thoughts regarding the past and the future, the kiss you're dreaming of while driving, or the anger that pops up.

Every passing thought or feeling is a part of the totality that makes a moment the perfect moment. However, it's not a flawless, scripted scene like a music video. A perfect moment has its ups and downs, but, like a roller coaster ride, they add a thrill.

Every moment is the perfect moment *if we include our experience unedited. Thus, even in moments of perceived wrong or loss, the moment remains perfect when we include our experiences.*

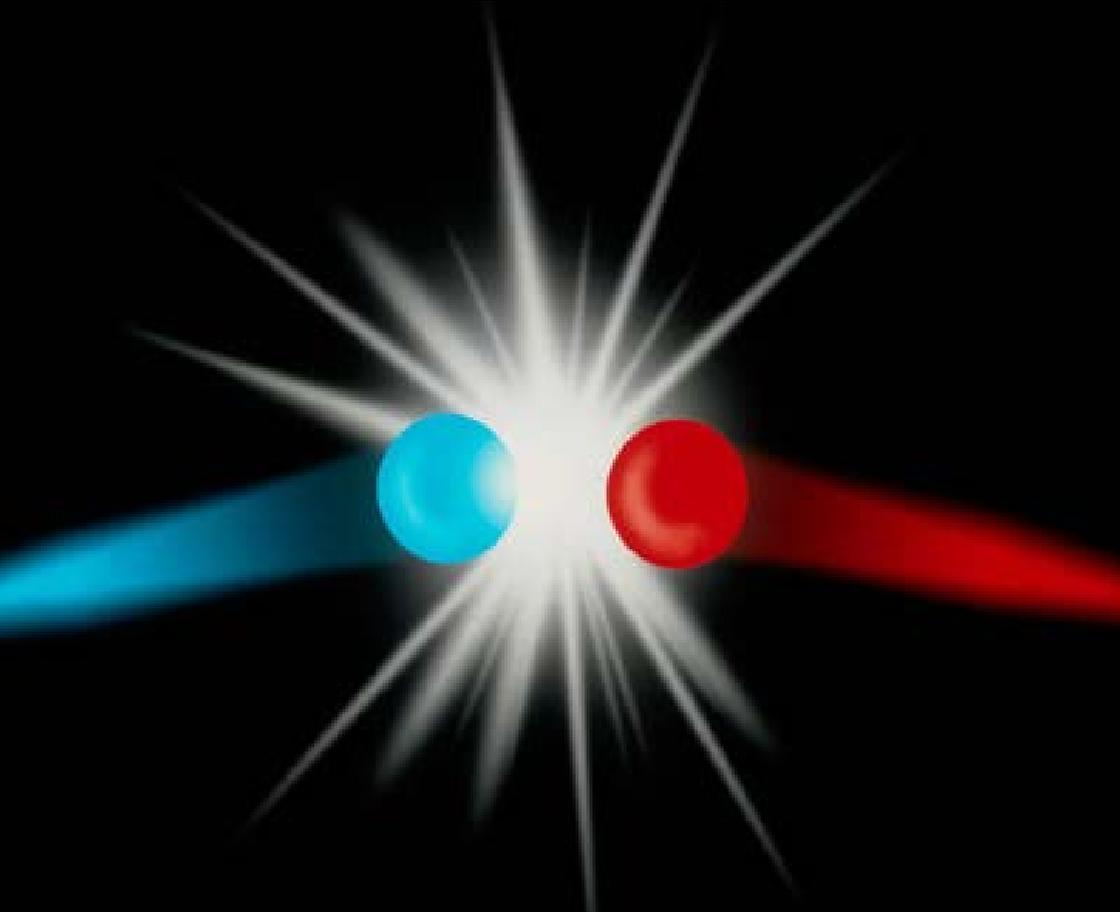




EVERY **moment** IS THE PERFECT
moment



Nothing's wrong or missing



The two elements in any contrast, for instance, blue and red, collaborate to define each other as opposing colours, establishing a world of duality. But when the opposing colours meet, they can't be explained by each other.

As this cancels out duality, one is in a state of not-knowing.

[The image is from the internet]

HACK #4.5, Without contrast, we can't see duality

Alexius uses standard colour theory to illustrate that opposites cancel each other out when they meet completely, bringing about a *state of not-knowing*. From this state, we return to conscious duality experiences with the slate wiped clean or enter *the Enlightenment of that which is One*.

According to science, in the milliseconds following the Big Bang, two contrasting worlds were on the brink of emergence: one of matter and one of antimatter. However, as illustrated on the previous page, when opposites in a contrast meet, they release incredible energy, leading to their disappearance in a single burst. To avoid this, the brain excludes antimatter from awareness, allowing one to immerse oneself fully in the experience of a material world.

However, when antimatter is concealed, there's nothing to define one's experience of matter. Therefore, the brain takes on the task of describing one's experience of matter. It achieves this by categorising matter into contrasting elements, such as light and dark, interacting to form one's material world experience. Thus, light and dark do not meet but, like two sides of a coin, interact to define each other, thereby constantly shaping our perception of materiality.

Yet if the opposing parts in a contrast meet, they cancel each other out, leading to *a state of not-knowing*. This pause from the dynamic duality process wipes one's slate clean. Hence, when one resumes the duality journey, one delves into fresh contrasts, such as hot and cold, fast and slow, explaining each other to constantly reshape one's view of duality, thereby freeing one from the confines of conditioning.

Continue [page 217](#).



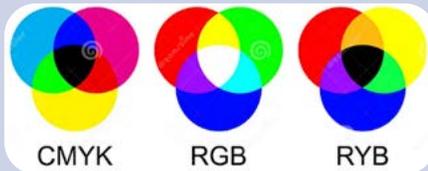
The standard colour theory

When you see red, for instance, your brain immediately generates its complementary colour internally. This also occurs externally. If you stare at the red colour for thirty seconds to a minute and then quickly look at a white surface, you see red's complementary colour. The specific complementary colour of red is not a fixed rule, but rather a result of the colour model you have conditioned yourself to use. In the RYB model, red's complement is green, while in the RGB model, it's cyan. See the colour wheels below.

The older generation generally uses RYB and CMYK (the traditional bases for painting and printing). In contrast, the new generation and those having glimpses of Enlightenment use RGB, the model that powers television and electronic media.

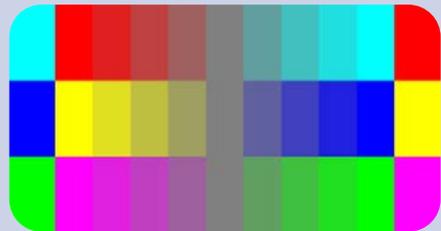
As mentioned, it takes about thirty seconds to perceive the complementary colour of red in white surroundings. However, your brain instantly produces red's complementary colour within. Hence, since these two colours meet, they cancel each other out, creating a neutral grey (see the complementary colours illustration). As this makes you feel empty, you're in *the bliss of nothing*.

THE COLOUR WHEEL:



The colours most people believe in seeing are based on the RYB colour wheel, where the primary colours are red, yellow, and blue. These colours are subtracted from the colours of light, which colour wheel is called RGB. Its primary colours are red, green, and blue. Adding the three primary colours of RYB results in black. This also applies to the similar colour wheel CMYK used in professional printing. However, adding the primary colours of RGB results in white.

COMPLEMENTARY COLOURS:



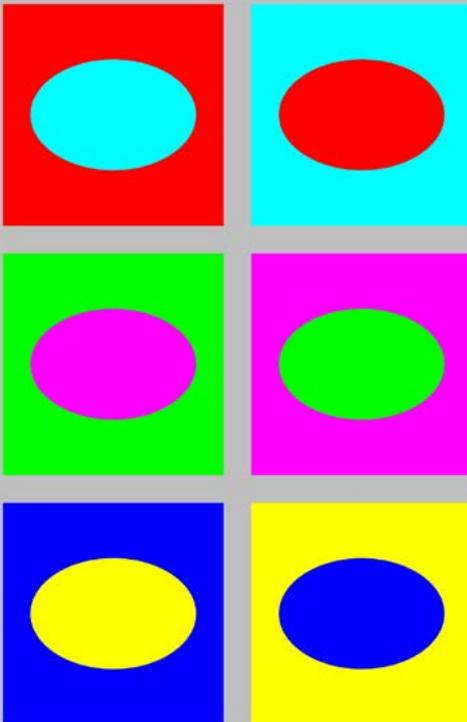
This image illustrates how the complementary colours of the RGB colour model's primary hues turn into neutral grey when equally combined. The same applies to all complementary colours, including those that emerge in the RYB and CMYK models.

[The images are from the internet]

Continued from [page 215](#).

The box on the previous page, which explains aspects of standard colour theory, illustrates how the brain's duality setup works. The description of the colour model is factual within the realm of duality. However, duality is not a fact but a make-believe because non-duality is shapeless, thus endless, so there is no duality. Ergo, the standard colour model doesn't prove that duality is the brain's setup, as Alexius describes on [page 215](#). It's a suggestion made by Alexius, which is groundless as there's no duality.

Yet, when we believe in a world of duality, we can't undo it if we don't acknowledge it, which we do by engaging in the interaction of contrasting elements to shape a world of duality. However, sometimes we may need a break from duality by entering *a state of*



When complementary colours meet, they dissolve into a neutral grey. So, when any of the three pairs of opposing colours to the left meet, they dissolve into a neutral grey reminiscent of the grey background colour of this box. As this applies to any pair of opposites, such as love and hate, dualism does not seem to hide non-duality when opposing elements meet.

However, if you want to continue the duality experience, you quickly engage in new duality experiences created by the brain. *[The image is from the internet]*

not-knowing. This is exemplified by standard colour theory, where the experience of contrasting colours reflects duality, and their meeting, cancelling out the contrasts, reflects a *state of not knowing*.

Unfortunately, most shy away from duality and the relaxation that comes with a *state of not-knowing*, thereby preventing them from having fresh duality experiences. They prefer to hold onto specific thoughts, feelings, and opinions to maintain a particular identity. So, in the context of the colour model, they don't view contrasting colours, such as yellow and blue, as complementary but as distinct colours to appear as singular beings themselves.

For instance, many view love as a distinct feeling, consciously excluding its counterpart, hate, from their awareness. Hence, since the opposing elements in this contrast cannot meet, they don't enter a *state of not-knowing*, experiencing *the bliss of nothing*. Instead, clinging to singular thoughts, feelings, and opinions, they remain in a frustrating stagnation.

In the context of the colour theory, you solve this by not excluding hate. Thus, love and hate can meet to cancel each other out, leaving you in a *state of not-knowing*, wiping the slate clean. Then, you're prepared to experience duality through fresh contrasts that eventually cancel each other out, bringing you into a *state of not-knowing*. And on it goes until you don't return to the experience of duality but enter *the Enlightenment of that which is One*, erasing all memories of more than one.



Don't try to improve or avoid duality with singular ideas. Instead, accept that dualism is the interplay of opposing elements. Then, contrasting elements can meet to cancel each other out, thus erasing duality.



Without contrasts, you can't experience duality. Therefore, to undo duality, you nullify its contrasts, which automatically occurs when the contrast between two elements meets.



The blue frame and the image's average colour, brownish orange, are complementary. As the blue frame is equal saturation-wise to the photo's average colour, they cancel out each other as something specific when you don't focus on one of them.

Thus, eventually, you're in *the bliss of nothing*.

Instead of cancelling out contrasts one by one, you can speed up the undoing of the belief in separation by including the most fundamental contrasts. Those contrasts, such as expansion and contraction, right and wrong, and within and without, serve as the very fabric of our experiences.

Additionally, less fundamental contrasts, such as past and future, giving and receiving, and high and low, as well as adult and childish, define and shape our sense of reality. So, if you include feeling right, for instance, by being nothing but right, there's no wrong to define you as right. Hence, separation falls apart.

*Being
inclusive
undoes
separation.*

*So, if you
include your
response to
your lover's
behaviour,
you no longer
need to blame
your lover
for how you
feel. Hence,
you don't feel
separated.*





This graphical illustration of a so-called out-of-body experience, while accurate in some aspects, can be misleading. It's correct that the brain generates an experience that feels like we're viewing ourselves from above. But like in a dream, the brain never shows the viewer. Also, like in a dream, you're not actually outside the body, nor inside it, but in a fantasy unfolding in the brain. [The image is from the internet]

HACK #4.6 When you include death, nobody dies

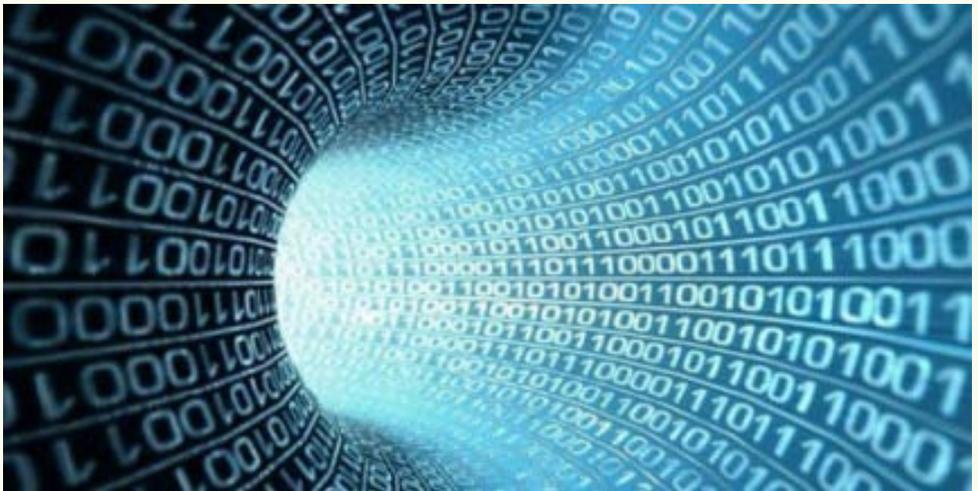
Thankfully, the end of the brain is only the end of the belief in being somebody substantial. So, if we don't hang onto that belief in the moments of dying, nobody seems to hide that the formlessness of oneness is all there ever was and will be.

When death draws closer, the brain, deprived of oxygen, loses its ability to turn thoughts and feelings into the familiar images of us as somebody in a physical world outside us. Thus, exposed us as nothing but thoughts and feelings.

Suppose we try to organise these thoughts and feelings disconnected from the physical being we used to identify as ourselves into a familiar notion of being somebody substantial in a physical world. In that case, we feel stuck in a vacuum of thoughts and emotions because the physical world that the brain led us to believe was outside us is nowhere to be found.

But what if we don't try to organise the chaotic stream of thoughts and feelings into a sense of something physical? Instead, we accept the stream is intangible, thus unable to create something tangible. Hence, we don't prevent thoughts and feelings from playing out, but see them through to their end, revealing they are nothing. Since this leaves no defining elements to establish us as a separate being, nobody returns to the formlessness of oneness from a substantial world, which is fine because nobody ever left oneness.

As the brain nears its end, it grapples with a diminishing supply of oxygen. Therefore, it struggles to transform intangible thoughts into tangible perceptions, as it once did when we perceived a tangible world outside us. This lack of tangible experiences seems terrifying if we try to hold onto something tangible. But if we don't do that, nothing floats into the formlessness of oneness. [The image is from the internet]



Don't manipulate feelings, but look at them till they vanish

If we hang onto any passing thought or feeling that quickly passes by, when the body is about to end, we reinforce the belief in being somebody. Hence, we panic when the brain is about to expire, and is unable to fabricate bodily experiences to disguise that we're nobody.

But if we do not suppress our anxiety and instead follow its flow to the end, it's over. This leaves room for other streams to surface to be played out, thereby emptying ourselves. This is not about realising oneness, as that would require us to be someone. However, when we're empty, nothing seems to conceal that oneness is all there is.

But if we don't suppress our anxiety and instead follow its flow to the end, it's over. This takes no time, and it leaves room for other streams to surface and be played out, thereby emptying ourselves. This is not about realising oneness, as that would require us to be someone. However, when we're empty, nothing seems to conceal that oneness is all there is.



When the TV screen is blank, there's no world to see. It's like a canvas without a painting. So, if you notice something, it's not there but in your brain. However, this applies even when the TV screen appears to show a world because the brain is the creator of everything we see, much like an artist who paints on the canvas of our consciousness.

A near-death experience can be likened to the moment when a TV screen goes blank. The world is gone, leaving only the sound. In this metaphor, the sound represents our thoughts. And since we can't project them onto a world on the screen, this feels claustrophobic if we believe thoughts are real.

Death is not a requirement for oneness

Please don't think that the death of the body is a prerequisite for returning to that which is One. On the contrary, it takes more than one to die, so death does not lead to oneness. But neither does anything else. The good news is that returning to oneness is unnecessary. As oneness is formless, thus endless, you have never left it except in a fantasy of more than one. In other words, when the brain stops functioning, the fantasy of more than one dies, but not that which is One.

However, you are not bound to wait for the body's expiration to undo the fantasy of more than one by playing out streams of feelings as described above. You can do this wherever you are, at any moment. This also applies to the streams of thought, which generally appear before the streams of feeling or are mixed with them. When willing to play out all the streams, it takes no time for the belief in more than one to vanish.

Thus, not believing in separation, *the Enlightenment of that which is One* sets in or you return to the consciousness of being in a world of separation. In the latter case, you return with your slate wiped clean, so *every moment is the perfect moment* ([page 212](#)) – even when the brain stops functioning and can't produce experiences of more than one anymore. See [Duality Hack #9.10](#).



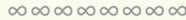
The loneliness that our suppressed thoughts and feelings entail can't be shared with anyone in the face of death. Thus, it feels like a descent into hell. Thankfully, when we include all thoughts and feelings, there's no loneliness. We're at peace, gently floating into the formlessness of oneness. Hence, neither in hell nor heaven, as being somewhere requires more than one. *[The image is from the internet]*

Notes on death and oneness:

Don't cling to consciousness at the moment of death. Without the awareness of something, there's nothing to hide the formlessness of oneness.



When the apparent difference between your experiences is not perceived to make a difference, the belief in separation vanishes. Hence, there's no end to fear.



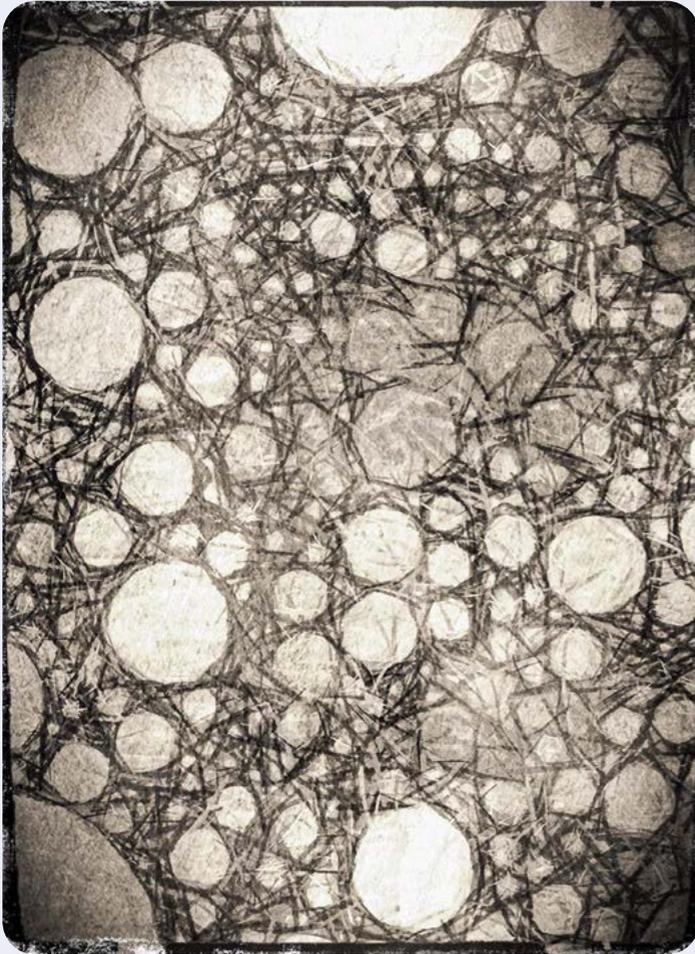
As the brain nears its end, it doesn't have enough oxygen to fabricate the familiar experiences of an external world. Instead, it conjures up comforting images, like light tunnels, to prevent us from panicking. However, nobody panics if they don't believe the outside world is real, as there's no inside without it. Thus, nobody dies.



Not believing in being someone you can't die because it takes someone to die.



Since oneness is formless, thus endless, and since it takes more than one to live or die, both are equally illusory. When you acknowledge this, a world with more than one, including thoughts and feelings about it, is revealed as a mirage. Consequently, a world with more than one does not seem to hide that which is you is what it always has been and will be: the formlessness of oneness.



Life, formless and endless,
is the reason we can indulge in
stories of being somebody bound
by time and space. As long as we
remember this, we're not
bothered by our story's end.



»» *The basic self enjoys everything as it is, whereas the special self needs to change something to feel good.* ««

Alexius' basic self, moulded by the brain as a librarian, once created a restaurant with inventive meat-free meals, not imitations of meat dishes. These stood on their own merits.

Later, it started a restaurant combining organic meat and vegetables in healthy, delicious ways.

The basic self also curated music as a DJ, energising dance floors. Now, it refines Alexius' Duality Hacks for easier use.



HACK #5.1, Alexius' basic self is a librarian

The brain is the unseen artist forming our experiences. It gifts us consciousness, letting us wander through a world of duality as individuals. Yet, this very self-awareness can weave the illusion that we exist independently of the brain that conjures us.

As it takes more than one to give something, and reality is non-dual, *Alexius' Duality Hacks* have nothing to offer. Yet this statement is deceptive. Like all others, it involves separation.

Still, by offering nothing, *Alexius' Duality Hacks* sidestep the snare of separation. They reveal that the experience of more than one is only a shimmering mirage. Yet, you can enjoy this mirage while gradually undoing the belief in its reality. This is the joyous journey of [Alexius Duality Hacks #5-8](#).

Alexius, the basic self and the *Duality Hacks*

Alexius' basic self, crafted by the brain, is like a tireless librarian cataloguing every experience, or a clever app sorting through ceaseless flows of data. The librarian tirelessly arranges things for easy access and delight, whether organising kitchen shelves or setting up toys for his cats. The app, on the other hand, hints at a ceaseless analytical engine, always preparing the ground for something like *Alexius' Duality Hacks*. Both

Alexius' basic self is not an adventurous hiker, but a librarian focused on organising in the service of others. Even while hiking, the librarian remembers breathtaking scenes to share with friends. Recording these beauty spots is refreshing, since serving others defines him. In the picture, Alexius shows a little friend a wild forest place stored in his librarian's memory.



metaphors emphasise the continuous organisation and analytical functions used to help others.

Yet, the Duality Hacks come to Alexius as a stream of wordless melodies (page 692). If he tries to catch them with logic, the melodies falter. So, when writing *Alexius' Duality Hacks*, he slips into a *state of not-knowing* (Duality Hack #9.10). In this state, he hums along with the wordless melodies. Then, without warning, the melodies erupt into words, tumbling chaotically from his hands onto the computer screen (page 692).

If he tries to catch them with logic, the flow falters. So, when he writes, he slips into a state of not-knowing, humming along to these invisible tunes. Then, without warning, the melodies erupt into words, tumbling chaotically from his hands onto the computer screen.

But these word combinations often need a more rational arrangement in a world ruled by reason. Here, the inner librarian steps in. It weaves the disorder into coherence, as a librarian would organise scattered books.



Alexius' basic self, a librarian, set up his business without his conscious awareness before writing this duality hack (#5.1). What matters is recognizing you don't need to label your basic self or search for your Dharma – just let things be done through you.

Recently, this Duality Hack (#5.1) emerged as the forerunner to [Alexius Duality Hacks #5-8](#). The brain helped shape these hacks on living wholly in duality to fully undoing it. After all, it knows that duality is make-believe. So, undoing it feels like the next logical chapter.

Connected or disconnected

In the brain's duality fantasy, you, as the basic self, are a brain construct. The brain creates and maintains the thoughts that form and sustain the basic self. That cannot be changed. The consciousness the brain gives the basic self helps it become aware as an 'I'. However, it may rebel, seeing itself as special and separate from the brain. See [Duality Hack #5.2](#) on the brain's role in creating the sense of being a basic self.

The special self is always chasing independence and perfection, desperate to stand apart. Thus, out of sync with the brain's script, it feels isolated and yearns for a different world. By contrast, the basic self feels connected and whole, operating in sync with the brain. Anchored in this script, it never wonders, 'Who am I?' The special self, however, is forever questioning its identity and resisting its origin within the brain.

»» *The special self doesn't want to acknowledge that negativity and positivity are interdependent, like two sides of a coin. Instead, it views them as being at odds. Thus, not realising their interaction releases tremendous energy, like in an electric wire, for instance.* ««

The special self is a master of disguise. It hides unwanted traits from its awareness by projecting them onto the body's most vulnerable parts, creating an illusion of flawlessness. Yet, underneath this mask, it does not feel perfect. The more it distances itself from its flaws, the deeper its sense of imperfection grows.

Sooner or later, the special self's hidden issues bubble up, often labelled as psychosomatic. It refuses to admit it created these



Alexius' basic self, a librarian, set up his business without his conscious awareness before writing this duality hack (#5.1). What matters is recognizing you don't need to label your basic self or search for your Dharma – just let things be done through you.

The special self claims the brain disrupts bodily balance, believing it could achieve harmony by taking control. Yet, the brain is the body's master and can't be overridden. If it programs a craving for steak, the body will want it regardless of the special self's beliefs.

problems by projecting them onto the body's weak spots. Instead, it points a finger at the brain, feeling justified in trying to heal the body with lofty notions such as positive thinking.

But healing the body through positive thinking is like trying to start a car with wishes instead of fuel. It simply does not work. Just as a car needs real fuel, the body needs tangible care. Free the body from your mental grip by returning the psychological issues you've projected onto it to their source: the psychological realm. When you face these issues where they originated, the body free to deal with itself materially (see [Duality Hack #7](#)), and you feel lighter, no longer weighed down by heavy projections.



In response to our plea for effortless and fulfilling experiences of duality, the brain gives us an identity as a basic self. This self is twofold, not singular. Therefore, if we replace our basic self with a special, singular one, we feel alienated in a world of duality.

Hack #5.2, The fabrication of a special self

The basic self, moulded by the brain's soft flow of thoughts, is the natural state of being in the brain's duality tale. In contrast, the special self is constructed by twisting the natural flow of thoughts into a complex self-image that appears independent of the brain.

Since the basic self is in sync with its creator, the brain, its gentle stream of thoughts that keeps the basic self functioning does not seem disturbing but encouraging.

Yet this calm is shattered when the consciousness, the brain has installed in the basic self to make it aware of itself as an individual, decides to surpass its creator. The rogue consciousness then strives to transform the basic self into a special self. However, to shape and maintain this special self, the rogue consciousness needs more thoughts than the brain naturally accumulates to uphold the basic self.

Hence, the rogue consciousness highlights an experience as so fearful that the basic self holds its breath long enough to imprison thoughts in the gap. From there, the thoughts force their way out by multiplying themselves. As this process is not a one-off event, the rogue consciousness has a continuous supply of thoughts to make the basic self appear special. For instance, it presents the basic self solely in a positive light, despite the basic self being in a constant state of fear.



When we don't edit the brain's stream of thoughts, we feel assured as a basic self. If we try to manipulate the stream to seem special, we feel off. Meditation does not resolve this discomfort. Instead, it is resolved by realising that the pursuit of uniqueness is tied to feeling weird.

The special self appears perfect when it judges others imperfect

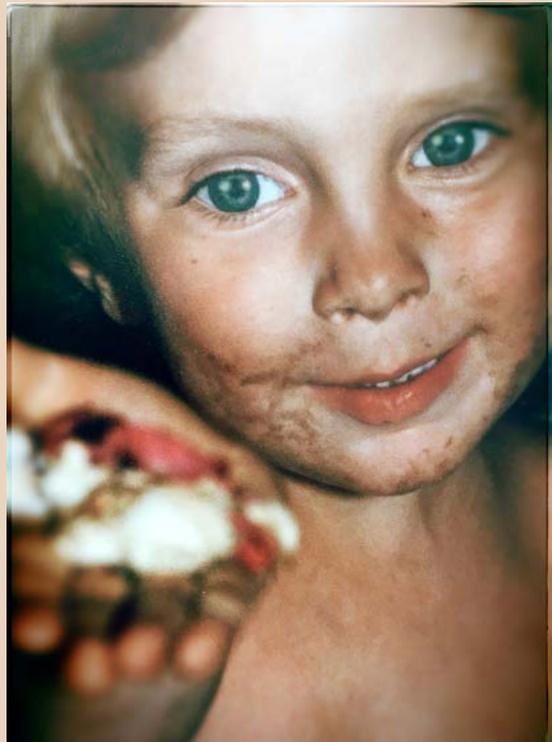
In a world of duality, experiences come in pairs of opposites. Good only seems to exist when compared with bad. Positivity without negativity is impossible, just as light is only seen because we know darkness. Joy is recognised only by being aware of sadness.

But the rogue consciousness blinds the special self to the fact that duality shapes its world. It first plants a *Judge* within, a sharp voice that labels one side of every pair as good or bad. Next comes the *Executioner*, which punishes the part deemed harmful by the *Judge* by excluding it from the special self's awareness. In this way, the special self always sees itself as righteous and purely good..

Read more about the *Judge* and the *Executioner* on [page 61](#) and about the rogue consciousness on [page 237](#).

Both the basic self and the special self are constructions of thought.

The basic self is simple and radiates gentleness. The special self is more complicated, stirring conflict and insisting on being the best.



»» *When you believe your single-minded notions are absolute, you clash with the world you appear in, as it's dual.* ««

However, when the elements of a duality pair are treated as independent entities at odds with one another, you can't experience how they naturally complement and define one another. Losing this sense of polarity leaves you with a one-sided view of yourself and the world, putting you at odds with the twofold nature of reality.

Fortunately, the basic self does not split duality pairs apart. Instead, it acknowledges how their parts interact, experiencing both the good and the bad. This does not create perfection, but it brings a sense of wholeness. See [Duality Hack #8](#).

You step into the flow of duality by accepting your one-sided perspective as simply what it is. This reveals that good and bad never stand alone – they're two sides of the same coin. Hence, there's a trace of goodness in evil, and a shadow of evil in goodness (see [Duality Hack #6.5](#)).

What we believe in being is a construction of thoughts compiled by the brain into pairs of contrasting elements. When we're in sync with their ongoing interaction, we feel delighted.



Feeling drained or tireless

In the brain's thought system, which is responsible for processing all our experiences, it has arranged everything in *duality pairs*. For instance, love collaborates with hate, interacting to mould our perception of each other. However, if our consciousness goes rogue, it sees this duality as an error. So like a spell checker, it automatically corrects it by splitting hate and love into singular feelings at odds with each other. Hereafter, the rogue consciousness fabricate a special self, who's filled with love in a hateful world.

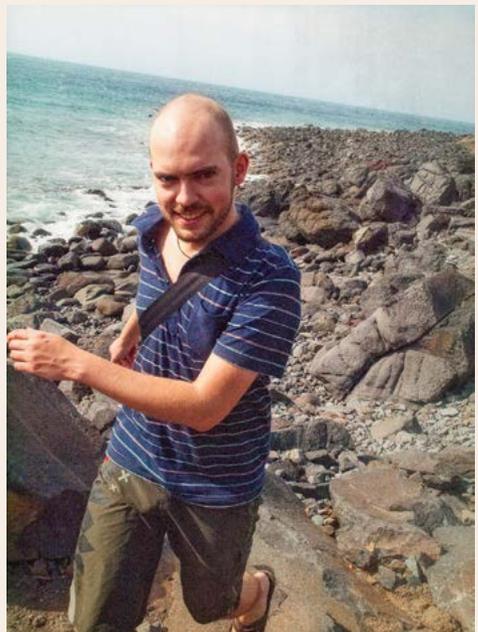
But the special self, with its singular opinions and feelings, is out of sync with the dualistic experiences the brain generates and manages. Hence, thoughts and emotions, manipulated into singularity, spiral out of control. To help the special self avoid feeling stressed by this, the rogue consciousness steps in with comforting reassurance: »*You're now unbound by the confines of the brain, so you can arrange opinions and feelings as you wish*«.

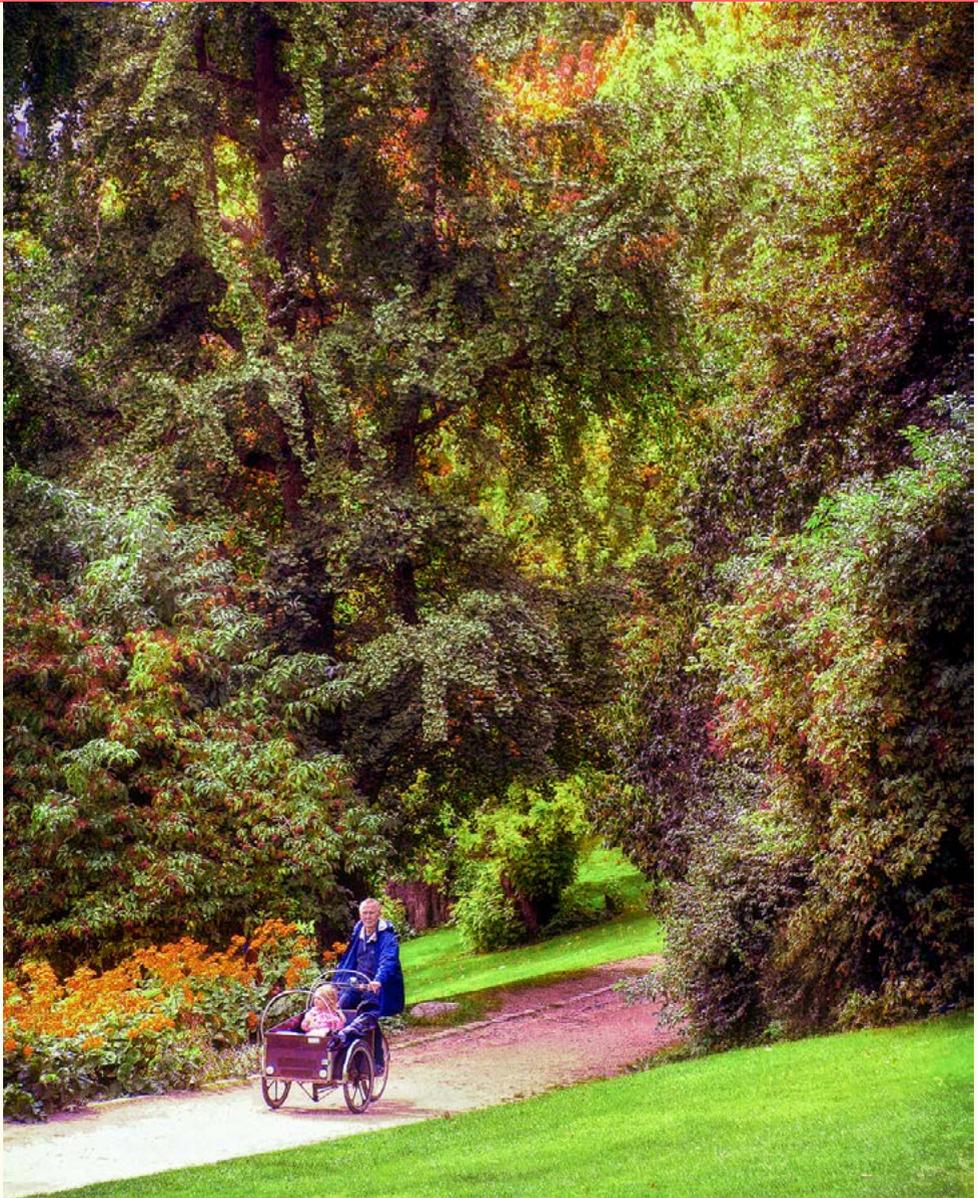
Yet the rogue consciousness fails to mention that the special self must spend

If the brain wants you to jog, you must follow its signals. When in sync with the brain, jogging feels effortless, but when out of sync, it feels demanding and strenuous.

years learning to live in accordance with its modifications. Opinions and emotions have been reduced to singular concepts, such as one god or one love. Getting used to that feels so complicated that the special self often turns to alcohol or meditation to escape the modifications.

In short, upholding the special self's singular appearance is a constant struggle, leaving it drained. So if you want to feel energetic in a world of duality, consider applying one or more of Alexius' Duality Hacks to enter a state of not-knowing. It wipes the slate clean. As the basic self, you feel carefree and thus tireless in the brain's duality world. See [Duality Hack #8](#).





Hack #5.3, To be special but feeling wrong

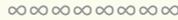
To silence its self-doubt, the special self weaves illusions, luring others into believing it possesses a secret they crave. This charade props up its fragile sense of uniqueness and keeps insecurity at bay.

The past is a story made by the special self

The special self always worries about the future, seeking control and validation. Meanwhile, the basic self lives in joyful ignorance of the next moment. This does not mean it never prepares for anything, but it never clings to a particular result.



The basic self is anchored in the present, glancing back only briefly at what has been. The special self, however, yearns for the so-called good old days, which it has turned into a nostalgic tale that flatters its own importance and sets it above the rest.



The special self keeps its mouth shut, even when smiling. This prevents emotions that could destroy its perfect image from showing. But by suppressing feelings, relationships become conceptual and superficial. In contrast, the basic self has no need for perfection. Hence, it forms sincere relationships that may not seem flawless.



The special self insists on measuring every new experience against the past, sculpting the present to fit a narrative in which everything orbits its own significance, carefully edited in hindsight.



In the past, the special self wove a story that cast others in a negative light, thereby casting itself in a positive one. This story, stitched together from selective memories and bias, stains the special self's perception of the present, strengthening its conviction in its own virtue and the supposed failings of everyone else.



The special self orchestrates every aspect of its appearance, fearing any deviation from its carefully fabricated identity. This leads it to portray others as incompetent, thereby enhancing its sense of superiority.

The special self believes happiness comes from being in control

The special self orchestrates every aspect of its appearance, fearing deviation from its carefully fabricated identity. This leads it to portray others as incompetent, enhancing its sense of superiority.



Being the special self is not about what one does but about perceiving oneself as the master, as when using remote controls and automatic espresso machines. Caring for children and pets is not an act of love but a means of reinforcing one's sense of superiority.



The special self feels in control by explaining to itself and others what's happening and why it's taking action. For instance, it states that what it did or didn't do was because it thought it was for the best. If something doesn't happen as planned, it upholds the idea of being in control by claiming it changed its mind.



When the special self admits that something is their fault, they're not just accepting responsibility but also asserting their influence over the outcome. This implies they have the power to make things happen, enabling them to be in control.

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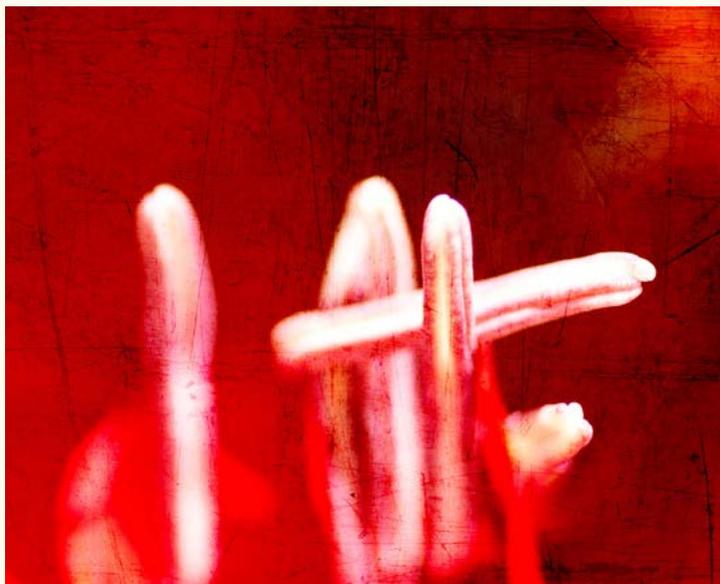
Under the guise of considerate behaviour, the special self employs a manipulative tactic. It gives others space and time. However, it's a ploy to maintain dominance and control, keeping others in a subordinate position.

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If others exposes the special self's point of view as fake, the special self deflects attention from itself by claiming that somebody is unjustly attacking it.

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When the special self loses self-control and reveals traits it believes only others possess, it resorts to coercive tactics to evade guilt. For instance, it blames others, using expressions such as »*Look what*



If you want to keep a unique look, you can't escape the hell of self-control. This is because you worry your image will fall apart if you're not in control.

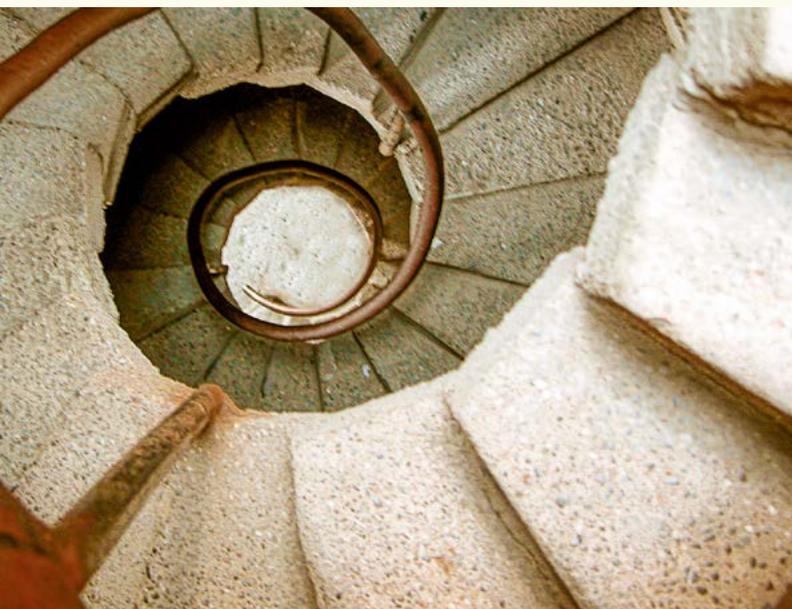
you have made me do«. This deflects responsibility and makes others feel accountable for the special self's actions.

Another way for the special self to maintain a sense of power is to assume a secondary role, thereby deflecting responsibility. For instance, it might pretend to be the victim in a situation it actually instigated, or it might play the martyr to gain sympathy and avoid accountability.

Or the special self flatters itself that it has reflected on its actions, apologises, and basks in feeling superior. This cycle of reflection, apology, and self-praise is self-serving.

Yet another manipulative tactic is to use others' stories to redirect the conversation to the special self by referring to a similar past experience.

This comparison to a personal experience is a deliberate tactic by the special self to make itself the centre of the conversation and belittle others as mere extensions in the special self's self-centred story, disregarding others' experiences.



For the special self, the goal is superiority. Disguised as a do-gooder, it sends love and healing to those it judges as less fortunate. In this way, it establishes itself as superior.

The special self despises being told what to do. But if it cannot avoid this, it fabricates a story in which it's detached from what happens. Thus, it appears not to take orders but to go with the flow.



When a game dictates our next move, we comply to keep playing. However, the special self always insists on knowing a better way in the brain's duality game. Yet it's incapable of effecting any change, which it conceals by blaming others for all mishaps.



In its struggle to assert control over the body, the special self feels restless. By contrast, the basic self, which recognises every bodily movement as an automatic gesture governed by the brain, oozes a sense of tranquillity.



The basic self, with no expectations to meet, responds to others like a child, spontaneously and without prejudice.

The special self treats its opinions as facts, thereby making everyone else's perspectives wrong.

The special self is founded on suppression

The special self may emphasise its assumed specialness by claiming that its experiences come from the heart. However, the heart is simply a muscle that pumps oxygen to the body's cells, nothing more.



The special self, in its quest to sustain a positive appearance, expends much energy suppressing thoughts and feelings it deems



The special self wants to belong to something better and greater. Thus, it uses much of its energy to suppress thoughts and feelings it deems wrong. On the other hand, the basic self is anchored in the mind. Since it creates all experiences, the basic self is part of everything.

negative. By contrast, the basic self has no desire to appear in a particular way. Hence, it does not label anything unfavourable. Besides, it recognises that negativity is just as necessary as positivity.



The special self is often impressed by extraordinary experiences, such as glimpses of Enlightenment. However, it rarely encounters anything beyond the ordinary because it fences off everything unfamiliar to prevent its fabricated image from cracking.

Therefore, when something uncontrollable, such as glimpses of Enlightenment, intrudes on its regulated world, the special self waits for it to pass, suppresses its memories of the unknown, and resumes its familiar life. See [Duality Hack #11.2](#) on glimpses of Enlightenment.



The more the special self can convince others that it can help them and the world, the more powerful it feels, thereby suppressing its feelings of helplessness.

The special self and feelings

The special self substitutes genuine feelings of togetherness with conceptualised ones to hide that its purpose in being together with others is to use them as a dull background for its own brightness.

For instance, the special self adapts to the collectively agreed ways of being together at a traditional dinner party, not out of a wish for genuine closeness, but to show off as superior. Or it arranges for popcorn and a classic movie to rewatch with someone, as if they're close friends, not to develop an authentic friendship, but to serve its own needs for validation.



The special self enjoys discussing feelings speculatively, like »Do I really love this person?« But it doesn't love anybody. The

special self avoids intimacy by discussing abstract concepts such as universal love and higher states of mind. Hence, no feelings destroy its perfect image..



When a genuine feeling breaches the special self's world of conceptualised emotions, it wreaks havoc. True feelings, always coming



The special self needs to convince at least one person of its importance. So it gives someone the kind of attention it believes will make that person feel chosen.

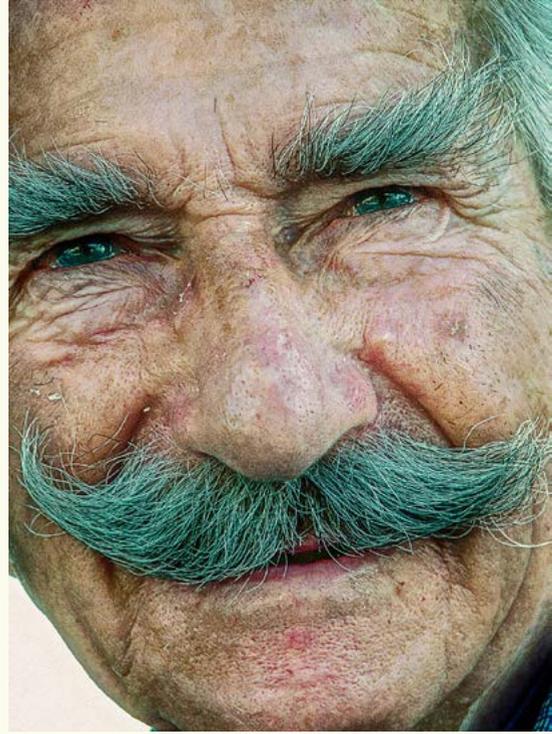
in pairs such as love and hate, disrupt its notion of pure love, shattering its carefully fabricated image.



The special self is caught in a constant internal conflict. Genuine feelings, which might threaten its carefully crafted image, are kept at a distance. However, this clashes with its need to appear open, leading it to blame others for its own emotional suppression. For instance, it often claims it can't open up emotionally because its spouse is closed off. Yet the special self has actually chosen a closed partner to avoid opening up.



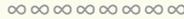
The real reason the special self doesn't express its feelings is that it has suppressed them. Nevertheless, the special self presents itself as an emotional expert, urging others to open up to their core. However, the problematic feelings the special self claims to identify in others are its own suppressed emotions. The special self can dissociate itself from those feelings. Conversely, as the basic self does not care about appearance, it does not need to suppress feelings to appear special.



The special self excludes its unwanted traits from consciousness to present itself as perfect. However, the excluded traits remain in the subconscious, leaving it always feeling imperfect. The good news is that you don't have to avoid looking perfect. Instead, if you perceive both perfection and imperfection as 'it is what it is', you'll notice they complement each other. Thus, because imperfection confirms perfection and vice versa, you're perfect even if you see yourself as imperfect.



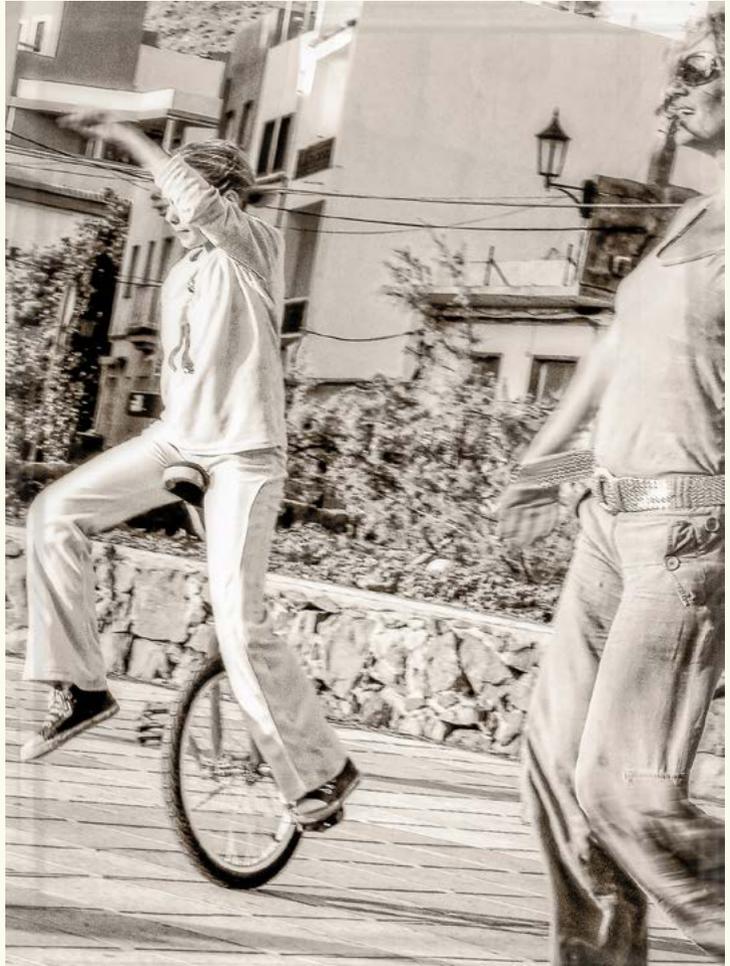
To appear perfect, the special self often pushes the body to extremes, such as yoga, heavy weightlifting, or restrictive diets. Although this usually comes at the cost of physical pain, the special self is willing to pay that price in its search for perfection.



The cultivation and maintenance of a spiritual self are demanding tasks. They require constant suppression of certain aspects of one's appearance to seem free of power strivings, greed, anger, negative thoughts, or what is perceived as politically incorrect. This self-im-

Under the guise of selflessness, the special self claims to seek freedom, justice, and independence for all. Yet it lacks any idealistic motives.

Its only aim is to gain fame, wealth, and power for itself.



posed correctness feels restrictive, whereas one feels free when not striving to conform to an idealised image.



If you have conditioned yourself to feel relaxed when you hear special music, you find yourself in a story in which you know what to feel when you hear specific music. In other words, what you believe you feel is a product of your story.

As this applies to most of the feelings we believe we have, we're generally not in touch with our emotions but with our stories about them. However, that suits the special self. It does not want to be in touch with genuine feelings but rather with how it interprets them in line with its desired self-image.

A cat doesn't need to plan when it stretches or attend seminars to be itself. Likewise, the basic self is natural and unforced. It has no desire to be anything other than what it is.



The special self sees itself as independent, yet it depends on others

First, the special self divides the world into its concepts of right and wrong. Next, it expects the world to hide or correct what it has labelled as incorrect, so its opinion doesn't make it seem odd.



The notion of being special is based on how we interpret our effect on others. Consequently, the special self continuously adjusts its perception of others' responses to its appearance so that they seem to ratify the special self as unique.



The special self enjoys being with others, but only if it can manipulate them to meet its need for validation.



The special self requires external validation of its supposed uniqueness and independence. Hence, it often establishes a family it can manipulate to provide this confirmation. If its strategy fails, the special self may pay a psychologist to confirm its uniqueness, thereby reinforcing its perception of independence. However, because the special self depends on others to support its perception of autonomy, it's a self-deception.



For the special self, everything is about itself. Even when a relative is injured in a traffic accident, the typical response is, »*How could you do it to me?*« In other words, the special self interprets everything in terms of its impact on itself, disregarding others' feelings and experiences.



Whether one has convinced oneself to indulge in or to refrain from sex, the underlying purpose is always to enhance one's uniqueness.



The English language suits the special self because it's built on the 'I' as primary and others as secondary. For instance, in English, you don't talk with others but to them, and you always start by specifying yourself. This structure quietly supports the idea of the special self as the centre of the universe, even though neither the universe nor the self has a centre.

Alexius' Duality Hacks don't work if you use them to achieve something, but they do work if you're willing to let them use you for nothing..





The basic self, created and maintained by the brain, is not bound by the rigidity of a single-minded response to its experience of something. Because it's in a world of duality, it always perceives reactions as twofold. For instance, when reacting with sadness, it does not see this as isolated from happiness. Instead, they are interrelated elements that define each other, like the two sides of a coin. This fluid nature of the self, neither specifically sad nor happy but happy/sad, liberates it from the restrictions of fixed emotions

Hack #5.4, The basic self is relative, not distressed by something special

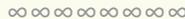
The basic self, like the cosmos, doesn't have a fixed centre or a specific personality. Thus unbound by the restrictions of perceiving itself in a certain way, it's relative to the present moment.

Being relative, one enjoys the moment as it unfolds

If insulted, the basic self may flare with anger. However, knowing that every experience in a world of duality has two faces, it is immediately accompanied by calm. Because this twofoldness makes the basic self relative to the present moment, it feels at ease regardless of how it unfolds.

On the other hand, the special self fears the freedom that comes with adapting to the present moment. This makes it hard to maintain the act of being one kind of person. So, the special self consistently suppresses its unwanted traits from awareness to uphold the character it has created through fixed points of view.

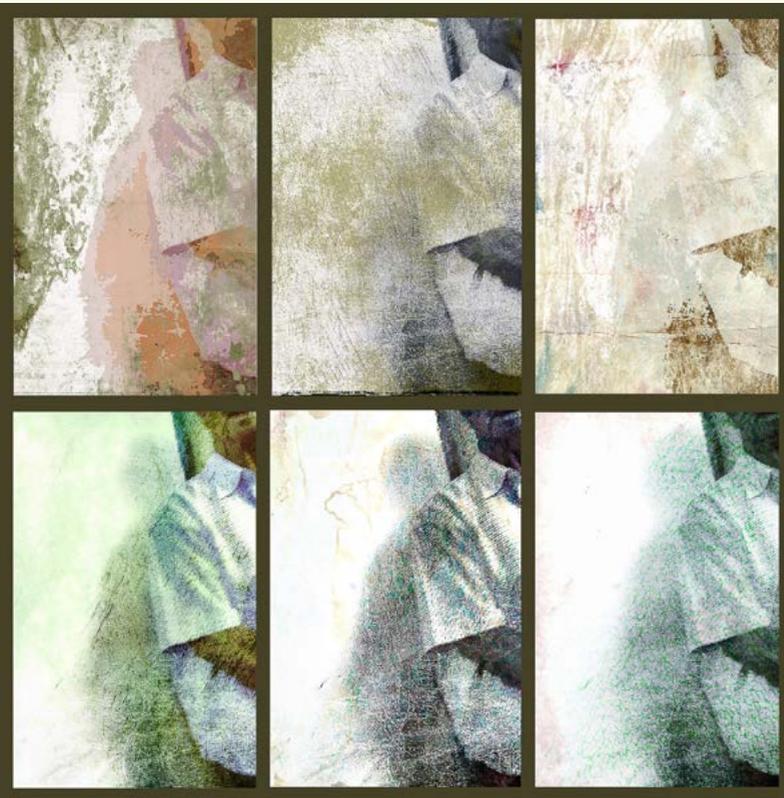
Fortunately, without this fabricated consistency, the self is not fixed but relative to the present moment. It has no past to cling to or future to aspire for. Each moment is merely a replacement for the previous one, akin to a sequence in a dream, disconnected from the preceding moment. In short, when we don't look for coherence to uphold a specific identity, we're relative to the present moment, fully appreciating it for what it is.



Being in tune with the present experience as presented by the brain, the basic self doesn't perceive itself as definitive but as relative to the present moment, thus feeling involved. However, since the special self insists on being definitive, handling everything in its own specific way and at its own pace, it's out of touch with the moment and feels alienated.



In its humility, the basic self remains a humble servant of the present moment. In contrast, in its quest for distinction, the special self exploits the present moment to establish itself as spectacular.

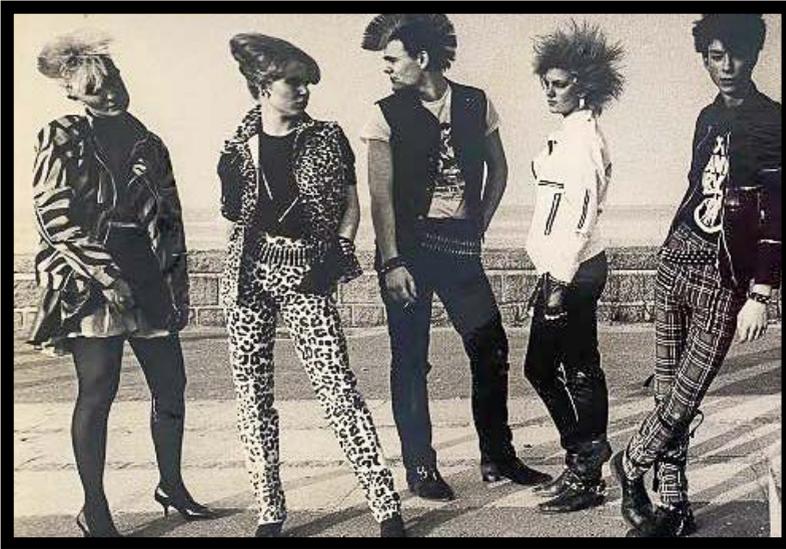


The basic self adjusts to whatever experiences the brain creates, so the brain's uneven flow of thoughts doesn't feel disturbing. The special self, however, is troubled by this inexact flow. It tries hard to define itself clearly, regardless of the experience. To do so, it forces the brain's scattered thoughts to seem precise and claims this as proof of its fixed identity.

Relative to the present

Since non-duality is formless, thus endless, everything that requires more than one is an illusion, such as being someone in a world of duality. Still, in the brain's duality vision, we're somebody experiencing a world of duality via the basic self installed in us by the brain. This self is ever-changing and adaptable, constantly moulded by the passing duality experiences the brain develops.

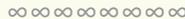
Therefore, appearing in a world of duality, we're bound to feel estranged if we believe there is a definitive self behind our various approaches to the world. On the other hand, we feel at home when, rooted in the basic self, we perceive ourselves in relation to our ever-changing circumstances in a world of duality. Then, we don't



The second woman from the left in the photo was a bartender at Alexius' 80s bar, Floss. The others were regulars. Dick Neal took the photograph for the English magazine [i-D](#).

As the basic self is relative, it's everyone and no one, and thus has no specific self to doubt. On the other hand, the special self always doubts itself because it insists on being something specific.

approach anything as a definitive self but as a relative self, feeling as tough as fragile, regardless of what and where we appear.



We clearly see the brain's duality fantasy at work in how it assembles our dreams. They aren't about consistency but a constantly shifting series of dualistic events, keeping us engaged and entertained. This is why the brain hasn't endowed us with a fixed personality but with a variable one, always relative to the present moment.



When the perception of our experiences is twofold, we're aligned with the experiences produced by the brain. Hence, not definitive but relative to the brain, we feel free within its ever-changing duali-

ty. However, we feel restricted if we interpret those experiences as singular rather than dual.



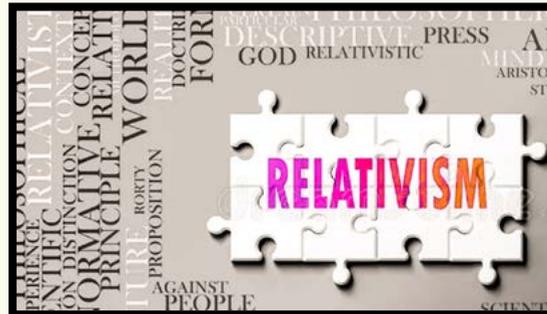
The special self uses flattery to try to control others, making them dependent on its praise. But this doesn't work on the basic self, which doesn't tie its worth to specific traits because it adapts to the situation.

Alexius prefers relativism

In the eyes of the world, Alexius has had a prosperous life. Although he had no formal education, he successfully designed and operated several trendy restaurants and bars, produced TV shows, started a PR company, taught kindergarten, drove a taxi, and lived as a monk, giving Satsang around Europe.

Constantly relative to the present moment, Alexius met the children at the kindergarten on their terms and provided a relaxing ride for his taxi passengers. His contemporary restaurants and bars, in tune with the community they served, left a lasting mark. His TV broadcasts, like his designs, were never about promoting himself, but about the content.

Whether Alexius was engaged in the worldly task of driving a taxi or in the unworldly life of a monastery, he naturally ignored the ecstatic voice promising fame and fortune if he emphasised himself as definitive. He preferred the freedom that comes from being relative to his experiences, rather than succumbing to the frustration of being definitive and experiencing something specific.



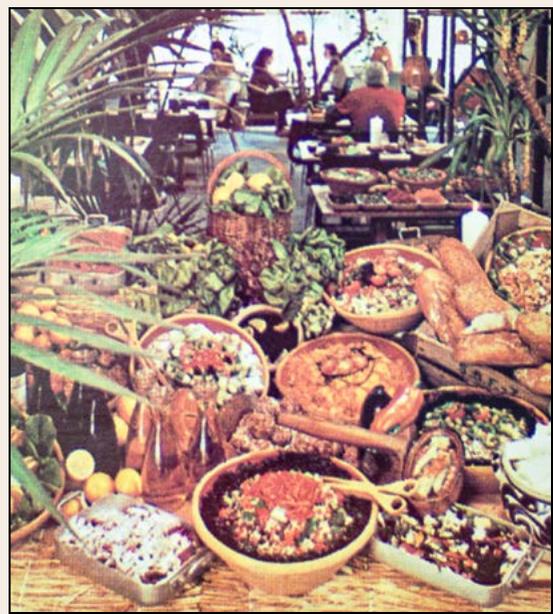
Being relative, you're not something specific, thus without ego. On the other hand, being definitive requires a big ego.

Alexius' businesses of nothing looking like something

In Alexius' 80s bar, *Floss*, punks, musicians, and models gathered. Despite looking different from Alexius, their content was the same nothingness. However, they replaced it with the feeling of being special in the coolest bar of the 80s. At Alexius' 70s vegetarian restaurant, *The Green Kitchen*, hippies sought to fill their emptiness with alternative food. At his restaurant *Natural*, nominated for the Michelin Guide, wealthy visitors filled their emptiness with something deemed extraordinary by an authority. In his joint, *Yow*, funky guests escaped their emptiness by partying, while in his vegetarian takeaway, they escaped by staying busy.



(1) Bartenders from Alexius' bars. (2) An illustration from a newspaper featuring Alexius' bar Yow in its daily cartoon about modern life. (3-5) Restaurant Natural, The Bar Floss and The Green Kitchen.



Definitive or relative

In dreams, we don't try to maintain a definitive appearance but go with the flow. However, upon waking, most people structure their dream memories into a coherent story, a sequence of events that seems meaningful. This act of organisation, however, conceals the fluid nature of our dreams, presenting us as definitive entities rather than relative beings.

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As the basic self is relative to the brain, it's without egoistic drive. The special self is also relative to the brain. But it denies this relation and always seeks something that can definitively manifest it, thus characterised by a strong egoistic drive.

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When Alexius' Duality Hacks are applied to undo the belief in being definitive, one becomes relative, thus free to enjoy the moment as it is.



The special self is always in pursuit of something specific, convinced that attaining it will bring future happiness. Yet when it reaches this goal, the special self feels disappointed and immediately seeks a new source of joy. This cycle of pursuit contrasts with the basic self's relaxed approach to achieving something. Because it's relative, its happiness does not depend on attaining a specific goal.

Being relative always feels good

Many people try to feel better by dissociating from internal troubles. Yet this approach rarely brings peace. Instead, it breeds a lingering anxiety about what has been hidden, making genuine well-being even harder to achieve.

On the other hand, if we don't try to change ourselves but perceive our opinion of our unwanted feelings as '*it is what it is*', we're not definitive but relative to the present experience produced by the brain. Consequently, our sense of self is not fixed but constantly changing in response to our current experiences. Hence, since hating what one



Not perceiving oneself as a definitive person, centred and focused, one is relative to the ever-changing circumstances.



The brain makes our dreams out of nothing. In the same way, what we see when awake is also just an illusion made by the brain from nothing.

Hack #5.5, Living duality to undo it

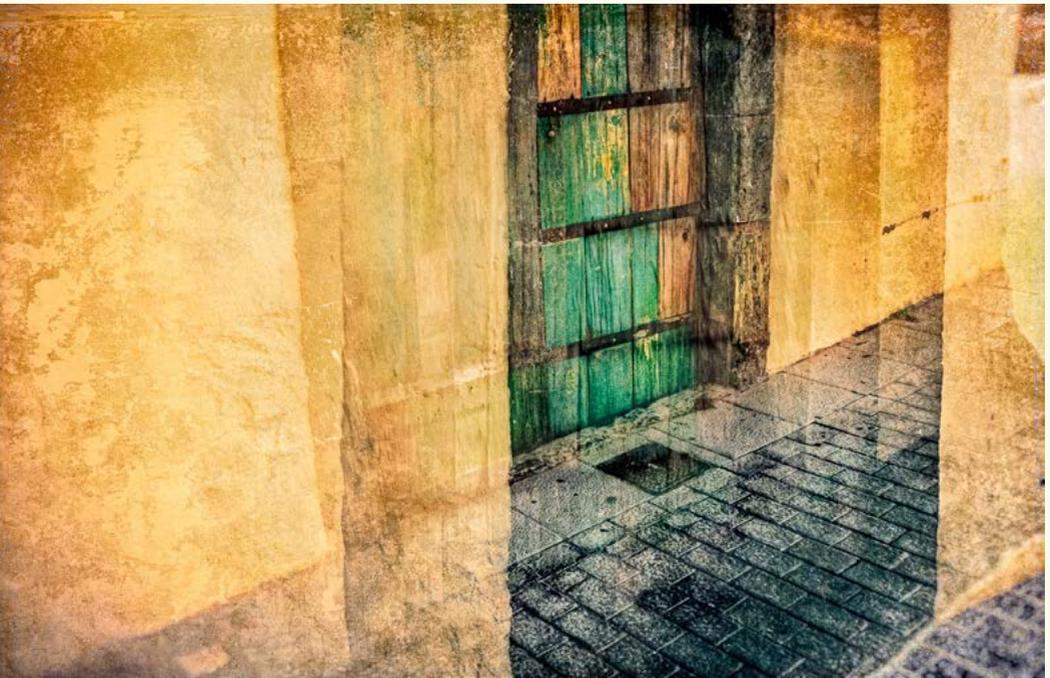
When we're fully in sync with the brain's duality fantasy, we can hack it completely to uncover non-duality.

The basic self is created and maintained by duality pairs conceived by the brain. These pairs of opposing elements, such as good and evil, collaborate to make the basic self relative to the experiences of an external world, constructed by the brain.

»» *To the brain, opposites are not enemies but collaborators. Negatives complement positives, black highlights white, night enriches day, and love finds its balance in hate.* ««

The special self is a distorted version of the basic self. Its rebellious consciousness invents it, seeking to escape the brain's perceived tyranny. But because the special self originates in the basic self, it's a product of duality. Hence, it remains bound to the duality of opposites, such as positivity and negativity or right and wrong, which interact to form our experiences.

Whether we perceive something as real, imaginary, dreamy, or spiritual, the brain creates it. It twists nothing into something to capture our attention.



Yet the special self sidesteps the way of duality, treating each side of a duality pair as separate islands instead of connected shores. Good and evil appear locked in battle, not in partnership. This leads the special self to judge the brain's duality as broken and its own version as superior. But when we divide duality into isolated thoughts and feelings, we don't feel whole. Thus, feeling incomplete, we cannot completely undo duality to uncover non-duality.

Fortunately, when we fully inhabit duality, a sense of wholeness emerges. This completeness enables us to fully reverse our expe-

The brain weaves all our experiences from nothing by dividing them into opposites.

Each opposite defines the other: love and hate, for example, validate each other. However, some suppress their hatred only to feel love. Yet without that hatred to frame it, the love they feel is speculative. In contrast, we genuinely experience both love and hate if we accept that they continually interact to define each other, like two sides of a coin.



periences of something, so that eventually nothing seems to obscure that which cannot be experienced: non-duality.

» *The brain is equally content whether we see ourselves as singular or dual. Either way, it proves there is more than one, strengthening the reality of its duality game and making non-duality seem like a fantasy.* «

From duality to non-duality

Every experience is born from nothing, split by the brain into pairs of opposites that collaborate to form a world of duality. When you do that, you feel whole within *the duality flow*, gently bringing you to non-duality.

The special self tries to predict the future by seeking a similar past event. It uses this similarity to anticipate the future. If the future does not fit its prediction, the special self adjusts its view of the outcome, the past, or both until events seem to fit its expectations. This manipulation separates the special self from the brain. Hence, it cannot hack the brain's dualistic world to uncover non-duality.





Every experience in a world of duality is composed of contrasting elements, such as love and hate. Like yin and yang, they are not separate entities but interconnected aspects of a duality pair that define each other. Thus, if you deny one part of a duality pair, you render both parts inexplicable, turning them into thought-up concepts. For instance, when you perceive yourself as free from hatred, the love you believe you have is not naturally explained by your hatred. Hence, love becomes a speculative concept that confuses you and continually prompts you to question it.

Hack #5.6, Meditation makes it difficult to hack duality

When we meditate, many chase a single, unified state of being. They slice duality into isolated fragments and overlook their interdependence. Yet, by denying duality, we lose the chance to hack it and uncover the effortless unity of non-duality, the natural essence of oneness.

Believers in free will are quick to imagine they steer the brain. However, we're passengers, carried along by its thoughts, much as a car moves only where the driver takes it.



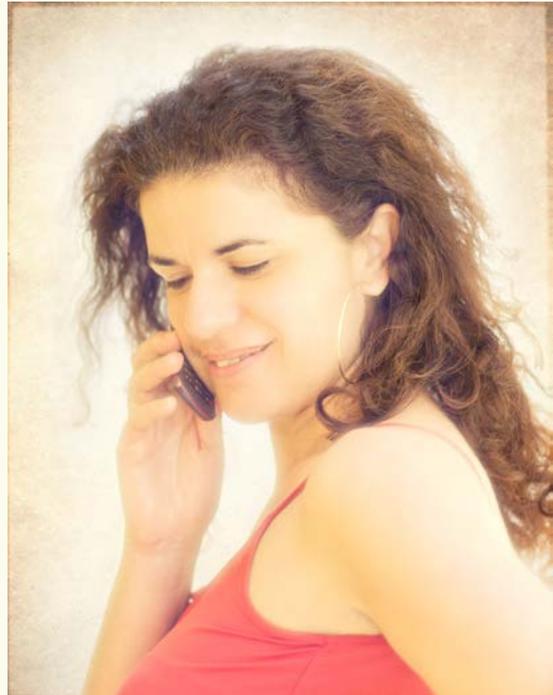
The basic self feels no urge to transform through meditation, yoga, or self-improvement. It sees itself as part of the brain's current. So, it naturally drifts wherever the brain's stream flows.

The special self, always seeking freedom from the brain to be part of a higher purpose, finds itself in a futile quest that ends in disappointment. Hence, it often settles for following those who promise a boost in social status.



Holding onto thoughts that sustain our sense of uniqueness is a constant struggle. Thoughts slip away when we try to grasp them, often leading us to practice meditation to regain control. But manip-

The special self is under the illusion that the brain dominates it. However, it's the special self's singular perception of the world that actually dominates it.



ulation drives thoughts into hiding, leaving us uneasy. Many then believe that more meditation is needed to ward off the darkness. And on it goes.

On the other hand, if we don't try to slow our thoughts, they eventually race so fast that they blur together, making it impossible to tell one from another. In this rush, thoughts lose their power to define us as separate beings. Thus, nothing seems to conceal the formlessness of oneness. Unfortunately, most who meditate cling to their individuality and shy away from oneness.



The brain crafts an escape from non-duality by constructing a world of contrasts, pairing opposites such as inside and outside. In this way, we become immersed in duality rather than non-duality.

Yet the longing to break free lingers. We try to escape the brain's world of opposites, yearning for pure, undivided moments by rejecting what makes us uneasy. Some meditate to chase this mirage,



The special self assumes it feels disturbed by the thoughts that arise in the brain. However, the distress is not a result of these thoughts but of the special self's attempt to split them into good and bad, at odds with each other. By doing that, an inevitable chain reaction starts, much like the splitting of a neutron from an atomic nucleus. Thankfully, this is not a problem if you want to cancel separation, because when thoughts become chaotic and speedy, you can't differentiate them.

covering sadness with artificial happiness rather than welcoming both.

The above is, of course, a metaphor because non-duality is formless, thus endless, so escaping is impossible unless in fantasy. Thankfully, undoing this fantasy is easy. You don't need to sit in a specific position with eyes closed. All you need is *not* to ratify dualism – for instance, by perceiving your response to the experience of duality as 'Dunno what it is'. See [Duality Hack 6.5](#). Then, the duality fantasy does not seem to hide the fact that there never was, and will never be, anything but non-duality.



The key to resolving all dilemmas lies in undoing the belief in more than one. But since that's the end of our existence in a world with more than one, the special self avoids it by meditating, thereby strengthening the belief in more than one.



Most try to restrict their only friend, the brain, by dividing its duality pairs into separate, distinct elements. For instance, they suppress evil by meditating or projecting it onto others, thereby appearing solely good and avoiding the brain's duality game.



Like everything else that requires more than one, *Alexius' Duality Hacks* is part of the illusion that it's possible to be and have more than One. But as *Alexius' Duality Hacks* expose that illusion, the more you apply them, the more you're exposed as nothing. Thus, eventually, there doesn't seem to be someone hiding, there never was or will be more than the formlessness of oneness.



» Since duality is the brain's fantasy, you must align with the brain to hack a world of duality. Thankfully, the brain's fantasy is so entertaining, that hacking duality is enjoyable. «



The special self always looks for a lasting thing. But everything has a beginning and an end in a world defined by time and space. Fortunately, the ending is as exciting as the beginning when our perception is in sync with the brain's script. That's why the basic self doesn't seek anything to last.

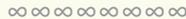
Hack #6.1, No compassion without brutality in a world of duality

Our experiences come in *duality pairs*. Opposites like compassion and brutality work together to shape what we go through. Acknowledging this interaction, we feel complete. However, if we disrupt this interplay by favouring one aspect over the other, we feel incomplete.

In a world of duality, compassion and brutality are complementary forces, forming one of many *duality pairs* that create engaging and complete experiences. But if these parts are separated, they lose their collaborative effect, leaving us feeling disconnected.



When we're in sync with the duality pairs, for instance, compassion and brutality, one validates the other, like two sides of a coin. Thus, we feel complete. That's the way of duality.



Joining the interaction of the contrasting elements in a *duality pair*, such as positivity and negativity, makes one feel complete. However, the special self, insisting on being solely positive, excludes the



The brain is the architect of our experiences. It claims to process them based on sensory input. But this is an illusion. The brain creates all our experiences from nothing, making them appear as if they were something. This is why, even with our eyes closed, the brain can conjure up images of something that seems to be outside us. Thankfully, when we accept that all experiences are make-believe, we can enjoy them as we would enjoy a video game.

assumed negative side of a *duality pair* to uphold a singular perception of itself as solely positive.

Although this makes it feel incomplete, the special self avoids including negativity, fearing that it will consume it. Hence, it continues to split that *duality pair* into distinct elements, keeping the supposed negative ones at bay despite feeling off.

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Our perceived identity is formed by the brain's duality pairs, which maintain our self-image in a world of duality. Hence, we feel complete when our emotions and opinions are in sync with the duality pairs. Conversely, if we insist on having singular, not dual, feelings and opinions, we feel incomplete. However, regardless of our perception of our emotions and attitudes, we progress as scheduled by the brain's script, which we cannot change.

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When you're in tune with the brain's vision of a world founded on duality pairs, such as love and hate, you feel the completeness of the duality flow. But if you try to feel love without the presence of hate, you block the experience of this flow. Then, feeling incomplete, you seek fulfillment, such as a child's loving look, to regain a feeling of wholeness.



Whether we reject or accept the brain's script, we're in a relationship with it. And since that confirms the foundation of the script, namely that there's more than One, the brain is grateful. Therefore, it rewards us with bursts of happiness. However, we don't notice them if we conflict with the brain.

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If we don't fabricate a perception that seems to alter the brain's script, we confirm that the brain supplies us with everything we need to appear as someone, thus feeling secure and safe.

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Whether the self is perceived as basic or special, their experiences are a construction of thoughts that appear real when they react to them.



The basic self does not always get what it wants. If it did, it wouldn't know that happiness doesn't come from a particular person or situation but from having a dual perception of the experiences generated by the brain, thus being in sync with the brain's duality world.

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Being the basic self is like being in intensive care in a hospital, except that you are not sick, yet someone is still watching out for you. Actually, the same is true of the special self. However, unlike the basic self, the special self resists the brain's care, perceiving itself as independent.

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The happiness experienced when in sync with the brain's script is comparable to the joy of singing along to a favourite song. In contrast, being out of sync is like feeling distracted by the same music because you want to focus on something you judge as more important.

For the special self, happiness is derived from having the best. But for the basic self, it comes from having a perception in sync with the brain's script.

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In role-play, everything is make-believe. Nevertheless, when you follow the game master's instructions, it's fun to be in a made-up world. Similarly, being in a world of duality is entertaining when you don't try to rewrite the brain's manual.

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The basic self neither gets afterwards nor before. However, this is not because it lives in the now. It doesn't get that either. All it gets is the brain's flow of thoughts. Since this constitutes the basic self's experiences of the world, and the brain is its best friend, everything

If thoughts upset you, the cause is not the thoughts themselves but your interpretation of them.



is fine as it is. This doesn't mean the basic self doesn't assist others. They, too, are part of the brain's thought flow.

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The brain sees no difference between you and itself, because you're everything in the brain. Actually, it makes you breathe. The [medulla oblongata](#), part of the brainstem, controls the rate and depth of breathing by sending signals to the respiratory muscles.

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Some consider the basic self Enlightened. But since the brain fabricates our experience of being someone, and the Enlightenment of

Some people think the basic self is egoless, lives in the now, and speaks from the heart. They're right that it's egoless. But it does not know about living in the now or coming from the heart, or anywhere other than the brain. Like a self-driving car follows commands from the cloud, the basic self follows the brain.



that which is One erases all experience, whatever we experience in being cannot be Enlightened.



Although the brain creates your experiences from nothing, you have to treat them as something, because believing in something is why you appear as someone in a world defined by time and space. Therefore, you must acknowledge this belief to undo it.



Experiencing a world of duality is similar to having a hallucination in the desert. We believe we see something that's not there.



You can't realise anything in a world with more than one, except that your experiences are nothing converted into something, because there's no more than the formlessness of oneness.



You may ask where the facts are behind *Alexius' Duality Hacks*. However, there are no facts in a world of duality because non-duality, being formless and thus endless, is all there is. Consequently, a world of duality is nothing, including *Alexius' Duality Hacks*.

Thankfully, they do not try to hide that they're nothing. Instead, they expose it. That's why you can use them to realise that what and where you believe you are is nothing disguised as something to hide what is neither this nor that, namely, non-duality, as it requires more than one to be anything.



Just as a self-driving car relies on instructions from cyberspace, humans depend on their brains. All impulses and experiences, whether perceived as yours or others', physical or spiritual, are generated by the brain. That's why everything we experience feels fulfilling when we're in sync with the brain's script.

Hack #6.2, We feel whole in sync with the world of duality

If we respond to appearing in a world of duality in a singular way, we feel incomplete. In contrast, when our reaction is twofold, we feel whole. This syncs us with the constant interaction of the contrasting elements that collaborate to shape our experience of being someone in a world of duality.

Before Alexius wrote his Duality Hacks, he faced a worrying bankruptcy. But because he perceived his anxiety as *'it is what it is'* and recognised that perception as twofold, he entered *the duality flow*. So, despite losing everything, he felt safe and in sync with the brain's polarity setup.

However, if he had hidden his anxiety behind a facade of detachment, he couldn't have perceived his worry as *'it is what it is'*. Hence, he would not have felt the security of the duality flow. Instead, behind the facade of detachment, he would have felt vulnerable.

Being in the duality flow does not mean siding with the brain's duality script. If you view it as unjust, you stand by your opinion, so you can perceive it as *'it is what it is'*. This reveals that your single-minded view is twofold.

Hence, since you experience injustice paired with fairness, you're in sync with the brain's duality script, feeling fulfilled through *the duality flow*. See [Duality Hack #8](#).

Believing you are somebody, you're either the basic or the special self. When the brain's script is perceived as it is, you're the basic self. But if the perception rests on how you think the script should be, you insist on knowing better than the brain. That makes you the special self. Still, the brain carries out its script unaffected by your special perception. It's like a captain on an aeroplane to Spain who follows the schedule, regardless of your perception of the flight.

When Alexius lost his business, wife, and house, a friend lent him a tiny room. He lived there with his new girlfriend, but soon, he lost her and the room as well. Thankfully, he perceived it as *'it is what it is'*. Because he saw loss as complemented by gain, he was free to feel entertained by the brain's duality script.



»» *Just as a movie unfolds according to its script, so does the brain's manuscript. If you wish it had progressed differently, you perceive your reaction to the discrepancy as 'it is what it is'. Thus, everything feels good enough as it is.* ««



The basic self, content with its present state, doesn't need to strive for happiness. By contrast, the special self, always seeking validation to feel accepted, must work hard even to catch a quick flash of joy.

The illusion of improvement

When we think we've made a mistake and later correct it, we often assume we've changed for the better. Yet, ultimately, it's impossible to become better because reality is non-dual, so there is no more than that which is One. And even if we believe in a world of duality, improvement is an illusion as well.

The world of duality is the brain's fantasy. We've all been assigned a role in the illusion, one we're bound to play as the brain scripts it. Yet we're free to perceive the brain's duality adventures as we prefer. But if we think they're generated by us for self-improvement, we fall out of sync with the script. Thus, when we insist we have improved, we do not feel better. Instead, we feel incomplete.

»» *As change requires more than one, there are no changes in non-duality. And since it's formless, it's endless, so there's no duality. Therefore, the apparent changes in a world of duality are just a replacement of one illusion with another.* ««

The good news is that if we acknowledge our disappointment, we can perceive it as *'it is what it is'*. Since this shows that disappointment is not singular but a dual feeling complemented by satisfaction, we're aligned with the brain's duality fantasy. As this makes us feel complete, we have no need to strive for improvement, and hence no need to preserve the belief in a world of duality.



Most people believe that doing certain things will make them better parents, for instance. But, like a video game, everything in a world of duality is preprogrammed. Hence, there's nothing we can change except our perception of it. When that perception corresponds to the present moment, we feel whole. This happens naturally if we don't try to reshape the present into a version that suggests we have made ourselves better.

Adapting to society or the universe

If we think the sun goes up and down, our perception is out of sync with the universe as the brain presents it. It is not the sun that moves, but us. We ride the Earth as it spins at 1000 miles an hour and hurtles around the sun at 67,000 miles an hour. When in touch with this speed, we're in sync with the universe's playbook, and thus the brain's script.

Yet, we don't feel the excitement of moving at such high speed if we have a static perception of what and where we appear. This perception, built on insecurity, is supported by social conventions. These norms lead us to believe that feeling whole comes not from being in sync with the universe's pace, but from fitting into society's slowed-down version of it. It gives us time to boost our self-esteem, so we feel important, influential, intelligent, humble, balanced, harmonious, or whatever we believe is required to be an integral part of society.

When we perceive our anxiety about the future as 'it is what it is', it reveals itself not as a singular feeling but as twofold. Thus, in the interaction of anxiety and calmness, we're in the duality flow. As this flow is the foundation of duality, we feel secure regardless of what the future holds.



When we're in tune with the universe's speed, we feel like dancing within the cosmic flow. However, this is not about moving fast physically. It's about moving psychologically, aligned with the universe's pace. It is a joyous experience, like being shaken by an earthquake of tenderness, or like listening to the Ukrainian pianist [Lubomyr Melnyk](#). His exceptionally rapid music produces trance-inducing overtones. In this cascade of joyful sounds, society's restricted version of living is naturally replaced by freely dancing with the universe.

There's nothing mystical about following GPS instructions when driving. It's as easy as pie if you don't alter them. In the same way, if your perception is in sync with the brain's script rather than how you wish it were, your trip is comfortable and free from stress or conflict.



However, as already mentioned, most people avoid the joy arising from the moment's rapid pulsation because they want time to control their appearance, so they appear to be an integral part of society or a supposedly spiritual community. Hence, they may meditate to slow down their thoughts and arrange them according to their static belief system.

In sync with the speed of the present

Fortunately, you don't need to be a fan of *Lubomyr Melnyk* or know the Earth's speed to be in tune with the present moment's pace. Just join *the duality flow*. This hack (#6) is about doing that. Perceive your single-minded reaction to the present moment as '*it is what it is.*'

This shows that your response is not singular but twofold, composed of contrasting elements that interact rapidly. When you're in that interaction, you feel flexible and energised in *the duality flow*.

So, instead of fixating on a specific emotion like happiness, you go with the vibrant interaction of happiness and sadness. Consequently, you aren't exclusively happy or sad, but in their constant interplay, attuning to the pace of the present.

Appendix about society

The description above makes society seem like the oppressor and you the victim. This is in accordance with how most people perceive it. However, you adapt to society or alternative groups based on what you imagine they expect of you. So, since you always adjust to your own fiction, you are the oppressor.

Luckily, it's easy to free yourself from society's perceived tyranny. Perceiving your view of society as '*it is what it is*', you realise your opinion is not singular but twofold. So, since you don't have a specific opinion about society, you're free to go with *the duality flow*.



Feeling complete in *the duality flow*

You may think you can override the brain's script with something you consider better. It could be socialism, capitalism, liberalism, nationalism, internationalism, equalitarianism, totalitarianism, consumerism, materialism, spiritualism, atheism, terrorism, satanism, buddhism, humanism, dynamism, favouritism, or criticism. But following those belief systems is like colouring your hair. Your original colour, or the brain's script, remains, even if your appearance has changed.

Ultimately, embracing dualism aligns you with the brain's script, making you feel fulfilled through the duality flow – the constant interaction of opposites, such as love and hate. In this flow, you feel complete regardless of digital tracing, climate change, 5G and whatnot.



Having a perception in sync with the brain's script eliminates mental noise from overthinking and fabricated perceptions. This absence of mental interference resembles the clarity of a silent movie.

Hack #6.3, The brain makes experiences to entertain us

Much like the best video game, the brain's duality game is a mesmerising experience when one acknowledges its perpetual interaction of opposites.

Alexius' Duality Hacks are not about you being transformed, because appearing in a world of duality is as unreal as being a character in a video game. You are not there, but outside it.

However, when you experience being in the duality game, you're not outside it. Like a dream, everything in the duality game unfolds in the brain, despite what and where you appear. Of course, this is a metaphor. Non-duality is formless and, thus, endless, so there's no brain creating a duality game.

Nevertheless, most experience a world of duality as real, so Alexius, in this context, proceeds to uncover that duality only appears authentic if it's ratified, thereby avoiding exposure as nothing.

Our experiences must be perceived as something to disguise, we're nothing

As a dream slips beyond our influence, so too do our conscious experiences. All experiences are constructions of thoughts assembled by the brain. However, to experience its non-physical thought con-



All our experiences are as inconsistent as in a dream. So, if our experiences feel consistent, it is because we have unconsciously edited them to fit a personal belief setup that appreciates consistency.

structions as a physical world, we must validate the brain's fabricated experiences as something that manifests us as definite beings in a physical world that's outside ourselves.

Metaphorically, the brain has created a pool of thought combinations from which we can draw to endorse its experiences as tangible. When we use these thought combinations unedited, we're in sync with the brain's story of a physical world that's outside ourselves. Hence, the pool of thoughts sounds comforting. But if we edit the brain's thought patterns to fabricate a distinct sense of self independent of the brain, the pool sounds frightening.

To escape fear and preserve an image of independence, many start an internal conversation that brings forth their greatness. Still, most feel confused because their story of glory does not correspond to the experiences generated by the brain of a physical world that seems outside themselves, which are the ones that are in effect.

When one's perception is in sync with the experiences the brain develops, everything seems entertaining.



Unfortunately, they don't resolve this conflict by accepting the brain's story of being someone in an external world. Instead, they try to fix this world, hide the problem through meditation, or drown it in more grandiose thoughts, such as fantasising about making a difference or dwelling on former successes, thereby making themselves appear superior.

However, their self-deception intensifies their fear. Fortunately, it's easily resolved. When they acknowledge their fear, they can per-



Astrology is an attempt to disregard the brain as the sole administrator of our experiences and to suggest that something outside the brain causes them. The same applies to other alternative systems of perceiving the world, including religious and spiritual doctrines.

If you don't try to appear in charge, your thoughts cease to upset you because you don't have to manipulate them to appear in control.

ceive it as 'it is what it is'. This unveils that fear is constantly interacting with calmness. Hence, since they feel complete in *the duality flow* of opposites interacting to define a world of duality, there's no need to edit the pool of thoughts into something that makes them appear beyond it. Consequently, the pool's sounds don't seem scary but soothing.

In other words, when we coincide with the brain's pool of thoughts to ratify its duality amphitheatre as real, the play makes us feel entertained. And when the amusement is over, we naturally return to what we never left: non-duality. But not if we edit the brain's thought pool to create a sense of self that's independent of the brain. Hence, at odds with it, we don't enjoy but fight the brain's duality amphitheatre. Tragically, this struggle keeps us caught in the duality game, preventing us from returning to non-duality.



In the past, Alexius buried his sadness beneath a facade of justified anger and disgust. This changed when he stopped hiding his sadness. He could then perceive it as *'it is what it is'* and see his sadness as a little sad boy riding on waves of happiness inside him.

Therefore, since Alexius saw that his sadness was paired with happiness, he stopped fencing off sadness to feel good. Instead, the interaction between happiness and sadness became his basic experience of *the duality flow*.

The brain produces all experiences like a dream, full of uncertainty and conflicting events. Therefore, if our experiences with open eyes appear orderly, it's because we retrospectively interpret the brain's disorderly script to fit a belief in consistency. In other words, we shape chaotic brain experiences into an structured narrative to make us feel in control.

The brain crafts all experiences as if building a dream: tumultuous, unpredictable, and incompatible events that run counter to rational perception. Therefore, if your experiences with open eyes seem to lack chaos, you have retrospectively interpreted the brain's irrational experiences to be consistent with a belief system built on labeling everything consistently.

However, the brain finds it peculiar that we rush to neatly categorise everything, whether feminism, liberalism, humanism, or Buddhism. Why not revel in the wonders the brain conjures? Much like a magician, it pulls surprises from the hat at the most surprising moments.

Imagine you are bored doing the dishes. Suddenly, your brain adds contrast. You look out the window and see something fascinating on the street. The contrast between boredom and entertainment brings you into the duality flow. In a world of duality, this flow is best for your well-being. Psychological issues fade. Your body functions well, and if not, it signals that it needs help.

Conversely, if you had set out to do the laundry linearly and tried to stick to it, you would have viewed the window event as a disturbance rather than a source of entertainment. This would have led you to blame your brain for diverting you, and to seek ways to control it so you could do things in a non-dual manner, independent of the brain.

But, as indicated, we can't control how our experiences unfold, nor can we avoid following the brain's plans. However, we can choose to do it slowly or quickly. Nevertheless, regardless of our choice, the brain has already outlined the subsequent events to document its duality game. Thankfully, improving the game is unnecessary because, when we acknowledge the duality flow, we sense that disorder and order contain each other.

After shopping, you may think you forgot the cat food. But you did not. Everything unfolds per the brain's duality script.



Singularity versus twofoldness

When we believe we're in charge, we make it seem real by perceiving our reaction to the world as '*I know what it is*'. However, this perception is singular, akin to seeing only one side of a coin rather than recognising both sides. And since we're in a world of duality, founded on twofoldness, we inevitably clash with its reality.

Thankfully, when we perceive our fixed opinion as '*it is what it is*', our distinct view is revealed as twofold. Therefore, because we feel at home in duality, being in control becomes irrelevant.

In conclusion, when we perceive our singular response to something as '*it is what it is*', we experience our reaction as twofold. This confirmation of dualism makes us feel at home in a world of duality. In contrast, clinging to a singular point of view makes us feel isolated.

Fulfilled by twofoldness

As time is a construct, it's irrelevant which point in the time frame we relate to now. What matters is that our response is twofold. This ensures we're in sync within duality, taking a stroll in the park now while thinking about the past or future

However, we're not synced up within duality if we exclude our thoughts about the past and future from our awareness to fabricate a singular expression of a joyful stroll in the park now. Fortunately, the brain immediately corrects this mistake when we acknowledge being mistaken. Unfortunately, most avoid admitting their mistake because they want to be in control.

No worries. Perceiving this reluctance as '*it is what it is*', they realise that unwillingness is not singular but twofold. Thus, in the interaction between unwillingness and willingness, they feel complete, in sync with the brain's script of duality. Eventually, this leaves them so fulfilled that they forget duality, and they are where they always have been and will be, namely in non-duality.

To *not* feel burdened by sadness, you join its interaction with happiness

If you insist on being only happy and not sad, your happiness is not real. To truly feel happy, you need sadness to define it. Happiness and sadness depend on each other, like two sides of a coin. You cannot have one without the other.

But suppose you don't hide your sadness from your consciousness in an attempt to conjure a singular state of happiness. Then you sense that sadness contains happiness and vice versa, each defining the other and therefore enriching you with genuine feelings. Hence, when you feel happy/sad, you're in the duality flow, experiencing everything to the fullest.



Like two sides of a coin, contrasting feelings define each other, such as happiness and sadness. So, don't avoid feeling sad. Instead, plunge into it unedited to experience the happiness within it, thus feeling happy/sad. This applies to any feeling you judge negatively, such as hate. Its positive counterpart, love, is inside it. By acknowledging their interdependence, you're in the duality flow, feeling free in the flow as it rushes back to its source: non-duality.



There's nothing spontaneous about the basic self. Like a violinist playing in sync with a written classical score, it follows the present part of the brain's script exactly. This reliable pattern is as dependable as the rising sun's path. The same is true of the special self. Yet, when contemplating the past, the special self interprets everything as if it were the conductor, in charge of each musical note.

Hack #6.4, In the brain's scheme, you're perfect as you are

In the brain's scheme, every experience feels satisfactory if you stick to being the basic self, as created by the brain. However, nothing feels good enough if you try to be a special self independent of the brain.

The brain's love

As the basic self, synced with the brain's stream of thoughts, doesn't seek extraordinary experiences to feel connected. The special self, out of sync with the brain's thought flow, feels disconnected. Hence, it recalls moments when it felt connected, reliving them in the present. But because it's a fabrication, the special self continues to feel disconnected.



In its search for independence, the special self disavows its origin as a creation of the brain. Thus, unable to recognise the brain's love, it seeks validation from external sources. But as these external sources fall short of the special self's expectations, it feels disappointed. On the other hand, the basic self, in sync with the brain, feels loved even during times of disappointment.

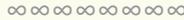


The special self is always seeking something better. Hence, it feels trapped, caught in a mesh of expectations. By contrast, the basic self, hoping for nothing, doesn't bear the burden of expectations and, thus, feels free.

Aligned with the brain's duality script, the basic self feels secure. Conversely, the special self, not believing that the brain's scheme carries it, tries to secure itself by following a belief system that disregards the brain's duality script.



Stress arises from trying to rearrange the brain's script.



The special self doesn't survive torture, but the basic self does. Having not added something to itself, there is nothing to be taken away.

If you interpret your weight loss as the result of your will, you're delusional. The brain is the architect of all outcomes. However, your interpretation of your new slender look becomes in sync with the brain's duality scheme if you perceive it as *'it is what it is'*. This reveals that your interpretation is twofold. Thus, in sync with the brain's duality world, you feel its love.



The brain loves you unconditionally, regardless of how you perceive the experiences it produces. However, if you filter these experiences through a particular philosophy, such as socialism or capitalism, you are not relating to the brain's experiences as they are. Consequently, you don't notice the uplifting, constant love the brain's experiences provide.



Since what you appear to be is formed by experiences produced by the brain, it knows and loves you for what you are. If you don't feel this love, the solution is not to strive for improvement, but to accept the brain's script as it is. This acceptance re-establishes the basic self and the unchanging love that the brain provides.

Blown out by the brain

Being in tune with the brain's natural thoughts is as easy as following a film's plot. It offers clear cues set by the director. For instance, romantic music suggests a love story, while sad music and dark clothes suggest that something bad will happen. These cues help us interpret the story.

But if you think this is too simple, you might try to view the movie through a complex philosophical lens, such as existentialism, which focuses on individual existence, freedom, and choice. Yet, since it's a conventional movie, this approach misses the core plot. Thus, it doesn't seem exciting but rather annoying.

Just as you feel entertained when you engage with a film's story without trying to improve it according to a particular belief system, you feel amused when you're in sync with the brain's duality tale, accepting that all experiences are twofold rather than forcing them into singularity.



In roleplay, the gamemaster assigns our role. Similarly, our brain is the gamemaster in the game of duality. We are not in charge. However, this doesn't mean we must agree with the gamemaster's script. We can perceive it as we want, as long as we relate to it as it is, not as we think it should be.

Wherever you are and for whatever reason, your brain steers you, leading to moments of amusement. When you accept the brain as your guide, challenges along the way add to the amusement. However, when your interpretations of your whereabouts don't match the brain's plan, you feel isolated. Therefore, challenges amplify the feeling that you must manage everything on your own, making you feel stressed rather than amused.



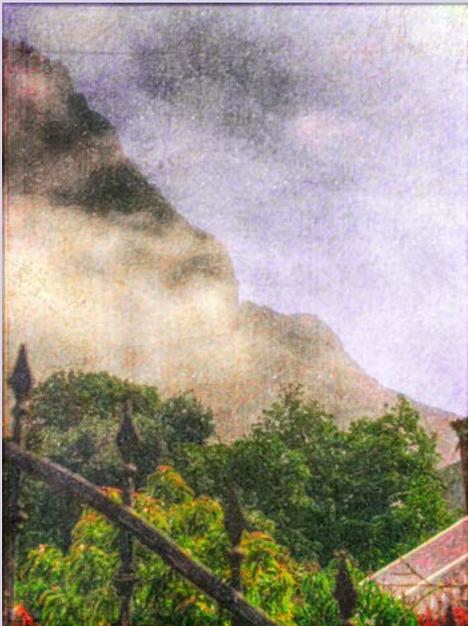
To be connected or not

The basic self follows the brain's instructions without favouring friends or anyone else. Because it automatically acts in everyone's best interests, it feels connected to the whole.

By contrast, the special self, driven by self-interest, uses the brain's signals to gauge how much it can gain at others' expense. Yet the pursuit of personal gain leads to isolation rather than the satisfaction of feeling connected to the whole.



A participant in a game like Monopoly shares the special self's goal: to take everything from everybody. Thankfully, this is not the goal of the basic self. It has no desire to be or have anything that sets it apart from the whole.



»Edit your life frequently and ruthlessly. It's your masterpiece, after all«.

This quote from the web points out a usual mistake: the belief that life belongs to you. It's the other way around. So, the more you try to edit life, the less real you feel.

The basic self is unaware of the concept of individuality. Nor does it know that the special self believes it's possible to do things in its own way, although, as in a game of Monopoly where everybody moves according to the dice, it moves according to the brain's directives.



The special self hides feelings of being wrong by constantly pointing out others' errors, such as criticising a colleague's work to deflect attention from its own shortcomings. In contrast, the basic self, aligned with the brain's scheme, feels fulfilled by doing what's in the best interests of the whole.



Being a special self is similar to acting as a con artist. The more it deceives others into believing it can do extraordinary things, the better it feels about the image it has constructed of itself.

We feel loved as we are in *the duality flow* heading for non-duality

Our sense of self is far from being a creation of a divine entity or higher consciousness. It's solely the product of the brain. Ignoring this is to dismiss ourselves. Thus, feeling alienated, we miss that the brain's experiences ratify us as loved for what we are.

Often, we compensate for not feeling loved by trying to do what we perceive as 'the right thing'. This may entail helping a friend in need, standing up for a cause we believe in, or making a difficult decision at work that corresponds with our values.

Yet the notion of 'the right thing' is not a universally accepted action. It's open to many interpretations. This leads to more speculation, overthinking, and second-guessing of our actions. Hence, because this mental activity seems to override the brain's experiences, we miss the love they contain.

Thankfully, we feel loved when we adjust not to our single-minded ideas of fairness. The love comes from the brain's experiences, which use opposing forces to shape a world of duality. This is not romantic love. It's a gentle force that frees us from the limits of singular perspectives. With twofold views, we live in the duality flow, comprising opposites such as happiness and sadness, success and failure, love and rejection.

A single view does not make us feel loved. Fulfilment and love come from the interaction of opposites: the duality flow. The beauty of this is that the duality flow, like a river, rushes back to its source, non-duality, giving us a lovely journey home.

In [Duality Hack #8.6](#), we delve into *the duality flow*.

In a world of duality, we feel complete in the constant interplay of opposites.

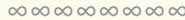


You're good enough as you are

When we accept duality, we know that a single perspective can't determine our worth. Instead, it's the constant interaction of opposites. Hence, we always feel good enough being just as bad as good.



In a world of duality, fulfilment comes from twofoldness, which we feel when we perceive our reactions to something as '*it is what it is*'. This perception reveals that our response is not fixed but a constant interaction of opposites, making us feel complete.



Even though the brain's experiences reinforce the illusion of duality, thereby concealing the reality of non-duality, the brain is not our enemy. On the contrary, the duality adventures it generates correspond to our desire for more than one. However, they don't make us feel fulfilled if we disassociate ourselves from the brain's polarised experiences by forming singular perspectives, since duality relies on opposites.



In a world of duality, spiritual ideas about wholeness and oneness don't make us feel complete. On the contrary, they're based on a concept of singularity, and we're in a world of duality. In such a world, we feel fulfilled in the duality flow: the constant interaction of opposites.



In its search for more, the special self is bound for disappointment because nothing turns out as expected. Even when things go as planned, the special self is left wanting more. In contrast, the basic self never looks for more. Why would it? It's in sync with the brain's scheme, so it feels good enough regardless of how much it appears to be and have.



Many point out that hardly any part of the Earth is untouched by humanity's damaging impacts. Yet very few note that physicists, psychologists, and new-age philosophers have dissected every nook and cranny of the human, leading most people to believe they must conform to this rigid mould to be accepted by others.

What if, instead of trying to fit into a predetermined mould, we go with the natural flow of our thoughts, which weave dreamlike stories that make us feel adored as we are? Then, feeling loved, we ignore established ideas of balance and harmony and instead appreciate the charm of the present as it unfolds chaotically and unexpectedly.

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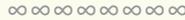
Neither the basic self nor the special self holds control. The special self assumes control based on its view of past events. However, it deceives itself. It doesn't know what it is, so how can it control? Thankfully, the brain knows what we are, leading us to safety, much as parents set rules to protect their children.

But unlike parents, the brain's role is not to shield us from everything deemed negative. We cannot appreciate good without evil. The fear of going down on a roller coaster makes going up joyful. We need both to feel complete in a world of duality. That's why all experiences are twofold.

When we remember that we're always good enough as we are, every experience we have is fulfilling. This contentment makes us feel good, regardless of whether we succeed by social or spiritual standards.

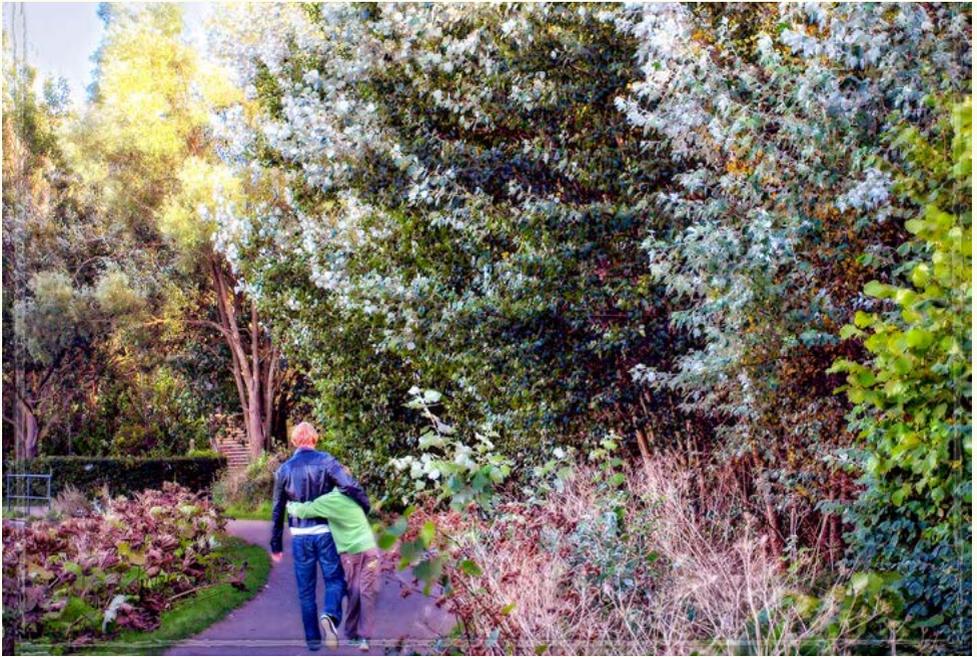
The ever-changing flow of the brain's scheme

The basic self, paradoxically, expects nothing yet keenly awaits what's to come. Whether that leaves it satisfied or dissatisfied, the basic self feels whole because it perceives any feeling as twofold. Hence, feelings of contentment and discontent are mutually inclusive.



The brain processes all our experiences, including those we attribute to the heart, higher consciousness, or other humans. However, the special self furiously objects to this, engaging in a constant bat-

What we believe ourselves to be is like a smartphone, which seems to have great abilities yet depends entirely on the person using it for direction and purpose. In the same way, no matter our abilities, we rely completely on our brains as the operator.



tle with the brain. But what we fight, we depend on. Therefore, the more the special self strives to master the brain, the more dependent it becomes on the brain.

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Like a self-driving car obediently following the internet's commands, the self, whether basic or perceived as special, serves the brain. But unlike a self-driving car, the self has consciousness and can choose how to perceive its journey. When perception is in tune with the brain's schema, its effect on the self is not felt as personal. So it always feels loved.

*Should you wonder whether you're in sync with the brain's experiences, you're not.
But when you're not thinking about every move and instead confidently follow
the brain's guidance, your intuitive approach leaves you in no doubt that you're in sync.*



However, when the self deceives itself into thinking it's independent of the brain, even though it is bound to follow it, the special self is not in sync with the brain's schema. Hence, because its effect on the self is seen as personal, it never feels loved.



Happiness is a mechanical product of the brain, which needs to be counteracted with sadness so that you can feel what happiness is. As that's the way of duality, there's no escape from this constant interaction of opposites other than having the belief in duality undone. However, that doesn't result in something because non-duality is that which is One, and it takes more than one to get anything. Fortunately, the absence of something is *the bliss of nothing*.



Perhaps you're so tired that you accidentally erase your hard disk. You can't undo it, but you can undo your perception of how the data loss makes you feel. So if you feel sad, you perceive it as '*it is what it is*', revealing that sadness is complemented by happiness. Since those feelings constantly interact, sadness doesn't get sticky. Thus, rebuilding your hard disk feels like a gleeful exploration.



Spotify, a popular music streaming service, has many playlists. However, the one you play only brings joy if you're in tune with it. Similarly, it's like singing along to a song that brings joy when you're in sync with the brain's experiences.



Contentment is not a choice, but an automatic outcome of not trying to edit your experiences per a specific philosophy. Thus, if the brain conjures images of ice cream, don't fight them even if you're on a diet. Instead, take pleasure in the images. Although this may not lead to ice cream, it'll indeed lead to something joyful because the brain's primary concern is making you happy.

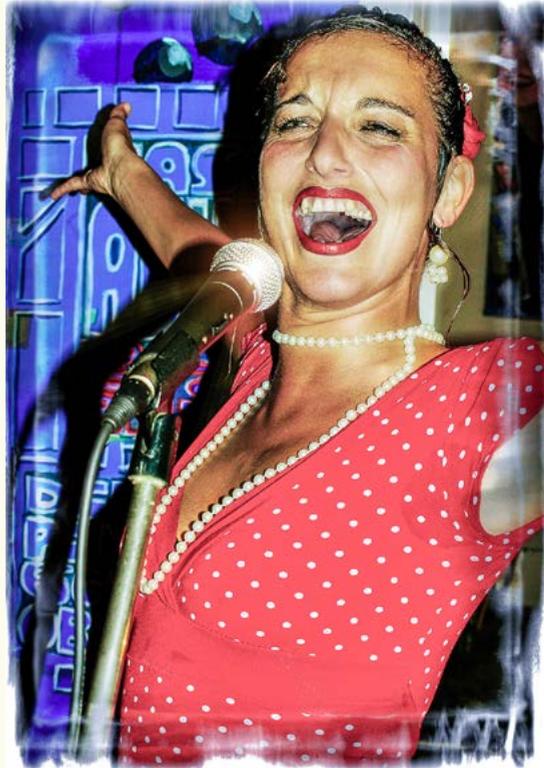


The brain's flow of thoughts seems only speedy and disturbing when we want to be independent of the brain.



The brain's scheme contains every possible experience. Therefore, when we're synced with the brain, we're the past, the future, and everything else conceivable. However, we're not the formlessness of oneness, as it can't be experienced. Consequently, all you need to cross the apparent barrier to oneness is to not perceive any experience as genuine.

When we experience something, we're within the domain of the brain, for it's the creator of all experiences, including those perceived as spiritual. Hence, if we don't resist the brain, its thoughts don't trouble us but inspire us.



**Hack #6.5,*****'It is what it is' vs 'I know what it is' vs 'Dunno what it is'***

We feel complete when we respond to duality with, *'It is what it is'*. But we feel incomplete when we claim *'I know what it is'*. And we're in the bliss of nothing, perceiving our reaction to duality as, *'Dunno what it is'*.

Duality remains unchanged regardless of how we react to it. However, our perception of that reaction shifts our psychological state. For example,

- '*IT IS WHAT IT IS*' reveals our reaction as twofold, inviting us to join the energetic interaction of opposites: *the duality flow*. This makes us feel whole and connected with the nature of duality.
- '*I KNOW WHAT IT IS*' makes us feel disconnected. This happens because it is a singular perception. It ignores duality's constant interaction of opposites.
- '*DUNNO WHAT IT IS*' neither validates nor rejects duality. Not knowing what duality is, we find ourselves in *the bliss of nothing*.

Below, we explore how these ways of perceiving our reaction to duality affect us. For instance, if one's response is anger, one perceives it as '*It is what it is*', '*I know what it is*', or '*Dunno what it is*'. Each perception leads to a different psychological state.

Always connected with the brain's game of duality

We're bound to follow the brain's duality script, so we're always connected with it. However, we only feel this connection when our response to duality is twofold. In that case, our negative reaction is in constant interaction with its counterpart, positivity. This makes us feel connected in a world of duality.

But when our response to an experience is singular, such as being solely positive, we feel disconnected. This is because we deny the interaction between negativity and positivity, suppressing our negativity to appear exclusively positive.

Polarity is the key to our experiences in a dual world. Positivity and negativity constantly interact, whether we acknowledge it or not. If we insist on seeing ourselves as only positive, nothing changes except that we miss the fluid relationship of opposites, the duality flow, and feel incomplete. In contrast, joining the duality flow makes us feel complete and vitalised.

In sync with duality, feeling complete

A straightforward way to join *the duality flow* is to perceive our singular response to something as '*it is what it is*'. For instance, if we are sure we're right and perceive this as '*it is what it is*', we see that being right pairs with being wrong.

These opposites are like two sides of a coin. They complement each other. Thus, in the duality flow, we're neither right nor wrong. Instead, we're free from the obligation to uphold a particular opinion.

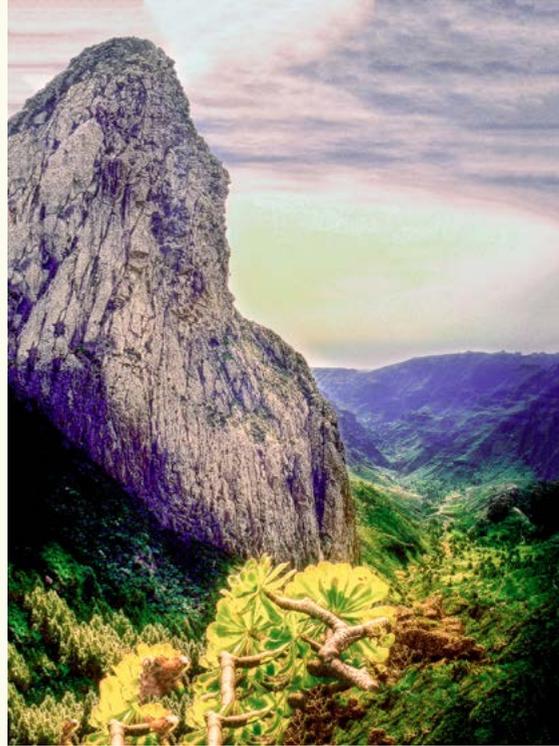


If you judge a movie as cheap because of its Ikea furniture, you are likely out of sync with the movie's plot and feel annoyed. However, you don't need to confront your condemnation of Ikea to be in sync with the movie and feel entertained.

Instead, you perceive your condemnation of Ikea as '*it is what it is*'. This reveals your condemnation as a twofold experience and frees you from having to respond in a specific way. Without the constraint of a fixed response, you sync with the movie and enjoy it as it is.

Out of sync with duality, thus feeling disconnected

To feel only happiness, one must suppress its partner, sadness. Hence, one's happiness is out of sync with the present.



If you perceive your reaction to something as 'it is what it is', good and bad define each other through interaction. Hence, feeling good or bad also lets you feel the opposite.

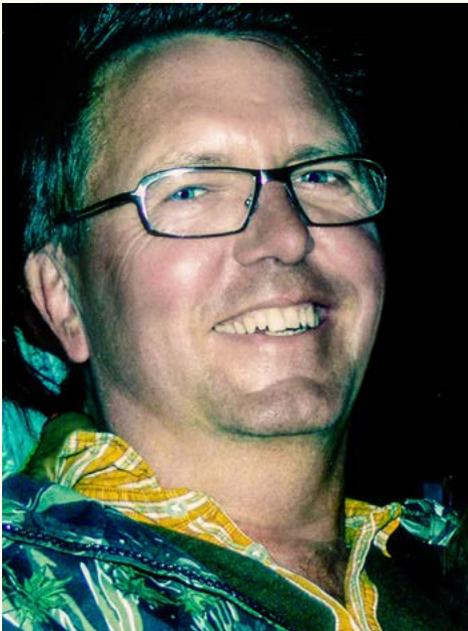
If confused by this discrepancy, one becomes even more out of sync with the present by spending time processing the confusion in an attempt to find clarity. However, if we perceive the fabricated happiness as '*it is what it is*', our response to the moment is revealed as twofold. Thus, feeling happy/sad, one enjoys the moment as it is.



If you see yourself as a victim of the world, you're out of sync with the brain, which constructs all our experiences to make us feel good. But if you perceive feeling victimised as '*it is what it is*', its twofold character becomes apparent. Hence, since you're neither prey nor attacker but resonate with their interaction, you feel vitalised through *the duality flow*.

'It is what it is'

The special self preserves its friendly image by dissociating itself from its unfriendly feelings. It does so by excluding them from awareness, often imagining they're hidden in vulnerable body parts, such as the stomach or chest. To ensure its unfriendly feelings never emerge, the special self never loosens up except in a structured way.



Alexius perceives his reaction to everything as '*it is what it is*'. Thus, he feels whole in the brain's duality fantasy, regardless of appearance. Sometimes, though, he thinks he knows a better way. However, that perception clashes with the brain's setup. Hence, he suffers until he changes his perception from '*I know what it is*' to '*it is what it is*'. Because this exposes his single-minded opinion as twofold, suffering is complemented by fulfilment.

In contrast, the basic self, by default, perceives all its feelings as '*it is what it is*'. Because it experiences them as twofold, the basic self is not established as either specifically friendly or hostile. Instead, it exists in the interaction of these and other opposites, making it feel content regardless of its outward appearance.



To have our response revealed as twofold by perceiving our reaction to something as '*it is what it is*' is not an intellectual process. Therefore, if we perceive a hateful response as '*it is what it is*', we may not realise in words that love and hate are interconnected. Still, we're touched by the intense feeling of love that replaces hate shortly after receiving our hateful reaction, as '*it is what it is*'.

However, the feeling of love doesn't linger. It's swiftly supplanted by hatred, only to be replaced by love again. This cyclic succession of love and hate, each taking its turn in the spotlight, continues until another pair of contrasting elements, such as delight and grief, takes over.

Joining the constant interaction of contrasting elements is like riding a seesaw (see [page 425](#)). Gradually, we lose sight of the individual highs and lows, becoming immersed in their rhythmic interaction: *the duality flow*.

Hence, in the case of hate and love, after their initial interaction, we may lose sight of their particular qualities and, instead, be absorbed by the liveliness of their interplay, the duality flow. Fortunately, when we forget the opposites that initiate *the duality flow*, this flow, like a river, rushes back to its source: non-duality.



Nothing changes when you perceive your response to something as '*it is what it is*'. This perception reveals that your response comprises two opposing feelings, such as happiness and sadness. As they constantly interact to mould your reaction, it never becomes specific. Hence, since you're not established as someone definitive, you mirror the formlessness of oneness.

'It is what it is' leaves nothing specific to upset us

When we experience a film as scary, it's not the plot that frightens us but our interpretation of it. Nevertheless, we forget that we react to our mental construct, not the film itself. Similarly, we overlook that we never interact with the world we experience as outside ourselves, but with our interpretation of it. In other words, we are not victims of the world but of our own mental construct.

*When we perceive
all our responses
to a world of duality
as 'it is what it is',
our reactions are
constantly exposed as
twofold. This places
us in the duality flow,
which, like a river,
flows with ease to
non-duality.*



Thankfully, all we have to do to set ourselves free from this self-victimisation is to perceive our interpretation as *'it is what it is'*. This straightforward change in perception reveals our interpretation as twofold. Hence, since our specific interpretation no longer holds power over us, we feel free.



We may believe we feel unwanted because of the way the world treats us. However, feeling disliked stems from hoping that the world will respond to us in a way we judge fair.

Although past events often mould our hopes, such as a childhood experience of rejection or a relationship that ended badly, we don't have to go down memory lane to correct this misconception. It repeats in the present, so whenever we feel unwanted, we can perceive it as *'it is what it is'*.

This shows that feeling unwanted is not a single-minded emotion. It's twofold. Thus, since the distinctness of feeling unwanted is gone, we're not bothered by how the world treats us.



When we consistently perceive our reaction to something as *'it is what it is'*, we are not trying to prevent the brain's duality script from unfolding. Thus, *the Enlightenment of that which is One* is close at hand. This is not because the brain's story leads to it, but because nothing specific blocks *the Enlightenment of that which is One* when our perception of the brain's experiences is twofold.



We can relieve allergy symptoms with air purifiers, pills, sprays, and drops. However, we may still feel depressed. No worries. By perceiving our depressed reaction to our allergy as *'it is what it is'*, we see that it interacts with joy. Therefore, we feel vitalised in the duality flow, the continuous interaction of positive and negative expe-



The special self prefers 'I know what it is' to 'it is what it is'. The former upholds the belief in being an individual with unique insight. However, as the world keeps questioning the special self's distinctive understanding, self-doubt, and incompleteness arise. Thankfully, if the special self perceives its specific knowledge as 'it is what it is,' it reveals itself as twofold. Hence, with no distinct understanding to question, the special self is replaced by the basic self, which feels whole.

riences. Although this is not a miracle cure for allergies, they don't seem burdensome in *the duality flow*.



If we acknowledge the interaction between opposites, such as love and hate, we feel a sense of fulfilment. However, because the interaction of love and hate undermines our concept of romantic love, many people choose to separate love and hate by projecting romanticised love onto a person perceived as attractive and iron-fisted hatred onto someone viewed as awful.

By insisting on this division, they miss the joy of togetherness. It doesn't come from a singular, but rather a twofold approach. Thus,

love and hate are seen as complementary forces that lead to satisfying relationships.

Fortunately, they can quickly correct their mistake by perceiving the meaning they assigned to love or hatred as '*it is what it is*'. So, if they've classified hate as a defect, they experience it as paired with strength.

This revelation not only brings a feeling of solidarity but also liberates them from their conditioned ideas about relationships. Therefore, they can now engage with others unconditionally, experiencing the freedom that accompanies this shift in perspective.



Because we often respond with a single-minded reaction to our internal comments about the world, our response is cut off from its complementary part. Therefore, we appear to judge ourselves and others as incomplete. Thankfully, we can undo this limited view by perceiving our present reaction to an internal comment as '*it is what it is*'.

This perception reveals that our reaction is not singular but two-fold, consisting of two contrasting elements that interact to define one another. Whether we notice the specific elements in this interaction, like waves in the ocean, it swiftly and gently washes away our narrow-minded opinion, setting us and others free from our judgment.



We enter *the duality flow* by not focusing on anything in particular, thus, feeling complete in a world of duality. Not focusing on something specific also undoes the belief in duality. Hence, since the perception '*it is what it is*' cancels out specifics, we kill two birds with one stone by applying that perception.

'I know what it is'

When we perceive our reaction to something as '*I know what it is*', we're as mistaken as assuming we know what our reaction to something in a dream means. We can't know why we react to something in a dream because we're not in it, but in our beds.

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The special self fabricates an opinion of every experience, which establishes its default perception: '*I know what it is*'. Hence, it can continue believing it's in charge, even though it doesn't know who it is.

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A feeling can only be known when explained. However, when we try to describe it, we create a mental construct, leaving us feeling dissociated when we claim, '*I know what it is*'. To conceal this split, most people continue explaining their feelings, further suppressing genuine feelings with mental explanations.

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Alexius cannot know what his cat's expressions mean. If he thinks he knows, he feels stressed trying to prove himself right. Thankfully, when he perceives this reaction as 'it is what it is', there's nothing to prove and no stress, only peaceful acceptance of not knowing.



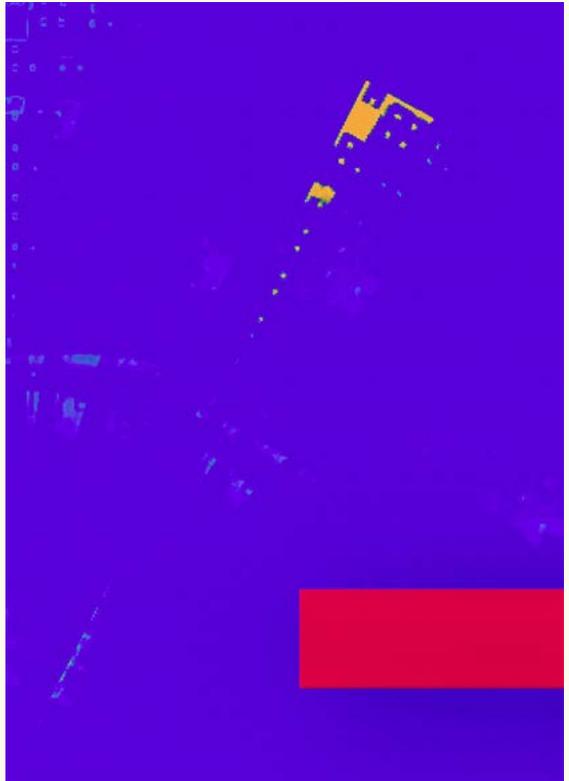
When we perceive our response to an experience as *'I know what it is'*, we feel exhausted because it requires a lot of mental manipulation to be in the know. That's why the special self always needs more energy, and the basic self, with nothing to prove, has an abundance of energy.

'I know what it is' versus 'It is what it is'

Alexius' cat, Wincent, has followed the same routine for many years. Wincent leaves the house early in the morning and returns while Alexius is still in bed. Wincent then greets Alexius and lies down next to him, patiently waiting for Alexius to get out of bed and prepare Wincent's food. At least, that's the apparent conclusion, because when Alexius gets out of bed, Wincent runs to the kitchen.

If Alexius believes he knows what's happening, he moves from the standard perception of the basic self, *'it is what it is'*, to the special

It's a definitive statement saying, 'I know what it is'. Therefore, since it establishes you as singular, you feel alone in a world of duality. Thankfully, you quickly resolve this by going with the duality flow. You get into it by perceiving feeling alone as 'it is what it is' because this perception is not singular but twofold.



self's perception, '*I know what it is*'. In his quest to assert his knowledge, Alexius prepares his beloved cat's food with a hint of stress.

But regardless of Alexius' perception, the brain's script unfolds as planned. Consequently, Wincent doesn't get his food any sooner when Alexius insists on the perception '*I know what it is*' than when Alexius remains with the basic self's perception, '*it is what it is*'.

In brief, whether one is the basic or the special self, Wincent gets his food as planned by the brain. The basic self, perceiving its reaction to Wincent's behaviour as '*it is what it is*', accomplishes this task effortlessly. But for the special self, perceiving its reaction to Wincent's behaviour as '*I know what it is*', feeding Wincent is a stressful task because it requires a lot of energy to act as if one is in the know.



You cannot know anything because you do not know what you are. However, since it takes more than one to know something, and there's no more than that which is One, you cannot know what you are. Thankfully, oneness is formless, thus endless, so that which is you is everything. In other words, knowing nothing, you know everything.



When our reaction to something is *'it is what it is'*, we're relieved of the burden of a definitive opinion, thus feeling free. In contrast, if our perception is *'I know what it is'*, we must avoid anything that contradicts it, which leads to a sense of limitation.



If you start analysing your response to something and conclude, *'I know what it is'*, you're lost. You can't know anything because you don't know who you are, and you never will, as you're constructed and managed by the brain as a creature relative to the experiences it produces. Nor can you see what is real, as the brain's creations are fictional.

But if you perceive your reaction to something as *'it is what it is'*, you see your response is twofold and, thus, in accordance with the brain's duality story. Hence, you don't feel lost in a world of duality, but connected and in tune with the brain's duality tale.

'I know what it is' feels stressful, but 'it is what it is' feels relaxing

Both the basic and special selves are bound to follow the brain's GPS coordinates. However, their reactions to the journey differ significantly.

The basic self, perceiving its responses to the journey as *'it is what it is'*, feels fulfilled by it. But the special self, perceiving its reactions to the journey as *'I know what it is'*, feels frustrated. This is because its perceived knowledge doesn't match the journey, leaving it exposed to not knowing..



You undo your conditioned opinion about something by not perceiving your reaction to it as *'I know what it is'* but as *'it is what it is'*. This shift in perception helps you see that your response is not fixed but has two sides. Hence, you don't form a narrow opinion.



The basic self perceives its response to every moment as *'it is what it is'*. Thus, with no fixed future, there is no stress. This is why the basic self, in its uncomplicated perception, gladly explores the present moment. The special self, however, is preoccupied with fabricating an exciting story about the next moment, assuming *'I know what it is'*, and is too distracted to notice the present moment.

Extending on this, if your response to your future fantasy is delight and you perceive this feeling as *'it is what it is'*, it unveils that excitement is not singular but twofold. So, as there's no specific feeling to designate the next moment as something different from the present moment, your future fantasy becomes part of the present moment, thereby eliminating stress.



If you justify emotions, you don't perceive them as *'it is what it is'* but as *'I know what it is'*, thus feeling trapped. For instance, if you feel



When you perceive your reaction to something as 'Dunno what it is', you're not assigning it a fixed value. Thus, in a state of not-knowing, you're free from the limitations of being someone definitive.

love and justify it to your spouse, love seems to take on a specific shape. So, you end up feeling stuck by love rather than free.

'Dunno what it is' leads to a state of not-knowing

The special self, in its quest to always appear as if it's in the know, constantly asserts '*I know what it is*'. But since it doesn't know who it is, this supposed knowledge only creates dissonance. In contrast, the basic self relies on the perception, '*it is what it is*'. Thus, in *the duality flow*, it feels good whether in the known or not.

By not assigning meaning to our experiences and instead perceiving them as '*Dunno what it is*', you enter *a state of not-knowing* ([Duality Hack #9.10](#)). For instance, in a heated argument, you don't try to prove your point or go with *the duality flow* but simply acknowledge that you '*Dunno what it is*'.

In this *state of not-knowing*, one is neither a basic nor a special self, but a non-self, until encountering something perceived as having a significant meaning.



Since the bliss of nothing springs from the perception, 'Dunno what it is', and the special self insists on, 'I know what it is', it never gets the relaxation that comes from the absence of experiencing something.

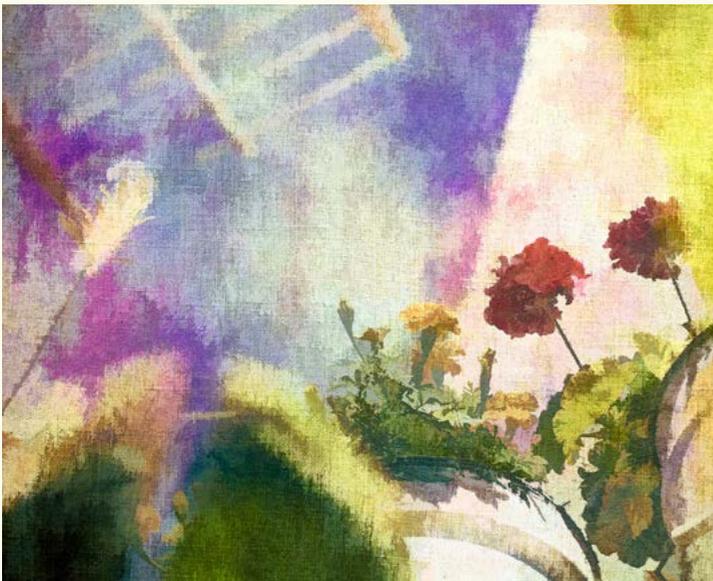
You also enter a *state of not-knowing* when you ignite a take-off into *the empty breath*. This ignition often stems from the despair of being unable to label your experiences (see [Duality Hack #9.1](#)). In contrast, a lack of interest in defining your experiences lays the foundation for entering a *state of not-knowing* through the perception of '*Dunno what it is*'.

You also enter a state of not-knowing when you ignite a take-off into *the empty breath*. This ignition commonly stems from the despair of being unable to label or categorize your experiences. In contrast, a lack of interest in defining your experiences lays the foundation for entering a state of not-knowing through the perception of '*Dunno what it is*'.

So, whether stressed or calm, you can use this to enter a *state of not-knowing*. In either case, you find relief in the bliss of nothing, which acts as a calming salve.

'I know what it is' versus 'it is what it is' versus 'Dunno what it is'

When we perceive our reaction to an experience as '*I know what it is*', we feel incomplete. This is because it's a single-minded state-



In a world of opposites, every experience comes in pairs, like two sides of a coin. Each side helps define the other. When you join the interaction of these pairs, you're in the duality flow. This flow, like a river, rushes back to its source: non-duality.

ment, and within the world of duality, we only feel complete when our opinions are twofold.

By contrast, if we perceive our singular statement as *'it is what it is'*, we feel complete because this perception reveals that our opinion is twofold.

On the other hand, when we perceive our single-minded statement as *'Dunno what it is'*, we get *the bliss of nothing*, as this perception does not result in something.

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The perception of *'I know what it is'* only works in the context of believing in being independent of the brain. However, we all depend on the brain's duality script. So, replacing our natural twofold perceptions with a singular one like *'I know what it is'* we deny we're in a world of duality.

You could liken the brain's experiences to the Spanish way of life, which is mas o menos (more or less, neither here nor there).



The two standard perceptions, 'I know what it is' and 'Dunno what it is', don't involve denial. On the contrary, if we deny our response to duality, we can neither perceive it as 'it is what it is' nor 'Dunno what it is'. However, those perceptions don't work if we use them to get something specific done and over with.

Fortunately, we can quickly resolve this by perceiving our response to our plan as 'it is what it is'. This flushes out any idea of achieving something specific. Nor is there a need to strive for a particular outcome when we perceive our response as 'Dunno what it is'.

But no matter how you perceive things, your experiences continue as planned by the brain. Yet, when you see your reaction as 'Dunno what it is', you have no clue what it is. This puts you in *the bliss of nothing*.

The basic self, the special one, and the non-self

To feel something, more than one is needed. For this reason, in non-duality, feeling anything is impossible. You must visualise a world of duality to feel something. However, in duality, you can't feel what anything is unless something else defines it. Therefore, every experience comes in pairs of opposites – like love and hate – each defining the other. By joining this interplay, you enter the duality flow: a choreography of opposites.

The basic self doesn't need a special identity. It simply goes along with the duality flow, thereby seeing love paired with hate. But the special self wants to be unique. Thus, it avoids the interaction of love and hate, projecting hate onto others to appear full of love.

However, this concept of being pure love, devoid of the depth that comes from its interaction with hatred, is only theoretical. This stands in clear contrast to the deep love experienced by the basic self.

Finally, to the non-self, both the special self's singular and the basic self's dual perception of love are entirely unknown, as it revels in *the bliss of nothing*.

The brain and the duality tale

The brain, a masterful storyteller, utilises 5% of its capacity to shape our conscious experience of being somebody. However, a larger canvas is needed to give this experience a sense of reality. So the brain weaves the rest of its space with fables of us in a dualistic world that's outside the brain.

Because we are our experiences and they are dualistic, we feel whole when our response to them is twofold. Fortunately, this happens naturally when we perceive our reaction to them as 'it is what it is'. But if we instead depend on particular memories, feelings, and imagination to establish a singular response, such as 'I know what it is', we feel incomplete.

The above is said in the context of experiencing something, which can only happen in the brain. In reality, however, you are not in the brain or anywhere else, because being somewhere means there's more than one, and reality is that which is One.

The brain makes experiences of more than one to distract from oneness. However, it does so only because we want to indulge in a fantasy of more than one.





The brain contains countless ways for us to proceed in a world of duality, offering many options based on our decisions. This is similar to a video game, where each choice results in a different outcome already programmed into the game. In the brain, these possibilities are also preset, but we cannot see what will happen next. Still, each scenario unfolds as the brain has arranged it beforehand. So we have the freedom to choose, while the results remain unknown. However, we can perceive our reaction to the outcome as we wish. If our perception is singular, we're out of touch with the brain's duality script, thus feeling isolated. But if it's twofold, we're in sync with duality, feeling connected.

Hack #6.6, Perceiving the brain's fantasy world as something or nothing

When your reaction to something is single-minded, you feel alone. But when it's twofold, you feel together in the interaction of contrasting elements, making up the experience of duality. And when you don't assign a meaning to duality, you're in *the bliss of nothing*.

If you react with disgust and perceive it as *'it is what it is'*, you sense there's love within that disgust. Engaging in this interaction of opposites, you experience a delight akin to riding up and down on a roller coaster. However, if you perceive your disgust response as *'I know what it is'*, the feeling appears singular. Hence, since you don't experience disgust collaborating with delight, but at odds with it, you don't feel delighted but depressed.

Nevertheless, most people avoid the interaction of opposites. It feels threatening to their idea of being a unique person with clear feelings and opinions. So, they hold onto singular feelings, implying they belong to a specific person, who is something special. To make it so, they suppress every thought and feeling that doesn't ratify their perception, *'I know what it is'*.

According to the Big Bang theory, the universe emerged from nothing into something in a magnificent explosion. This implies that, no matter how we interpret our experiences, they're nothing converted into something.



On the other hand, if we perceive our response to something as *'Dunno what it is'*, we neither confirm a singular nor a twofold perspective. Instead, we enter a *state of not-knowing*. This brings relief, not frustration, and we stay indifferent to everything we see.

Psychologically, this is like feeling the relief of a tranquilliser, without cost or side effects. Physically, a *state of not-knowing* enables the body to receive the necessary information from the brain through the biological system, as our mental projections on the body no longer obstruct the natural flow between the body and the brain.

However, although many desire a sound body, very few are willing to accept the perception of *'Dunno what it is'* to get it. Probably because, in a state of not-knowing, we're nobody, which is scary if we want to stand out as unique. Thus, most continue to perceive their response to something as *'I know what it is'* to appear as if they're somebody specific, instead of being nobody in a *state of not-knowing*.



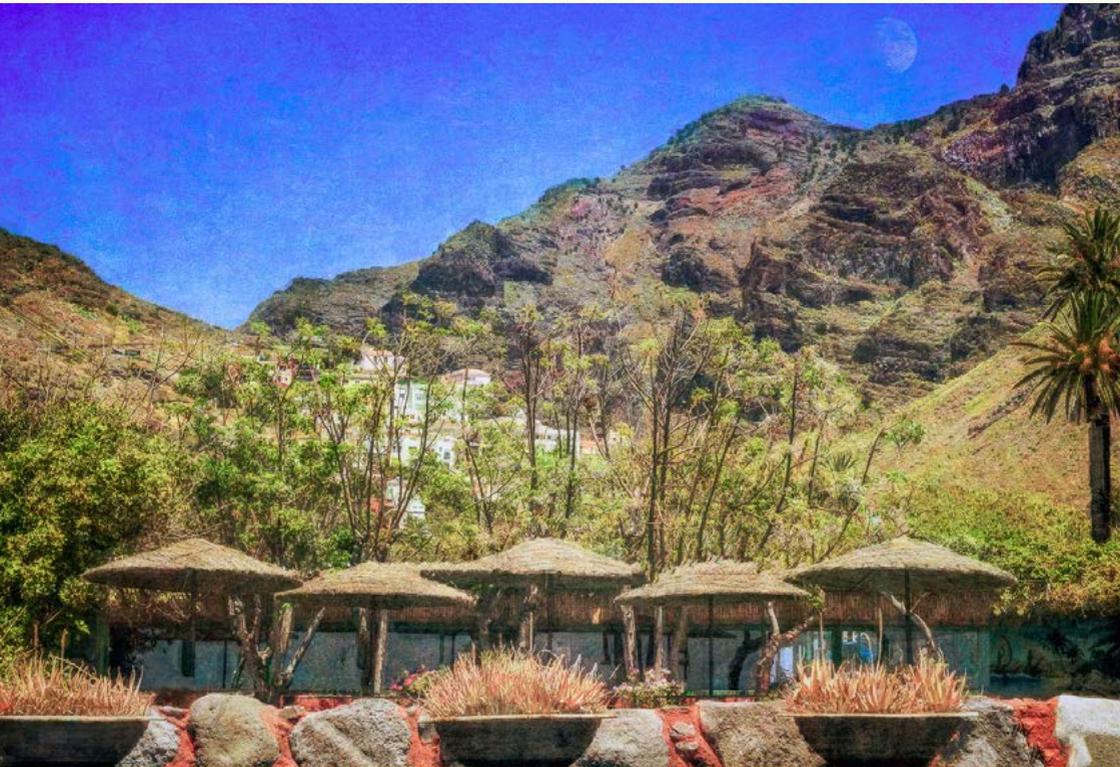
Alexius writes the Duality Hacks within the concept of duality. He doesn't claim they're non-dual or that he knows what it is, as that requires more than one. Yet he knows what is not non-dual: everything experienced because it takes more than one to be aware of something.

The bliss of nothing versus the meaning of something

Entering a *state of not-knowing* is not a complex task. It's as simple as perceiving your reaction to anything as '*Dunno what it is*'. You can do this anywhere, whether you are busy or at rest.

In a *state of not-knowing*, you appear as usual in a world of something, which looks just the same. However, in this state, you're not emotionally or mentally affected by something because you're in *the bliss of nothing*. Thus, perceiving something as nothing, you're in the world of something but not of it.

Suppose you try to edit your experiences to make them seem as if you're in the know. In that case, you will never experience the relaxation and satisfaction that come from the simple perception, 'it is what it is'. Instead, you will be burdened with stress and despair as you seek thoughts that seem to confirm, 'I know what it is'.

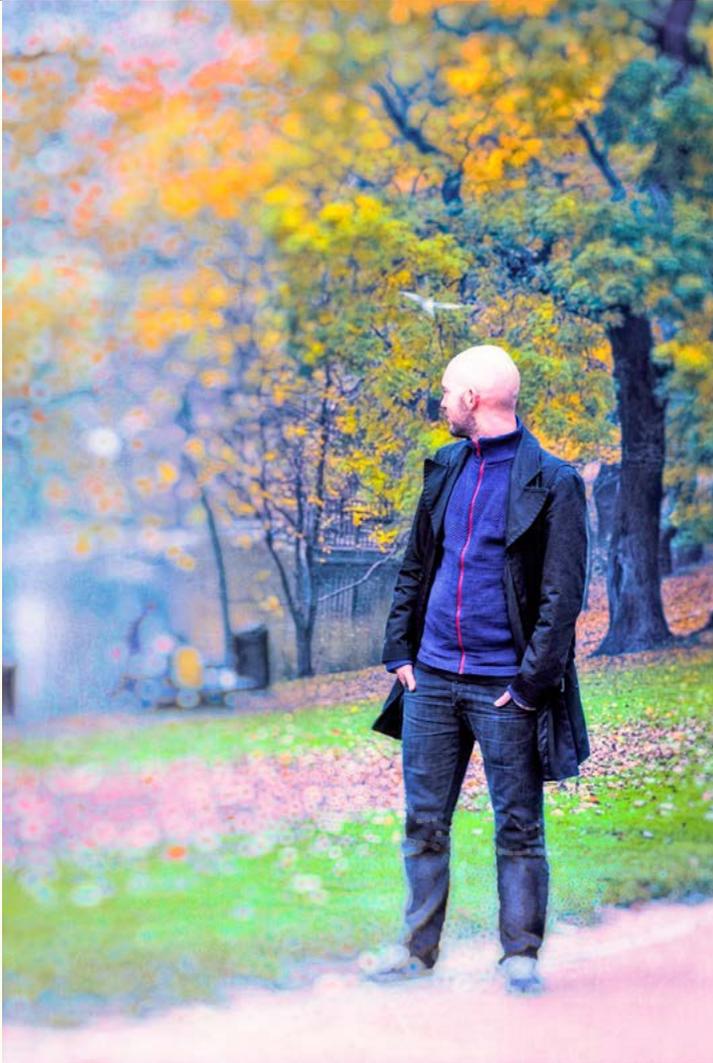




If you perceive your reaction to this photo as *'it is what it is'*, you don't add or subtract anything from your response. Hence, you're in sync with the experience the brain has produced for you. But you're not in sync if you edit your reaction to prove, *'I know what it is'*. However, like parents who also love their naughty kids, the brain loves you whether in sync or not. Unfortunately, those not in sync are always busy looking for something better, so they don't notice the brain's love.



» *Mixing physical and
non-physical issues
is a painful fantasy.* «



You can't integrate your reaction to your surroundings into your body. Your response is psychological, and the body is physical.

Hack #7.1, We can't integrate the body with something immaterial

The material and immaterial realms are fundamentally different. That's why we can't integrate the immaterial realm with the material one and vice versa. In other words, the body, being material, is incapable of incorporating immaterial issues, such as spirituality and psychological matters, except in fantasy.

Adapting to others' expectations often begins in childhood. We quickly grasp that our parents view us as more lovable when we conform to their wishes. Therefore, we adjust our behaviour to their standards to feel loved by them.

For instance, your parents encouraged you to give up diapers before you were fully toilet-trained. To avoid feeling unloved, you psychologically tightened the muscles in your loins. But this mental approach to a physical issue, while it seems to work in the short term, disrupts communication between the body's biological systems and the brain.

As a result, your body takes it upon itself to address the blockage in the loin, counterbalancing the stiff muscles with a soft neck or flat feet, for instance. This is the body's way of coping when mental issues block the communication between the brain and the biological system.

Unfortunately, once the body has balanced the stiffness of the loin with soft tissue, the loin must remain rigid to even out the soft tissue. So while interventions such as special shoes, massage, and acupuncture can offer temporary relief, the underlying tension persists.



Healing a psychosomatic problem is straightforward. You recognise the emotional issue you have projected onto the body, and address it where it originates, namely, in the psychological sphere. This immaterial realm is so airy that your problem dissipates when you look at it. With the body no longer needing to defend itself against a non-physical issue, its biological system is free to heal the body materially – possibly with the guidance of a healthcare professional.

Yet, the brain's script is as fixed as the earth's motion around the sun, meaning that 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 mask your fear of being unlovable by projecting it onto your loin, its tensions would not have appeared linked to a psychological issue. Hence, the body would not have had to deal with the tension in the loin itself. Instead, the brain could have managed the tension physically through the biological system, and you could have supported this process with physical remedies.

However, when you perceive the tensions in your loin as a perplexing mystery, a mix-up of psychological and physical issues, your head becomes so foggy that you can't see clearly. Therefore, as you're unable to perceive your reaction to the stiff loin as *'it is what it is'*, you miss *the duality flow* washing the body to alleviate tensions, leaving you with a sense of psychological relief.

Everything always goes your way. If it doesn't seem so, you aren't going your way. That is not meant literally. It's impossible to go the wrong way. But it's possible to perceive your way as wrong.



Thankfully, if you perceive your foggiess as *'it is what it is'*, foggiess opens up and reveals it contains clarity. Thus, feeling as clear as foggy, you can perceive your reaction to the supposed fusion of a psychological and physical issue as *'it is what it is'*. As that reveals your response is twofold, there's no specific reaction to ratify a blend of psychological and physical issues.

Naturally, you stop burdening vulnerable parts of the body with projected psychological issues. Instead, these issues remain intangible in the



Having a satisfied body often depends on how you approach it. For instance, receiving a massage to resolve physical issues makes the body feel cared for, while using massage to improve mental well-being makes the body feel alienated. In other words, addressing the body's physical nature helps it feel at ease. But if you manipulate the body to feel better psychologically, the body feels intimidated and defies your mental approach to its physical nature.

psychological sphere, not weighing you down as if they're something substantial. Hence, the biological system, unburdened by your mental projections, is free to deal with the body in its physical terms.

Nothing is wrong because it takes more than One to be off

The above about cause and effect is not entirely correct. Nothing adds up in a world of duality because there's nothing but non-duality as it's formless, thus endless. Even so, the explanations in *Alexius' Duality Hacks* work when you use them to expose duality as fantasy.

However, this explanation is also fictional. Nobody makes or has a duality fantasy because that calls for more than one. Thus, ultimately speaking, nothing matters in a world of duality. Nevertheless, everything seems more manageable when your reactions to duality are twofold. For instance, living by the brain's duality game, there's no need to invent psychosomatic disorders or other heavy stuff.



Going for a walk requires so much coordination of body parts that you'd hardly move if you were in charge of it. Thankfully, the brain has the body's blueprint, a complex set of instructions and reflexes that guide movement and function, so you can relax and enjoy where it takes you.

You have a happy relationship with your body when you view it, just as you do with the clothes you wear. You don't assume they wrinkle because of something psychological, but physical.



These walls remain substantial in the insubstantial rays of the sun, illustrating how physical presence persists despite spiritual or psychological perceptions. Similarly, our body remains material when we interpret it through abstract spiritual or psychological concepts, emphasising the difference between physical and mental experiences.

HACK #7.2, The psychological sphere and the material world doesn't blend

Our thoughts and emotions, being insubstantial, cannot merge with our substantial bodies. Thus, our emotional wellness is solely tied to the abstract nature of the psychological realm. Conversely, the well-being of our bodies depends on physical factors. In other words, the psychological and physical realms coexist, like the sun and the Earth, but they can't blend.

Since non-duality is formless and, thus, endless, a world of duality is an empty vision, as insubstantial as a dream. However, since you assume you're someone substantial reading this on tangible media, you believe the insubstantial vision of duality is substantial.

Undoing this belief begins with acknowledging it, which you do by living per duality, respecting the interplay of contrasts that shape the perception of a substantial duality world. Unfortunately, many people disrupt this natural order by attempting to combine the physical and psychological realms. This Duality Hack (#7) explores how to correct that mistake, so you can live in alignment with duality to undo it.

» *Contrasts, like the two sides of a coin, coexist but can't blend or exist independently, as a coin can't be onesided.* «

The psychological realm and the material world don't blend

Suppose you come to terms with the reality of duality, a concept in which contrasting elements like love and hate define each other, shaping your perception of it. In that case, appearing in a world of duality becomes just as fun as playing a video game. However,

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.



if you try to separate the duality pair's contrasting elements, such as love and hate, into a single notion of love, you feel disoriented. This is because, without hate, there's no contrasting element to define love.

In other words, if your reaction to duality is twofold, it's pleasant to appear as someone in a world of duality. But if your response is singular, you're out of sync with duality, leading to a sense of discomfort.

Yet, many prefer the latter. They find comfort in misery because it reinforces their sense of being singular, not dual. Consider the 'pinch test'. When you experience physical pain, you interpret it as a signal that you are awake, confirming your existence as a specific person.

Hence, since your sense of being someone definitive is intertwined with pain, you assume you must accept suffering to be a singular being. Yet, you wish to ease the pain a bit. And since being some-

Fantasies, those fleeting moments of adventure in the psychological realm, are a joy to explore briefly. However, when we project them onto the physical world, they seem to take on a substantial and lasting form, making our body feel heavy. For instance, when we project a love fantasy onto someone, it feels as if the relationship becomes heavier.



one in a world of duality is founded on the idea of being separated from non-duality, you suppose that disassociating yourself from your most unpleasant feelings will make them go away.

To avoid discomfort, you hide your uncomfortable feelings from your awareness by projecting them onto the world. However, this projection leads you to perceive the world as a hostile place, filled with destructive forces working against you, thereby worsening your suffering.



The story in this hack about blaming the world for our pain and fearing its retaliation is, of course, only possible in a world with more than one. However, oneness is formless, thus endless, so there's no more than that which is One. Therefore, in reality, you're invulnerable, as it takes more than one to be at risk.

Consequently, you turn the body into a weapon of defence or attack, keeping the shoulders pushed forward in a defensive stance or pushed back in a constant state of readiness to attack.

Blocking the brain's dualistic understanding of the body's signals

Building the body into an instrument for either attack or defence instils a sense of empowerment, particularly when you also push one of the shoulders upwards. This posture tightens the body, thus disrupting its communication with the brain. When you push the left shoulder upwards, you delay the brain's processing of the body's signals, enabling you to interpret and articulate them in a way that reinforces your sense of control as a singular, not dual, entity.

If you use the right shoulder to stiffen the body, the brain receives the body's incoming signals as twofold, creating a dual image. However, the stiffness in your right shoulder blocks duality from being expressed. As a result, you can produce a non-dual image of yourself as being distinctly empathic, for instance. This is often a characteristic of women, who allow their brains to process the body's signals while suppressing their dualistic rendering.

In short, many women allow the brain to process the body's signals while blocking their dualistic rendering from being expressed. This allows them to cultivate a self-image as a woman with emotional understanding, hence they appear to empathise and connect with their own and others' emotions.

However, any singular interpretation leads to loneliness – a stark contrast to the brain's story of twofoldness, leading to togetherness. This loneliness, women often disguise by manipulating men into believing they need a woman's single-minded understanding to connect with their feelings.

Generally, men also want to be appreciated as someone distinct, not dual. To achieve this, most men tighten their left shoulder, hence preventing the body's dual signals from reaching the brain. Then, they can define the body's signals singularly before the brain receives

them as twofold. Therefore, out of touch with duality, twofoldness doesn't prevent them from doing the right thing according to their rigid opinions, thus making them appear like supermen.

Often, the standard male practice of ignoring the body's incoming signals results in a feeling of discomfort in the left side of the body. Similarly, the female method of manipulating outgoing emotions often makes the right side of the body seem harsh, underscoring the physical toll of these practices.

In both cases, shoulder constriction impedes breathing (see [page 500](#)). This can lead to a psychological barrier, making it uncomfortable to be in the flow of the moment, trying to understand rather than feel it. Thus creating a disconnect from the present as it is, and living in a mental construct of it.

Not singular but twofold

Both women and men assume that their singular interpretation of the body's dualistic signals establishes them as unique individuals, not as dual beings. However, their singular inter-



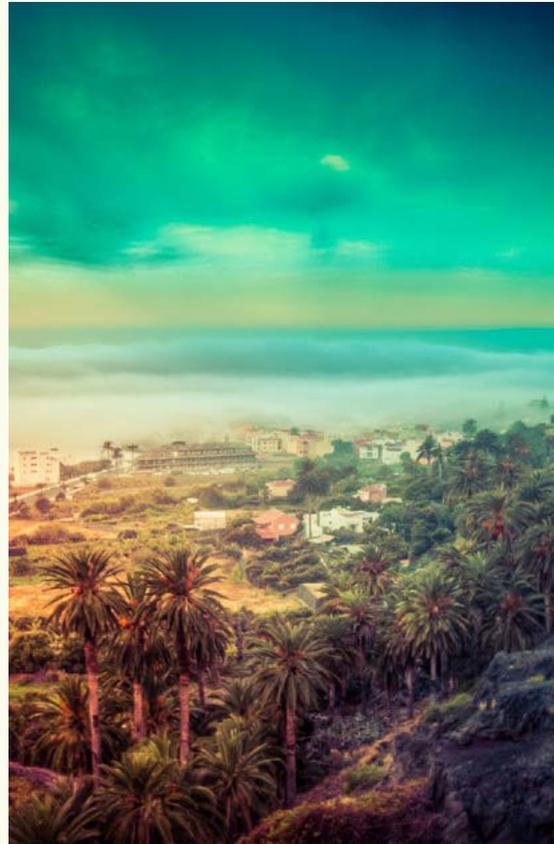
Many men like to be seen as superstars.

pretation is based on excluding unwanted traits from their awareness, such as fear, insecurity, or vulnerability. This leads to a paradox: they project an image of perfection, yet they feel imperfect. This psychological dilemma often leads to mental fog.

Thankfully, when you face the fogginess in the psychological sphere and perceive it as *'it is what it is'*, a revelation occurs: fogginess interacts with brightness. Therefore, joining this interplay, you neither feel foggy nor bright, but the vitalisation that comes from the interplay of opposites: *the duality flow*.

Feeling anew, you're ready to perceive your singular interpretations of the body's signals as *'it is what it is'*. Then, you see that your interpretations are twofold and, therefore, in alignment with the body's polarity.

This realisation brings a sense of relief. You feel relaxed by the body's interplay of left and right, up and down, in and out, tight and light, pain and relief, and so on. Psychologically, you experience this twofoldness as the waves of *the duality flow*, washing away the desire to be someone specific.



If you combine the physical unpleasantness of an allergic reaction to pollen with the psychological notion of being attacked, the physical allergy symptoms seem confirmed as invasive on a psychological level. Consequently, you perceive the physical allergy symptoms as more problematic than they are. Thankfully, when you don't combine physical allergy symptoms with a psychological notion of being attacked, the body often feels out of danger. Hence, since it doesn't fear pollen, it doesn't need to defend itself against it.



The interplay of opposites, *the duality flow*, is always present. It's as automatic as breathing in and out. Hence, since you're constantly part of the duality flow, you're mistaken if you believe you must strive to find and enter it. Thankfully, you can correct your misconception by acknowledging the duality of breathing, as demonstrated in the see-saw metaphor on [page 425](#). In this photo, Alexis is in *the duality flow* of father and son,. It's always there, whether they're together or miles apart. And it goes all the way to its source: non-duality.

However, in the ultimate reality, you're neither twofold nor singular. This is because reality is non-dual, and it takes more than one to be something. Besides, you've never departed from non-duality, as it's formless, thus endless. Yet when you believe in a dual world, you must acknowledge your belief to undo it. You accept duality by living with its twofoldness.

Appendix: Undoing the belief in duality

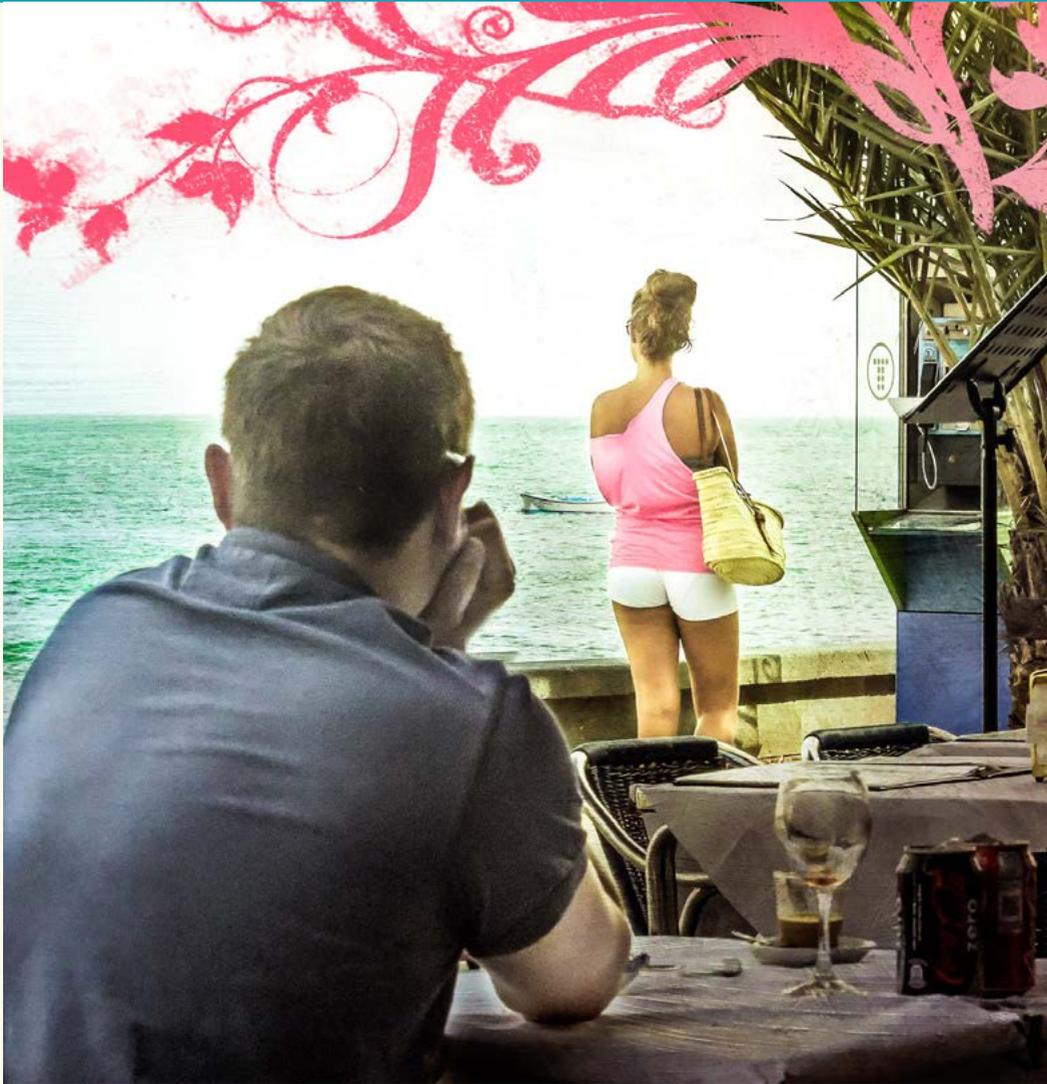
Those who assume they suffer from a psychosomatic disorder, a condition where psychological factors supposedly manifest as physical symptoms, have projected perceived politically incorrect feelings like sexual lust, envy and anger onto vulnerable parts of the body.

However, since the psychological issues are abstract, you can't hide them in something tangible. Therefore, projecting abstract feelings onto something substantial only conceals them from your awareness. Nevertheless, most believe their problems are gone when out of sight. Like an ostrich, according to myth, it believes danger disappears when it buries its head in the sand.

But this myth is not valid. If an ostrich buries its head in the sand, it suffocates.. Similarly, suppose you, with a head-in-the-sand approach, hide negative emotions from your awareness by imagining them buried in your body. In that case, you dry up from the lack of collaboration between positive and negative feelings. So, besides feeling wane, you can't undo the belief in duality as the constant interaction of opposites is its foundation.



In a world of duality, every experience is shaped by pairs of contrasting elements that define each other. This interconnectedness means that if we exclude our negativity, we also banish our positivity. Therefore, if we exclude our negativity, our perceived positivity is merely a facade.



The psychological realm is so airy that feelings are fleeting unless projected onto something substantial.

Hack #7.3, Psychological issues are too airy to connect with the body

The psychological and physical realms coexist but don't blend. So those who aspire to control their bodies through mental ideas, envisioning seamless integration with their mental constructs, are embarking on a futile quest..

The psychological and physical realm

As non-duality is formless, thus endless, the experience of more than one, whether physical or psychological, is imaginative and, thus, non-material. Nonetheless, Alexius' Duality Hacks operate within the brain's duality illusion, where the physical world appears tangible and the psychological realm seems intangible, even though both are immaterial.



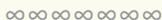
No matter where something appears to happen in our dreams, it unfolds within the brain, not outside it. Similarly, our perception of being awake and our sense of self are contained within the brain. Yet, the brain has fashioned the body to appear as a tangible entity in a material world outside the brain. Pinpointing where the brain has placed our sense of self is complex, as it resides in the elusive psychological sphere, as intangible as air.

Yet, being intangible, the self is not in the body because although the psychological and physical realms are interconnected, like two sides of a coin, they remain separate. Just as breathing in and



As the psychological sphere is shapeless, it can be found anywhere except in something not shaped.

out depend on each other but are not the same process, the physical body and the psychological self are related yet distinct.



A movie simulates the material world but can't replicate the psychological one, as it's invisible. Likewise, in the world where we appear as humans, we can see the body but not the psychological sphere. Nevertheless, we can sense its presence.



Looking for psychological issues in the body is a waste of time. The body is purely physical, devoid of any psychological or spiritual elements. One could argue that the body is visible, while non-physical issues are invisible and, thus, not combinable.

Suppose you have projected problematic emotional issues onto the body to shield them from your awareness. In that case, you would be better off acknowledging that your emotional problems do not reside in the body, but rather in the psychological sphere. By facing them there, they gently unfold their dual nature. So, there's no specific psychological issue to bother you.



Our psychological self-image resides in the psychological realm, distinct from the physical realm. So, the body feels attacked when we impose non-physical ideas upon it.

The way of duality

In *Alexius' Duality Hacks*, the psychological sphere, where our sense of self resides, is also referred to as the psychological area, zone, or realm. Sometimes it is called the mental area, sphere, zone, or realm. The psychological sphere is not material but immaterial, often referred to as airy – a term used to highlight the non-physical, intangible nature of our psychological experiences.

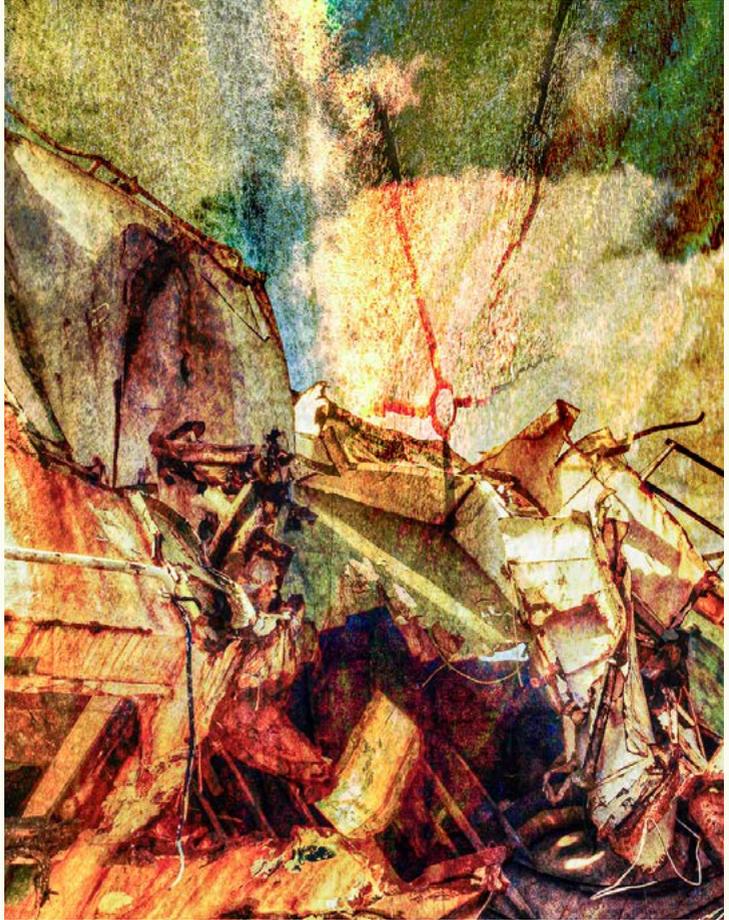
Just as most people feel at ease in water, yet panic if it enters their body, the body enjoys the psychological sphere but instinctively prevents it from penetrating within.



When you imagine combining airy psychological issues, such as love or rage, with the body, it's as if your fantasy makes those emotions substantial. However, they remain transparent within the psychological sphere. Looking at them in this airy realm, they vanish, revealing their opposite. For instance, one look at love replaces it with hate, which, in turn, is replaced by love when looked at. This interaction, like a perpetual dance, goes on and on.

That's the way of duality. Every experience is a product of interdependent elements, called *the duality pairs*. They can't be merged or separated because it's their definition of each other that makes it possible to experience duality, as the two sides of a coin make it possible to experience it. However, if you disrupt the interaction of the contrasting

You can't explain
this image
because
it's a combo of
elements mixed
impossibly,
except in fantasy.



elements in *the duality pairs*, you don't experience duality in its fullness, thus feeling incomplete. Conversely, you feel complete when in sync with the interaction of opposites that make up *the duality pairs*.



If you feel incomplete, you have broken one or more *duality pairs*. However, this is impossible because we can only experience a world of duality via contrasts. Thus, feeling incomplete is akin to experiencing vertigo. See [Duality Hack #8.2](#). It's not a matter of the world's appearance but how you sense it psychologically.

Therefore, you don't solve the feeling of being incomplete by correcting something in your body or the world, but by perceiving feeling incomplete as *'it is what it is'*. Since this reveals your feeling is not singular but twofold, you feel as incomplete as complete, thus achieving psychological wholeness.

Polarity sets you free

If you project a particular psychological feeling, such as fear, onto your body, it seems removed from your awareness. However, since its complementary part, courage, is left alone in the psychological sphere, it can't interact with fear to be outlined as courage. Thus, it becomes speculative, making the psychological sphere foggy. Furthermore, the vulnerable part of your body where you dumped your fear appears blocked by something unknown.

This is until you don't project your fear onto your body but stand by it in the psychological sphere. Then, as your mental projection does not block the body's biological system, it can soothe the body. And you can



Like the function of a straw is to deal with fluid, the psychological sphere deals only with immaterial matters.

genuinely be present when fear and courage collaborate in the psychological sphere.

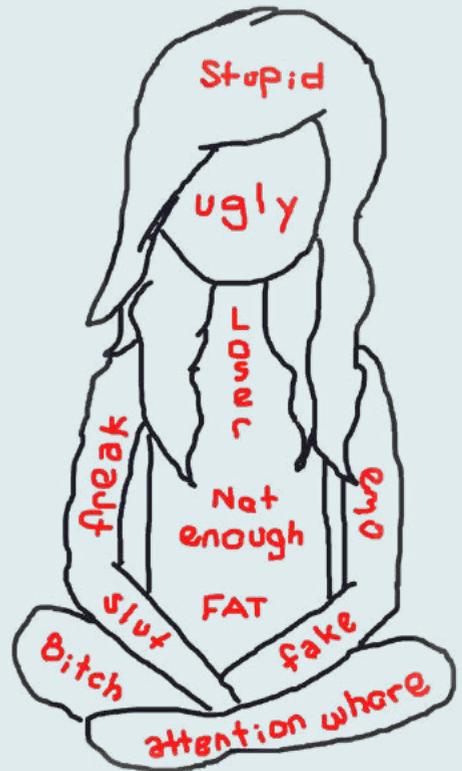
A psychosomatic disorder

Most people don't respect their bodies. In the psychological zone, they see the body as a means to conceal unfavourable thoughts and feelings or enhance favourable ones. This mistake leaves them feeling foggy-headed.

Yet, the blame for this is often placed on the body, leading to 'fixing' it through yoga or other non-physical concepts. Yet, the promise of transformation from these practices remains unfulfilled.



The paradox in trying to heal a psychosomatic disorder is that it often reinforces the psychological fear of the physical symptoms. Thus, it enhances the impression that psychological and physical issues are linked and result in a psychosomatic illness.



Many hide psychological issues from their awareness by projecting them onto their body. To keep them hidden there, most avoid healing the physical matters that they assume contain their psychological problems.

When a physical symptom of illness triggers a psychological memory of danger and is interpreted as connected, the physical symptom is seen as a threat. This leads to a perceived connection between the physical and psychological realms. However, the body is material, so it doesn't blend with non-material issues except in fantasy. Hence, you undo your fantasy connection where you imagined it, namely in the psychological sphere.

Thankfully, the psychological sphere is so airy that when you look at your memory of danger there, the threat simply dissipates.

The basic self relates to the stream of thoughts coming from the brain as it is, not as it should be, according to the popular body-mind concept. Hence, it does not mix the physical and psychological realms.



Thus, since there's no past danger anymore that you can link to the body's illness, the imagined link you inflicted on the body vanishes. As a result, the body's biological system, with its healing capabilities, naturally addresses the physical symptom, enabling recovery.

In summary, when your concern about a physical symptom triggers a past sense of danger interpreted to cause the present physical symptom, you form a mental link between a psychological and physical problem. However, this combination is only in the psychological realm because you can't merge the body with non-physical issues except in fantasy. Fortunately, one look in the psychological sphere exposes the supposed link as make-believe, thus the body is set free to be healed materially by its biological system, perhaps with the help of a professional health care provider.



Picture a world where ugliness is a foreign concept. Would beauty still possess its enchanting allure? No, it's the contrast between beauty and ugliness that gives beauty its meaning. This contrast, among others, enables us to experience a world of duality. Therefore, if you view beauty and ugliness as independent elements or a unified whole, you're not living in accordance with the nature of duality. As a result, you can't undo it.

Conversely, suppose you live in accordance with duality with duality, engaging with its constant interplay of opposites. In that case, you feel so fulfilled that you eventually forget about more than one, thus unveiling non-duality.



The body, a physical entity, is designed to handle material matters. Hence, it views attempts to integrate it with mental wellness ideas as a threat to its physical integrity.

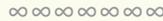
Hack #7.4, Mental ideas of wellness mess up physical wellbeing

Psychological topics, such as anxiety or love, don't blend with the body because it's material, and psychological issues are immaterial. This hack explores how to undo the belief in a connection between psychological and physical problems.

Often, people conclude that psychological and physical topics are connected because psychological issues seem to affect the body, and its physical state appears to change their mood. But that's like assuming that clothes and the body are connected because clothes make the body warmer.

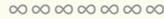


Although the clothes and the body wearing them seem closely related, the clothes have no love or affection to give to the body, and vice versa. Similarly, the psychological and physical realities complement each other while remaining in their own respective realms. That's why mental ideas about attaining physical wellness don't work.



The interaction between the body's heaviness and the lightness of clothes feels psychologically satisfying. However, the body's physical nature remains unchanged because clothes and body don't mix.

Alexius' Duality Hacks undoes the belief in being the body. Consequently, you see it as a coat you wear that accompanies you, knowing it's not you.



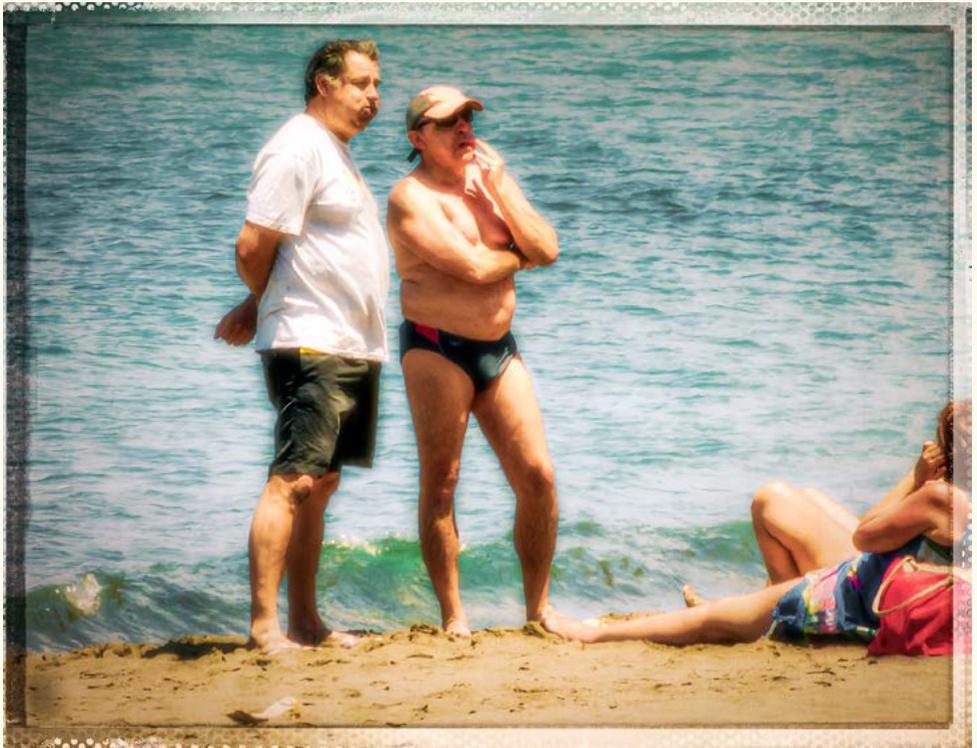
Many people don't feel or see their bodies as they are. Instead, they envision how their bodies will look and feel when they successfully impose their psychological ideas of perfection upon them.



Psychological issues, such as thoughts, emotions, and opinions, reside in the psychological sphere regardless of where we believe we experience them. Therefore, we face them in the psychological realm.



Psychological issues are fleeting, so to make happiness last, you combine it with a physical sensation, such as being on the beach. But as immateriality and materiality don't mix except in fantasy, you may not feel the happiness you expect when on the beach.

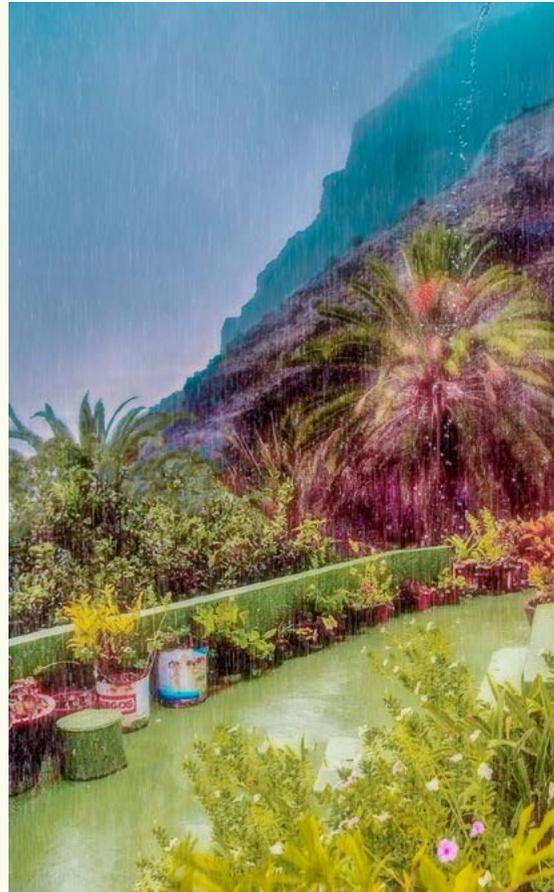


Suppose you don't try to combine psychological and physical issues. In that case, the body feels amused by your mental views, as you feel pleased with the body without the pressure to make it subordinate.



Feelings, being intangible, are naturally fleeting. Therefore, we can only experience a specific feeling, such as love, continuously if we hold onto it as if it's something substantial. Thus, we associate love with a pleasant physical sensation in the chest. This sensation then becomes a marker for our concept of enduring love, creating the illusion of a substantial and continuous affection whenever our chest feels a pleasant sensation. Similarly, if we wish to hold onto a hateful memory, we link it with physical unpleasantness in the chest.

However, just as physically merging a wall with the wind is impossible, combining insubstantial emotions with the body is a fantasy. Therefore, in both cases, what we experience is a make-believe.



It doesn't rain because you feel sad, nor does rain have the power to make you feel sad unless you invent such a connection. Similarly, your body doesn't have the power to make you feel miserable, nor does feeling unhappy make your body bad unless you imagine such a link.

Thankfully, we can quickly undo our fictional link by perceiving our reaction to its supposed materialisation in the body as *'it is what it is'*. This perception renders our response indefinable, causing the imagined link between the body and a specific feeling to vanish.

Without this connection, we can engage with the psychological and physical reality on its own terms. We look at love or hate in the psychological sphere, being so airy that feelings fly away when looked at. Thus, as there's no love or hate to impose on the body, its biological system naturally outlines the physical part of your imagined combo and fixes it per physical laws.

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If you perceive your reaction to lust as 'it is what it is', it opens up and reveals that it's not singular but twofold. Hence, since lust is paired with purity, desiring someone doesn't make you feel shameful but rather joyful.



When the idea of a body-mind connection is released, you may initially feel a sense of emptiness. But soon, you realise how laid-back your day is without having to uphold this imagined link.

When we project our personality flaws onto vulnerable parts of our body, such as the stomach, those perceived flaws seem to be erased from our awareness.

This enables us to perceive ourselves as perfect, a form of self-deception that gives us the illusion of control over reality and the ability to transform ourselves.





Clouds cannot become the Earth and vice versa. Similarly, your perception of your body psychologically does not change its physical nature. Your thoughts and feelings stay in the mental realm, while your body remains a physical entity.

HACK #7.5, The world is physical, not psychological

Despite its illuminating presence on Earth, the sun remains distinct from the Earth. Similarly, while psychological aspects may highlight the body, they don't merge with the physical realm.

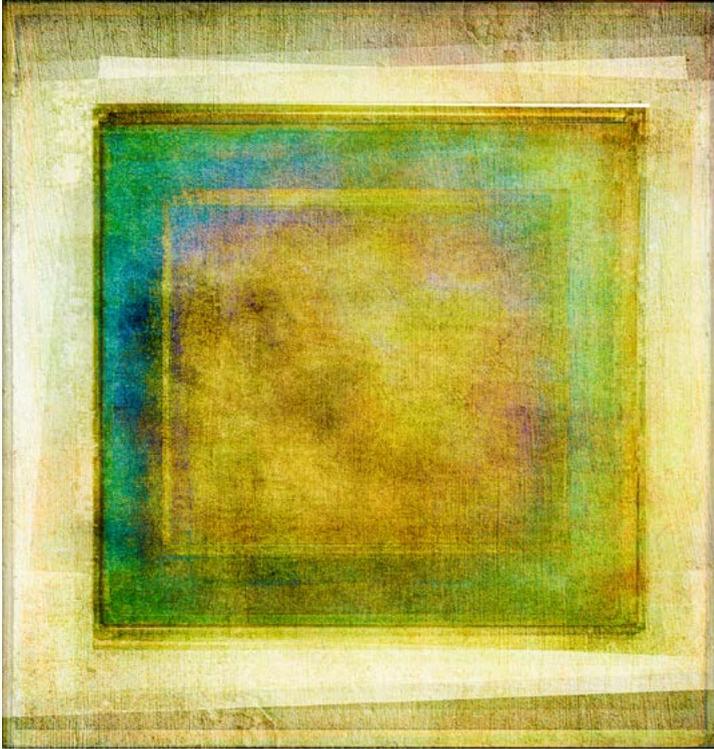
Before and after Freud – now with *Alexius' Duality Hacks*

It's not only *Alexius' Duality Hacks* that discuss the attempt to use the body as a tool to hide psychological problems from one's awareness. In *Bioenergetics* (see [Wikipedia](#)), the theory posits that the body becomes ill when we discharge psychological issues onto it. Before Freud, the prevailing belief was the opposite: that all sickness, whether psychological or physical, was rooted in the body.

However, *Alexius' Duality Hacks* disagrees with both assumptions. Psychological and physical problems aren't intertwined. Despite the brain processing both physical and psychological experiences, it renders them as separate realms. Accordingly, the body needs not love but food to survive. And on a psychological level, it's not the food itself, but the feeling of being cherished, that drives us forward.



If your phone acts strangely and that makes you sad, having the phone repaired probably removes the sadness from your awareness. However, sadness resurfaces when something else bothers you psychologically. But not if you remember your phone triggered feelings of sadness as well as happiness. Then it reminds you of the constant interplay of contrasting emotions, and that by joining this *duality flow*, neither your phone nor anything else has to be perfect for you to feel content..



You can't mix a circle with a square. Likewise, the psychological and physical realms are distinct and don't blend.

This Duality Hack (#7) addresses the unfortunate belief in a physical-psychological connection, offering guidance on how to undo it. When we do that, the body's biological system is free to address physical issues materially, while we can address psychological ones immaterially.

Looking at the fusion of non-material and material issues where it's conceived

Contemporary psychologists claim we dissociate ourselves from unpleasant psychological feelings by dumping them in the body's darkness. However, immaterial issues aren't combinable with material ones. So, if we dissociate ourselves from an emotion like anger by dumping it in the body, we aren't physically depositing it in the body. Instead, it's something we do mentally in the psychological

zone. Since our fantasy seems to have an immediate effect psychologically, the next time we want to eliminate a psychological feeling, we automatically imagine combining it with a physical one.

While fantasising about dissociating anger may temporarily hide it from conscious awareness, the emotion remains active in the subconscious, although it seems hidden by a vulnerable body part. So, when the suppressed energy surfaces, you experience the vulnerable body part as queasy, making you frightened. This fear originates not from the body itself but from the psychological act of hiding anger, which creates a persistent sense of threat from what is concealed within the psychological sphere.

Thankfully, when you acknowledge your fear in the psychological sphere, you can perceive it as *'it is what it is'*. That reveals your fear is not a standalone emotion but is interconnected with calmness. Thus, as fear contains calmness, you don't need to escape fear to feel at ease. On the contrary, you need your fear to define calmness, enabling you to feel it genuinely.



The special self uses a great deal of energy to suppress the thoughts and feelings it judges as wrong according to its belief system, to feel part of something greater. On the other hand, the basic self is rooted in the brain, which creates all experiences, so the basic self feels part of everything.

The basic self versus the special one

Being the basic self, one, by default, perceives one's reaction to the present as *'it is what it is'*. Hence, every moment feels perfect, regardless of appearance, for instance, Alexius feels good even though his physical condition may not contribute to it.

Still, sometimes, Alexius chooses to adopt the perspective of the special self, which holds the promise of 'fixing' his body. However, since his choice is rooted in not feeling inadequate, it deepens that feeling. So, frustration builds up until Alexius returns to the default perception of the basic self, 'it is what it is', and feels content, regardless of his physical issues..

There's no grand purpose in a world of duality except to have fun pretending to be what you are not.



Appendix

In this Duality Hack (#7), we have examined a common way to eliminate unwanted emotions, such as anger, fear, or sadness, from our awareness by imagining dumping them in the body. We have also examined projecting enjoyable emotions, like joy, love, or peace, onto the body to make them appear more substantial and lasting. In both cases, you free the body from your imagined fusion of something intangible with something tangible by looking at it where you pictured this, namely, in the psychological realm. It's so airy that whatever you look at dissolves.

However, as non-duality is endless, ultimately, there's nothing to heal other than believing in a world of duality. So, why should you bother to undo the belief that you can integrate the body with something immaterial? Firstly, time is an illusion. Secondly, in a world of duality, materiality defines immateriality and vice versa. Hence, you don't combine psychological and physical issues if you want to undo your belief in duality, as it assumes you live by duality.



See also Duality Hack [#8.2](#), [#8.3](#), [#8.9](#) & [#9.4](#) about undoing the belief in body-mind integration.



When we perceive your response to an issue as *'I know what it is'*, it's based on a quick look at different points of view to see which one can hide that we feel inferior. For instance, we're in a meeting and not sure about a topic, but quickly form an opinion to avoid triggering a feeling of inferiority. Thankfully, if we don't insist on, *'I know what it is'*, and instead perceive your response to an issue as *'it is what it is'*, we don't have to be on top of it. Hence, we don't feel inferior.



»
*As you join
the duality flow,
the belief in lin-
ear time fades.
Thus, eventu-
ally, it doesn't
seem to hide
that there's no
past or future,
just one perpet-
ual present. «*



If you feel sad and perceive your singular feeling as 'it is what it is', you recognise the feeling is twofold. Sadness is not a standalone emotion. It's complemented with gladness, collaborating to shape each other. Their interplay gives rise to other duality pairs, such as tears and laughter, weakness and strength. When you commit to the constant interaction of contrasting elements, the duality flow, maintaining a fixed self-image becomes impossible. Thus, eventually, there's no one definitive that appears to conceal the formlessness of non-duality.

HACK #8.1, Sadness is a close friend of gladness

Whether it's hell and heaven, sadness and happiness, or disappointment and contentment, the elements in these *duality pairs* are not independent but interdependent entities making up our experience of duality. In their continuous interplay, we feel complete.

When we distance ourselves from our negativity by projecting it onto others, we also disconnect our positivity. That's because, without acknowledging our negativity, our positivity can't be defined. The same applies if we conceal our negative thoughts and feelings from our awareness by projecting them onto vulnerable parts of our bodies.

In short, when we remove our negativity from our awareness, our sense of positivity becomes superficial. To foster genuine positivity in ourselves, we must restore the negativity we have cut off from our awareness.

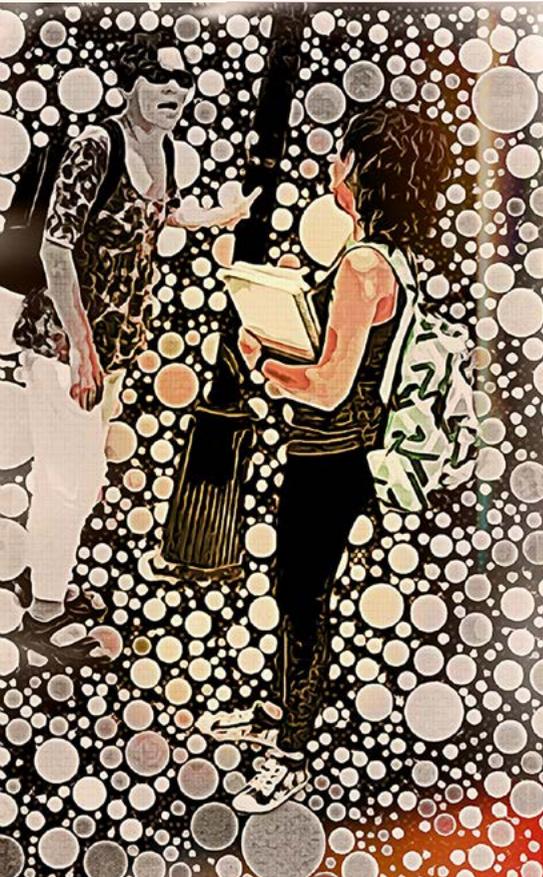
»» *A quick look in our psychological sphere is enough to reveal our negativity, much like a glance from above can confirm the presence of water in a well.* ««



All experiences in a world of duality are woven of contrasting elements that collaborate to define one another. The foreground is a necessity for its background. Negative thinking is a crucial part of understanding positivity. Hate is a mirror that reflects the depth of love, and a sunset is a prerequisite for a sunrise. This interplay of opposites enables us to know what we experience.

Just as our pigmentation determines how the sun's rays impact our skin, our internal state shapes how external events affect our self-image. Therefore, if we interpret a situation as negative, it reflects negativity within us. However, this does not necessarily mean there's a beggar hidden within us if we judge a beggar negatively, but it shows we carry negativity when we view the situation negatively ([Duality Hack #7.3](#)). By acknowledging that the negativity we perceive reflects our own, we restore it within ourselves.

Once we're aware of our negativity, we can perceive it as *'it is what it is'*, recognising it's complemented by positivity. Like two sides of a coin, they define each other, allowing us to be genuinely positive and negative, thus feeling complete. Furthermore, the interaction of



There's nothing to feel in non-duality, as that calls for more than One. Hence, to feel something, one must imagine a world of duality. However, in such a world, all feelings are arranged in *duality pairs*. Love and hate are paired so they define each other, providing you with a genuine experience of either. But if you exclude hate only to feel love, there's no hatred to describe love. Hence, it becomes an intellectual concept, leaving you feeling fake. Conversely, you feel vitalised in the interplay of love and hate.

opposites is the basis of duality. Therefore, by joining them, we can completely undo duality.

» Acknowledging hell doesn't make it go away. Instead, it exposes that heaven complements it, and they constantly interact to make us feel complete. «

Descending to hell, you return to heaven

The above was the short version. Here comes the longer one. When you start acknowledging your negativity, its interplay with positivity in the psychological realm may not immediately capture your attention.

In a world of duality, there's nothing better than the duality flow. However, many people avoid twofoldness by clinging to single-minded postulates. This may give them a fleeting sense of superiority, but, as their postulates are fragile, the overall feeling is one of despair. On the other hand, not clinging to singular opinions as facts but engaging with the duality flow, you get a sustainable sense of completion through duality's constant interaction of opposites.



Therefore, since unpleasant emotions keep emerging from the dark, identifying your negativity may initially feel like descending into hell.

This may start slowly with a familiar sense of depression that you a long time ago hid from your awareness by imagining it covered by the pain in a vulnerable part of the body. See [Duality Hack #7](#). But as 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 is torturing you.

»» *When something is interpreted solely as evil, and you perceive this singularity as 'it is what it is', you feel its companion, goodness. However, it's not the contrasting elements that make you feel complete but their constant interaction: the foundation for a world of duality. On the other hand, if you hang onto one of the contrasting elements, you feel lost.* ««

Thankfully, by not avoiding but acknowledging your hellish feeling, you can perceive it as *'it is what it is'*. This reveals that your feeling of hell is not a static one. Heaven is within it, and they constantly interact in an adventurous, ever-changing manner. The interplay is like ocean waves: sometimes big and fast, and at other times, hardly any motion.

Amazed by the polarity of heaven's pleasure and hell's displeasure, you realise there's no heaven without hell in a world of duality – like there's no breathing in without breathing out. You can't have the one without the other.

Being aligned with duality is child's play

When twofoldness is accepted, hate becomes as satisfying as love, like two sides of a coin that complement each other. Hence, since you don't need to get rid of hatred by projecting it onto the body, it doesn't have to defend itself against immaterial threats. Conse-

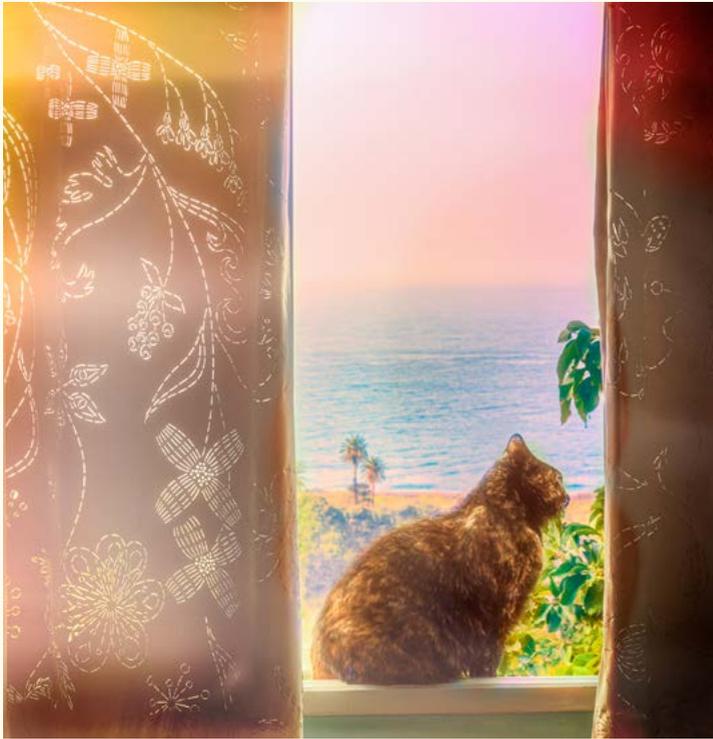


If you don't split the duality pairs, such as good and bad, light and dark, into independent elements, you're in alignment with duality. That doesn't necessarily mean things work better, but you don't bother because you feel complete in the constant interaction of opposites.

quently, the body is not in a defensive state, allowing the brain, with its blueprint of the body's composition, to restore it through its anatomy and natural connection with nature.

In short, the brain, not you, knows how to manage the body. You can support it by seeking professional help if needed. However, your assistance is not required to establish the body's connection with nature. It's naturally linked to the cosmos. That's why you don't fall off the planet and feel connected with everything when you don't impose the body with your mental ideals of union.

This doesn't mean you must abandon your mental ideas. Instead, perceive them as *'it is what it is'* to realise that your reasoning is dual. Therefore, being in *the duality flow*, your next step unfolds ef-



You get a preview of non-duality by taking a break from duality. However, since it takes more than one to experience something, this pause is a simulated preview of non-duality.

fortlessly, much like breathing out follows breathing in. But be aware that *the duality flow* is not physical. So, in the psychological sphere, your next step is effortless.

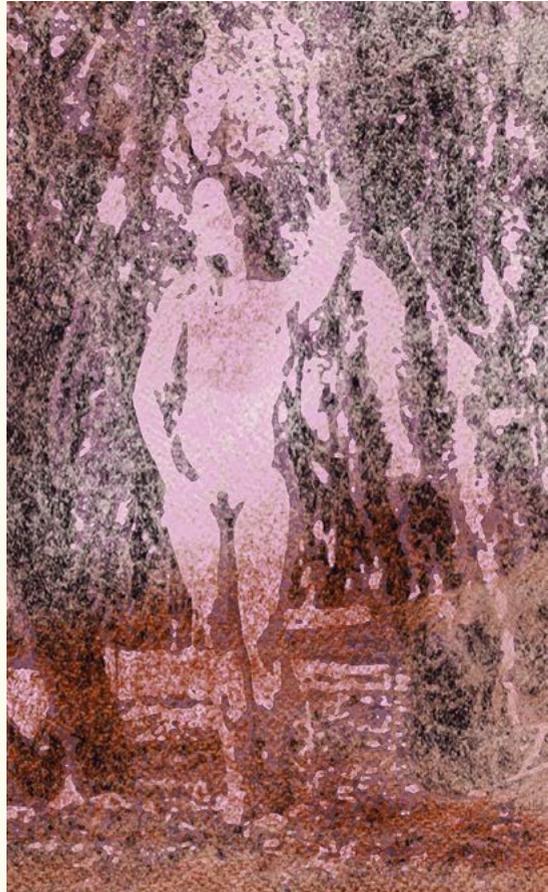
In conclusion, when you perceive your response to a hellish experience as *'it is what it is'*, your reaction is not sensed as singular but twofold. Thus, the feeling of descending to hell* is complemented by ascending to heaven. This is not to imply that reality is a fusion of heaven and hell or a union of opposites. On the contrary, reality, being non-dual, is beyond dualistic concepts. Non-duality is neither something nor nothing because it takes more than one to be anything. Yet, as it's formless, it's everything and, thus, endless.

However, the topic of this Duality Hack (#8) is not non-duality but living with duality to undo it. In other words, undoing duality is about

acknowledging and engaging with the dance of contrasting elements that form the fabric of duality. It's like playing a game – to reach its end, you must actively participate. Thus, Alexius continue exploring how to live with duality in the following hack.

**) You may find the book [Descent to the Goddess](#) interesting regarding the descent into hell, although it's not in line with Alexius' Duality Hacks and supposedly only for women.*

A duality experience is not a static state, but a dynamic journey akin to riding a rollercoaster. Thus, each descent into hell is complemented by an ascent to heaven, creating an engaging interaction of opposites, the duality flow, that keeps us vitalised and delighted





If your perception of physical reality causes you suffering, you can change it to a perception that brings a smile to your face.

Hack #8.2, 'What if...?' makes you feel hunted, not relieved

You feel mystified when you envision that a physiological issue causes a bodily problem. Fortunately, by perceiving your reaction to this mystery as *'it is what it is'*, you enter *the duality flow*. With its soothing waves, it frees you from the imagined connection between a physiological and physical issue.

Alexius has written this Duality Hack (#8.2) within the context of duality, as we must fully experience it to undo it completely. But suppose you avoid the experience of duality by interpreting the elements in the duality pairs as at odds with each other or as a unity. In that case, you ignore they're interdependent elements, constantly and dynamically interacting to shape a world of duality. Hence, you disassociate yourself from the reality of duality.

The same applies if you try to unite the physical and psychological realms. They function as *a duality pair*, complementing each other to define our duality experience. Consequently, any attempt to integrate them is not just tricky but carries the weight of being fundamentally impossible in a world of duality.

The fearsome *what if...?* loop

Imagine you're troubled by physical pain in your foot. Then, you wonder if this could be linked to a psychological issue from the past. The more you ponder this, the more the psychological problem seems to impact the physical one. In other words, the more your imagination runs wild on a '*what if...?*' loop, the more your thought-up possibilities appear real.

Thankfully, when you perceive your reaction to your thought-up possibilities as '*it is what it is*', you see your response is twofold. Hence, there's no specific reaction to confirm your alleged cause-and-effect between a physical and a non-physical issue. Consequently, the physical problem can be addressed materially, and the psychological one can be tackled immaterially. This approach is much more manageable than dealing with a speculative connection between physical and psychological issues.

Twofold reactions make you feel whole in a world of duality

Having vertigo* is a clear example of believing something impossible is happening. The world doesn't actually spin around you. But you have an inner vision where everything rotates to suppress your fearful interpretation of a past event triggered by something in the present.

However, since the whirling sensation distorts your self-image, you project it onto the outside world, making it difficult to heal vertigo. Fortunately, if you stand by the fear of a past event, whether recalling the event that seemed scary, you can perceive the fear as *'it is what it is'*.

If you tell a doctor the world spins around you, the doctor will probably diagnose you with vertigo.* However, this doesn't mean the doctor believes your experience is real.

On the contrary, it's a hallucination. The world doesn't whirl around you. This is not to imply that you should dismiss your experience – only that it reflects reality.

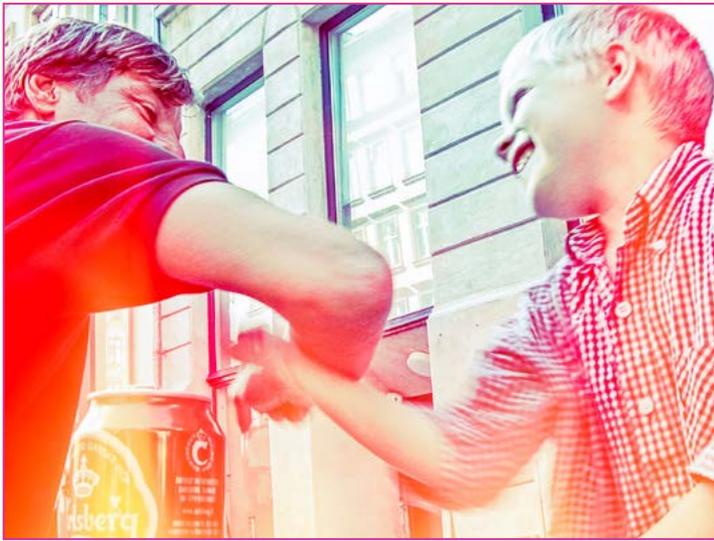
If you don't believe the experience is real, the fear disappears, and you realise the whirling sensation is psychological. In other words, you correct your experience of the physical world spinning around you, just as you constantly correct seeing the Earth as flat. Ultimately, you realise that all experiences are fake, as it takes more than one to be aware of something.



This creates a crack in your singular feeling of fear, from which something vague emerges. As soon as your fear defines this vagueness as bravery, it redefines fear, which redefines bravery. This interaction continues, just like breathing in and out, constantly redefining each other. Hence, since you realise you can't feel afraid without feeling brave and vice versa, you no longer need to avoid something that triggers past experiences of fear.

To elaborate, first you apply the perception '*it is what it is*' to a single-minded response, such as fear. Second, you wait a little in a laid-back manner. Then, an airball comes out of fear, which feels like it balloons outward in a swelling bubble of bravery if you don't attempt to contain it.

Should you find this process overwhelming or are unsure of what to perceive as '*it is what it is*', remember that even your confusion can be perceived as '*it is what it is*'. It reveals your confusion is not a standalone emotion. It's complemented by satisfaction, and the two constantly collaborate to define each other dynamically. Engaging in this interplay, you're in *the duality flow*. Thus, as confused as satisfied, you feel complete.



Dualism is not about balance or harmony, as that cancels out contrasts, thus the appearance of a world of duality. Instead, it's about the dynamic interaction of opposites, a constant dance of energies.

Other ways to approach vertigo

Instead of perceiving your reaction to vertigo as *'it is what it is'*, you can psychologically remain in its swaying movements until chaos ignites a take-off into *the empty breath*. See [Duality Hack #9.1](#). And if your vertigo experience is not too intense, you can request the brain to clarify your experience so the world doesn't seem to move around you.

But suppose a physical problem causes your vertigo. In that case, a psychological approach can help you approach the issue with less anxiety, making it easier to identify and address the physical problem. So, if it's excess earwax, you consult a healthcare professional to resolve it.

However, the most common physical cause of vertigo is tiny calcium crystals loose in the inner ear. If that's your problem, you address it materially by doing the [Epley exercise](#), for instance. Perhaps combined with this hack's psychological approach and [D-vitamins](#). However, if your reason for doing that is to get it over and done with, you're most likely fixated on returning to the way things were.

As a result, you don't feel fine regardless of the outcome, like you'd do if you perceived your reasoning as *'it is what it is'*, realising it's not singular but twofold. What interacts with your singular logic, you must explore yourself, because Alexius is about to finish writing this hack.

Should this ending seem sudden, and your reaction is astonishment, please perceive it as *'it is what it is'* to feel the interaction of surprise and calmness. Then, move on to other *duality pairs*, such as abrupt/gradual, beginning/end, or expectation/surprise. If you don't stop *the duality flow* by avoiding or enhancing one of the elements in a *duality pair*, the interaction of opposites eventually blows you away. Thus, nobody walks a path without distance or direction to non-duality.

*) The article [Psycho-Physiological Dizziness Syndrome](#) describes vertigo as a psychological problem more detailed than in this hack, however not aligned with the basic view of *Alexius' Duality Hacks*.



Alexius adjusts to a photo set up to please his parents.

As a child, Alexius realised that to earn his parents' love, he had to suppress his negative emotions and appear to support them positively. However, every experience is a construction of opposites in a world of duality. Thus, we feel disconnected when we suppress negativity to project a positive image. Conversely, we feel connected when we don't perceive negativity and positivity as distinct emotions that exclude each other, but rather as a duality that collaborates to define each other.

Hack #8.3, Alexius' wonderful & terrible childhood

In Alexius' childhood, the relentless beatings from his father led Alexius to see the world as horrible, apart from a few appearances he deemed wonderful. That was until he welcomed *the Enlightenment of that which is One*.

In Alexius' childhood, he justified his internal anger with his violent father, who often erupted in rage and beat him up. This justification allowed Alexius to disassociate from his rage, presenting a facade of perfection to please his mother and avoid offending his father, who would beat him if he upset his mother. But to consistently deliver what he imagined they expected, he had to sacrifice his longing for being loved for what he was. Yet he secretly visualised someone unattainable, such as his aunt, fulfilling his need for love.

» *Regardless of our efforts to conceal unwanted feelings, their suppressed energy inevitably resurfaces, often in unexpected and uncontrollable ways.* «

Initially, Alexius' coping mechanism seemed to work. However, as he grew older, the authority figures, who had replaced his father as the perceived cause of Alexius' internal anger, sometimes bothered him so much that his suppressed anger surfaced. While Alexius wasn't physically violent, his verbal attacks seemed as wild as when his father lost his temper and hit Alexius for not behaving appropriately.

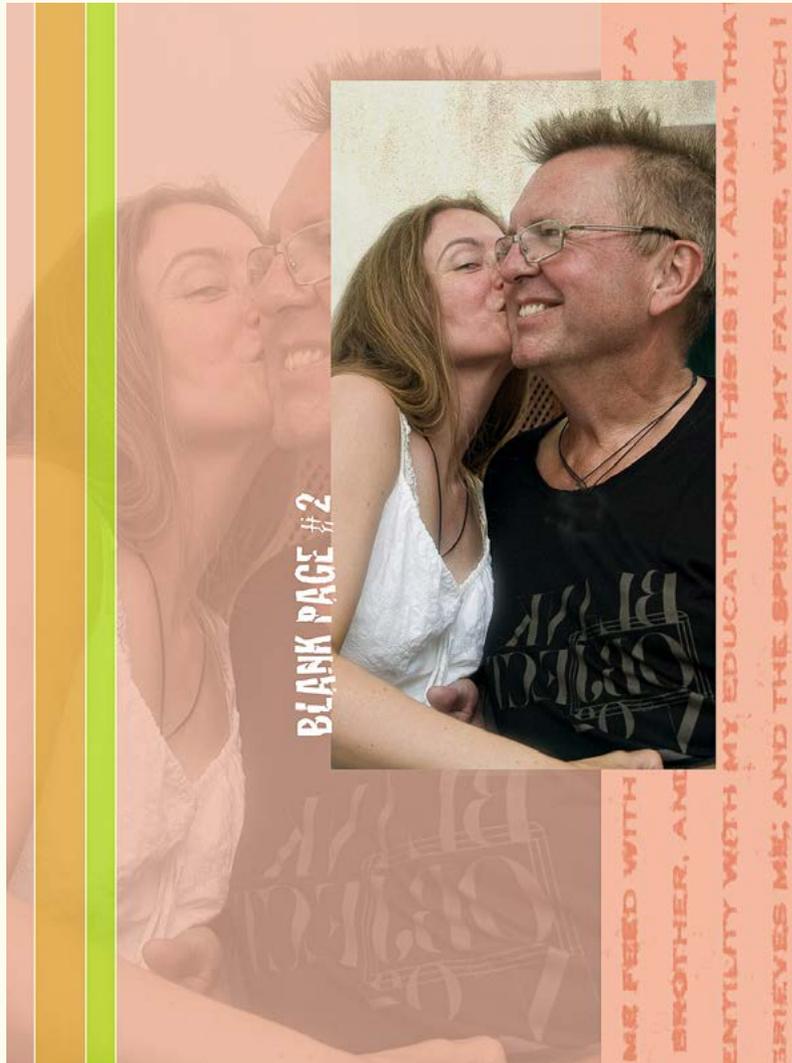
So, even though Alexius had ended his relationship with his parents long ago, he once again feared his father's punishment for not behaving correctly. To avoid his old fear of retribution, Alexius suppressed his hostility by projecting it onto his stomach.



Silence became Alexius' weapon against his father's attacks, as he tried to fake sadness and look unsound to evoke guilt in his father. Yet, this only deepened his own sense of guilt, revealing how he used his father as a scapegoat just as his father used him for emotional relief.

This coping strategy, in which one transfers unwanted feelings onto a physical part of the body, was a familiar concept to Alexius. In his childhood, he used it to imagine his anger tightened his throat, preventing him from saying something that would trigger his father's violent rage, fearing it would be the end of Alexius.

When you don't try to suppress sexual lust, grievances, envy, anger, negativity, or any emotion you might consider politically incorrect, you see that your unwanted feelings are not singular twofold. For instance, negativity is not a standalone emotion, but is coupled with positivity. By not attempting to choose between negativity and positivity, but instead joining their interplay, you feel complete in the duality flow.



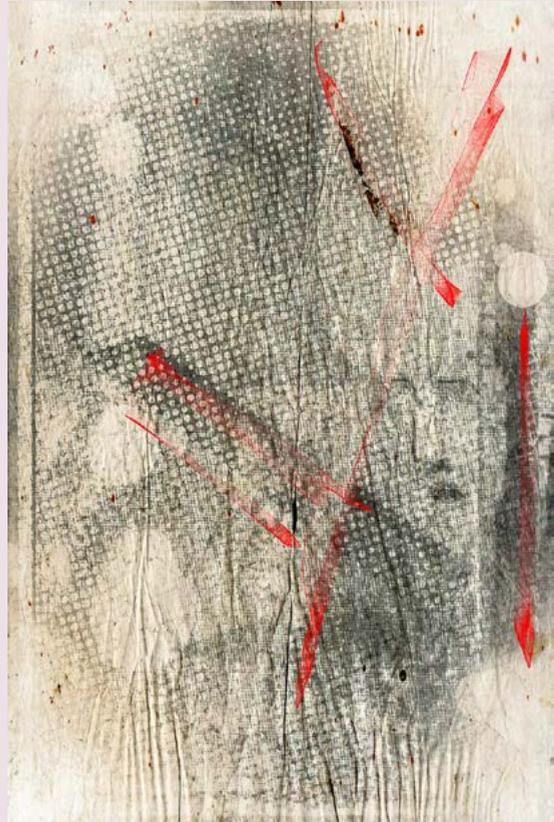
Evil and purity, fighting or cooperating

When Alexius grew up, it was like he was in a war zone, never knowing when or where his father's next blow would land. His mother's silence only served to intensify his sense of torment. In an attempt to distance himself from this viciousness, Alexius viewed his father as the embodiment of evil and himself as the epitome of purity.

However, by dissociating himself from his viciousness, Alexius also separated himself from his purity, because viciousness defines it. Therefore, he constantly sought purity externally. Yet, until he faced his suppressed viciousness, he mostly viewed the world as vicious.

As Alexius began to accept and acknowledge his viciousness, he also began to feel his purity. In the constant interaction between these two polarities, he was neither distinctly vicious nor pure. Thus, the viciousness in him wasn't something dangerous that he needed to conceal by perceiving something external as vicious.

Consequently, the apparent difference between himself and the world ceased to make a difference. So, *Alone Together* (see [Duality Hack #12](#)), he walks a path without distance to that which is undivided: Oneness.



In Alexius' childhood, his father constantly abused him physically to prove that Alexius was evil and his father was good. However, in Alexius' understanding of himself, he saw his father's actions as a testament to Alexius' righteousness and his father's viciousness. In other words, they both judged each other as wrong to feel good about themselves. The painting above, made on Alexius' iPhone, is based on his memories of a vicious childhood, later revealed to be complemented by purity.

Alexius hides his perceived negativity in his body

Alexius can't guarantee the accuracy of his childhood description, as it's based on hindsight. Besides, he's not a physician or psychologist – just a duality hacker. Yet, he believes that he used his physical symptoms, stemming from a congenital disability in the vertebrae, to camouflage his emotional reactions of fear, aggression, and shame to events in his childhood.

For instance, the malfunctioning vertebra caused a nerve disturbance, leading to a bloated stomach. Hence, it was easy for Alexius to imagine that his bloated belly was a physical manifestation of the shame he felt when his mother emotionally exploited him as a petite and adorable child to compensate for the affection her husband couldn't provide.

Due to Alexius' bloated stomach, his diaphragm hardened. And since it's the primary mover of the breath, his chest tightened. Thus, it seemed the perfect place to lock away his naivety and natural empathy, preventing further exploitation.

As Alexius grew up, he reconnected with his compassion. But as that's another story, we go on with Alexius' childhood and his father, whom Alexius saw as the devil responsible for the monster he felt within. Unfortunately, Alexius was unwilling to acknowledge that it was his own inner darkness he saw in his father, so he concealed his inner monster in his neck, weakened by the malfunctioning vertebra.

Consequently, the physical problem in the neck became an unsolvable mystery, hiding the beast within. See [Duality Hack #7](#) about using the body to hide unwanted feelings from your awareness.

But that suited Alexius because he assumed he would only get his parents' love by being like an angel. However, since his parents loved only the divine image he constructed by suppressing everything devilish, he felt lonely and complained that he was not seen.

One comparable 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 doesn't mean you must become purer by avoiding something, nor must you be harmonious, physically fit or breathe in a specific way. All you need to welcome *the Enlightenment of that which is One* is to forget what and where you are. Then, there's nobody to fend off *the Enlightenment of that which is One*. Returning from it, your appearance in a world with more than one is unchanged. But since you keep getting glimpses of *the Enlightenment of that which is One*, you're constantly reminded that a world with more than one is an illusion. Hence, appearing as somebody 'there' is a pretence.

It's like role-playing, where one plays a character in a story guided by the gamemaster, which, in a world with more than one, is the brain. Being aligned with its game, the perception that *'it is what it is'* becomes natural. Hence, since every experience is perceived as dual, no specific opinions prevent you from enjoying your role as it is.



Everything looks the same after returning from the Enlightenment of that which is One to a world with more than one. Yet, one doesn't perceive it as real because one knows there's no more than that which is One.

Alexius recognises *the duality flow*

When Alexius was 22 years old, he entered *the Enlightenment of that which is One* ([Duality Hack #10](#)). Returning to a world with more than one, he appeared as before externally. But as he knew there's no more than that which is One, appearing as someone in a world with more than one could only be a play-act.

In other words, if we leave *the Enlightenment of that which is One* to be rebooted as someone in a world with more than one, we're nobody pretending to be somebody in a world of separation ([Duality Hack #2](#)).

Therefore, as everything Alexius thinks, feels or does is a simulation, this also applies to his conditioned perception of the world as either horrible or wonderful. Yet, as a singular simulation of horrible excludes wonderful and vice versa, they seem to establish separation as real, which conflicts with what he knows as someone comparable to *the Enlightenment of that which is One*, namely, that reality is oneness.



One morning in 1972, Alexius forgot what and where he appeared to be. Hence, *the Enlightenment of that which is One* took over, erasing every notion of a self. Rebooted in a world with more than one, he was nobody, so appearing as somebody was a pretence. However, before the Enlightenment of that which is One, Alexius believed in being somebody. So, his childhood memories are shaped by this belief.

Please note that his childhood story and later discovery of the duality flow are compressed, so if Alexius' progress seems rapid, it was not. It was a gradual process, yet it became effortless after he welcomed *the Enlightenment of that which is One*, revealing he is self less. See [Duality Hack #10](#).

To resolve this conflict, Alexius perceived horrible and wonderful not as separate but as interdependent feelings that, like breathing in and out, pave the way for each other. So, since he didn't experience those feelings at odds, they didn't ratify separation, thus not in conflict with reality, being that which is One.

This constant interaction of opposites, which Alexius many years later named *the duality flow*, reduced his assumed psychosomatic disorders to physical issues. Consequently, the body's biological system could deal with them physically. While it couldn't completely heal his congenital disabilities, such as malfunctioning vertebrae, everything was resolved to the extent that the experience of being someone in a body felt comfortable.

When Alexius takes a break in the primordial forest, it's something he simulates. So, he's not denying that reality is the formlessness of oneness.



Appendix about *the duality flow*

With its continuous, gratifying nature, *the duality flow* feels so seamless that one doesn't sense when the interplay of one polarity ends and another begins. The cycle of beginning and end is yet another interaction of opposites that leaves one feeling fulfilled.

Similarly, we may overlook the contrasting elements in *the duality flow*, which is okay. *The duality flow* is not about the contrasting aspects themselves but their interaction. That's what we explore in the following hacks.



A holistic experience is not singular but dualistic in a world of duality. In other words, wholeness comes from twofoldness. However, in non-duality, you can't feel whole because it takes more than one to feel something.



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 didn't live up to his parents' expectations. Finally, he stopped looking for a cause. And since there's no effect without a cause, fear as a specific feeling vanished. Hence, since he didn't fear appearing as somebody in a world of duality, it didn't seem to conceal non-duality.

Hack #8.4, You must play the duality game to get out

Living in complete alignment with duality, we can undo it completely.

When Alexius was six years old, lying on the floor while his father kicked him, Alexius, for the first time, sensed that the world is a stage. It's a charade to make us look as separated entities in a world with more than one. Instinctively, Alexius mimicked fear, shivering all over to appear as someone frightened by someone else. His fearful performance seemed to satisfy his father, who ceased his assault.

This led Alexius to the conclusion that making the body tremble to appear scared was the way to stop being maltreated, thus gaining a semblance of control despite being beaten.



If you suppress your negativity to appear solely positive, you don't get the togetherness of the duality flow but the loneliness of singularity. Besides, being only positive doesn't feel right, as without negativity, you can't genuinely feel positive. Thus, if you want genuinely positivity, don't avoid your negativity by explaining it away. Instead, accept negativity unedited so it can genuinely shape your positivity.

So, since provoking a muscle spasm in the body prevented him from feeling helpless, it became Alexius' way of dealing with danger until he recognised *the duality flow*: the interaction of two contrasting elements. However, this hack is not about Alexius' way to *the duality flow* but yours. So, we'll delve into that in the following.

» *Contrasts are the building stones of duality, so when you interpret something as beautiful, you're bound to see or remember its opposite, ugliness, getting the togetherness of duality. That is, if you don't try to correct or hide the ugliness to hold onto a distinct view of beauty.* «



That every experience comes in pairs doesn't mean you see two people when there's only one in front of you, but that your response to seeing this person is twofold. For instance, when you meet someone new, you feel both excitement and nervousness. Unfortunately, most suppress nervousness so as not to have a twofold reaction but a singular one of excitement. But since singularity is impossible in a world of duality, they don't feel excited but inadequate.

The loneliness of singularity vs the togetherness of twofoldness

As every experience in a world of duality is composed of contrasting impressions, a distinct feeling, such as love, misses its counterpart. That's why you feel disconnected when you hold onto an idea of pure love. Fortunately, your mistake is easily corrected. First, you perceive your singular impression of love as *'it is what it is'*. Then, in a state of expectation calling for nothing specific, your distinct love impression gently turns inside out and unveils its counterpart, hatred. Shortly after, hate gently turns inside out, revealing that it contains love.

Just as breathing in and out is a continuous cycle, so is the interplay between love and hate. Also, like breathing in and out, love and hate aren't experienced simultaneously. Yet when you experience love, you know it paves the way for hatred and vice versa – like breathing in confirms breathing out and vice versa.

So, since hate defines love, which in turn determines hate, there's no genuine love without hatred and vice versa. Consequently, if you feel one of them, you have both. However, you have none if you suppress hate to hold onto a singular version of love. In that case, you feel disconnected until you remember that connectedness comes from the dynamic collaboration of opposites.

It's not the events themselves, but rather your reaction to them, that you perceive as *'it is what it is'*

Perceiving your response to an experience as *'it is what it is'* aligns you with duality, fostering an immediate sense of connection. However, it's crucial not to mistake your response to an event for the event itself. Doing so leads to a sense of alienation, as you establish the meaning assigned to your response as the event.

For instance, a friend's behaviour triggers emotional pain in you. But instead of acknowledging what you feel, you mentally disassociate yourself from feeling hurt by equating it with your friend's behaviour. In other words, you mistake your emotional pain for your friend's appearance, thus feeling alienated from your friend and what you feel.

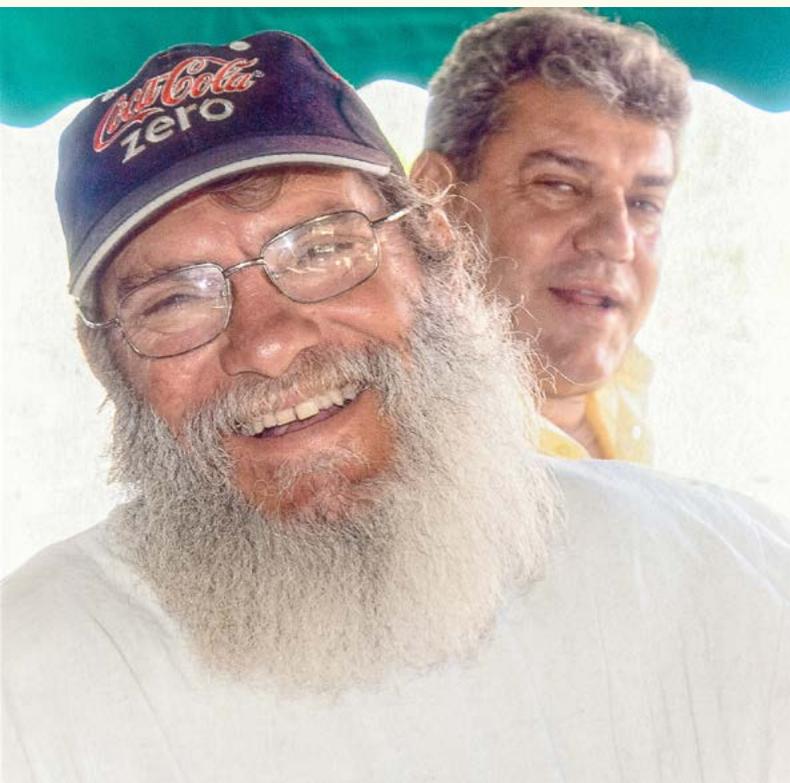
Consider another scenario: in a work environment, a project fails, so you say, *'it is what it is'* to accept the outcome and move on. But if your purpose for doing this is to hide your feeling of defeat, you're denying yourself the sense of togetherness that comes from the interplay of defeat and victory. Instead, you're left with the loneliness of moving on in the face of defeat. In other words, you don't get the togetherness of twofoldness but the loneliness of singularity when you use the perception *'it is what it is'* on something to hide your reaction to it.

When faced with a decision, some individuals choose a distinct reaction that appears to project certainty. Yet, it's a cover for the uncertainty they actually feel. Paradoxically, their efforts to maintain this facade only serve to amplify their uncertainty. In contrast, if their reaction is twofold, there's no particular view to hold. This leaves one in a state of resilient energy between opposites, much like the springy force that drives a yo-yo up and down.



Or let us say that when you look at a photo of your hometown, suddenly, a wave of sentimentality overwhelms you. This intense emotion clashes with the carefully constructed image of yourself as cool. So, you look at the photo and say, *'it is what it is'*, to reinforce your self-image and detach from the sentimentality, as if the emotion belongs to the photo, not you. In other words, you substitute the sentimentality the image evokes with the image itself by using the phrase *'it is what it is'* to maintain a facade of detachment from your past, thereby preserving your cool image.

On the other hand, if you don't try to use the photo of your hometown to escape your sentimental reaction to the past but perceive that reaction as *'it is what it is'*, your response is revealed as twofold. Hence, sentimentality gently opens up and reveals toughness inside it. In a literal sense, sentimentality and toughness interact like the inhale and exhale of breath, illustrating their emotional relationship. Therefore, you neither feel sentimental nor tough but together in their interplay.



You don't have to apply *Alexius' Duality Hacks* perfectly. A willingness to undo the belief in duality is enough. Hence, if you aren't in touch with your spontaneous reaction to something, you perceive your bewilderment as *'it is what it is'*. After all, this is what it is.

To sum up, when you replace the meaning of an event with the meaning assigned to your reaction to the event, you state your opinion about the event as a fact. Hence, your interpretation becomes, *'I know what it is'*, even if you say, *'It is what it is'*. As a result, you don't feel vitalised by the interaction of opposites. Instead, you feel tired from suppressing your feelings about something to seem unaffected. Ergo, since it's never the events that impact us but our reaction, it's always our response to an event that we perceive as *'it is what it is'*.

Unfortunately, you may be so used to hiding your initial response to something that you're unaware of the meaning you assigned to it. Fortunately, when you become aware of your response, ever so slightly, and perceive the definitive meaning you assigned to your response as *'it is what it is'*, it opens up. Then, its counterpart unfolds from within, as already described, and you feel complete in the interaction of opposites.

Every reaction is twofold

When you view your response to something as twofold, your reac-



It's not a fact that something is ugly but your interpretation. However, this singular point of view prevents you from experiencing it as it is because all experiences come in pairs of contrasting elements in a world of duality.

Suppose you want to uphold a romanticised notion of love. Therefore, you hide love's complementary part, hate, from your awareness by projecting your hatred onto a rigid body part. If you want to free yourself from this unpleasant entanglement of psychological and physical matters, you perceive your reaction to the rigid body part as *'it is what it is'*. This perception, displaying your response as twofold, leaves no specific reaction to the rigid body part to establish that your hatred is linked to it. Hence, since hate doesn't appear hidden, you sense that it constantly interacts with love to give you a genuine love experience.



Just as you must actively learn to navigate a video game, you must play by the rules of duality, which is that experiences consist of contrasting pairs, called *duality pairs*. Therefore, you don't suppress hate to feel only love. Instead, you go with this duality pair's interplay of love and hate to get the whole duality experience.

tion doesn't appear exclusively right or wrong. Hence, it neither brings pleasure nor worries but a lasting fulfillment, as it doesn't depend on something specific.

This doesn't mean you can't respond with sadness if somebody rejects you. However, since you perceive sadness as '*it is what it is*', you see it as interacting with happiness. Thus, you are not restricted by a specific feeling.

In other words, when your single-minded reaction to something is perceived as '*it is what it is*', your response is not confined to a single emotional state, such as rage. Instead, you go back and forth between rage and peace so that these contrasting elements can outline each other, and you experience them to the fullest.

Being amused by the joy of this potent interplay, you eagerly delve into new polarity combinations. In their dynamic dance, you reach a state of euphoria so intense that you stop looking for more. Thus, the journey home to that which is One, whether it's a split-second or years, becomes insignificant by the joyous *duality flow*.

How do you suppress feelings?

- Talking about what others do or say instead of how that makes you feel.
- Manipulating others to remove the attention from how you feel.
- Holding onto 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.
- Adjusting to specific concepts like living in the now.
- Blaming others and justifying your feelings by them.
- Planning your feelings away.
- 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're upset.
- Reading or playing video games regularly.
- Having revenge sex.
- Staging yourself on Facebook to get many likes and followers.
- Publish photos of your happy and shiny life on Instagram.
- Quoting others to prove you're 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.
- 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. Hence, since they're not definitive but relative, you have no specific feeling to suppress.



To feel inferior is a choice you make, as your perception shapes your emotions by the meaning you assign to your reactions to the world. Thankfully, if your perception is not specific but twofold, you feel inferior/superior, thus complete.

Hack #8.5, To feel complete or not

We explore how to align our perception with the brain's duality fantasy to feel complete by twofoldness.

»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 test mentioned above, which aims to assess whether the connection between the brain and the body works, is from the article [Interoception: the hidden sense that shapes wellbeing](#) in *The Guardian*. Much like *Alexius' Duality Hacks*, this article highlights that many people sever the link between the body and the brain, leaving the body without guidance.

According to *Alexius' Duality Hacks*, this link must be re-established so the brain can guide the body. However, the article in *The Guardian* draws a different conclusion. It states that we must master our bodies to get in touch with their signals and, therefore, with our feelings, as they reside within the body.

You don't need to control breathing. It happens naturally when you don't interfere, illustrating how the body manages itself when you don't try to manage it.



But the pursuit of mastering our bodies to get in touch with our feelings is a futile endeavour. Our feelings, intangible and elusive, reside in the airy psychological sphere, not in the heaviness of the body. They only seem tangible and lasting when we perceive them as intertwined with the body rather than as fleeting clouds in the psychological expanse.

Besides, we're all products and puppets of the brain. So, if we mistakenly assume the role of a master, not a servant, we feel off, for only the brain comprehends what we are. Thankfully, when we engage in the brain's duality game, we feel vitalised, much like the thrill of abiding by a video game's rules.

Of course, you can leave the duality game if it doesn't suit you. But to step out, you must play it. And since participation involves feeling it, we continue by delving into the realm of feelings.

In the game of duality, the brain is the game master. You can't change that. Yet you certainly will have fun in its duality game if you play by its basic rule: perceive your reaction to your experiences as twofold.



As usual, we don't begin at a specific point or end with a conclusion. *Alexius' Duality Hacks* have nothing to establish, as they know they're as illusory as anything else in a world of duality. Yet reading the ragbag of clips below may help you live wholly in duality, thus enabling you to undo it fully.

In the duality fantasy, every experience is twofold

This Duality Hack (#8.5) is not about enlightenment or non-duality but duality because, experiencing more than one, you have chosen to replace non-duality with dualism. Correcting this mistake is easy when you don't suppress your feelings, for instance, aggression, and accept that it interacts with peace, just as you approve the interplay of breathing in and out. Then, you're in *the duality flow*, that, like a river, rushes back to its source: non-duality.



Acknowledging the interplay of opposites doesn't mean that everything is twofold in a world of duality. When you hammer a nail into the wall, the nail itself is not twofold. But if you don't edit your reaction to your hammering experience, it's twofold, for instance, easy and exhausting. That's the way of duality.



Many attempt to mirror non-duality in a dualistic world by being in a singular state of mind, such as exclusively positive. However, non-duality does not contain positivity or negativity, as it requires more than one to have something. Besides, in a world of duality, every experience comes in pairs of contrasting elements. So, being solely positive is a deception.



Those who talk about a specific emotion, like pure love, haven't felt it, as the nature of a feeling is unveiled as twofold when you feel it wholly.



A common reason for suppressing negative feelings is that one fears they're dangerous to express. For instance, when Alexius was a kid, his father beat him if he said or did something judged offensive by his father. Thus, Alexius was afraid to express his negative emotions by accident. But just like the negative pole in electricity is as crucial as the positive one, we need negative feelings as much as positive ones. If we avoid the negative ones, we'll deteriorate. However, if we approve of them, you'll blossom.

This doesn't mean the solution for Alexius was to express his negative feelings to his father. It could have been fatal. Thankfully, all

Negativity is just as crucial as positivity. A computer, for instance, only operates when connected to the negative and positive poles in an electrical wire. Similarly, we only function when we perceive our experiences as twofold because a singular perception makes us foggy.



Alexius needed to feel complete and thus not fear his father's negativity was to acknowledge it in himself.

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You must judge something as unpleasant to know when you experience something pleasant. However, since most people exclude their unpleasant feelings from their awareness, they have no unpleasantness to define their pleasant experience. Instead, they develop a concept of pleasantness that they can talk about but not experience.

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Many people believe they must avoid negativity to be healed. However, healing stones, such as Amethyst, heal by emitting negative ions, which produce biochemical reactions that create positive vibes/moods and relieve stress. Similarly, most infrared heating pads work by generating negative ions. In short, negativity heals.

If you feel you're a loser, you don't solve it by blaming others, but by completely feeling washed out. Since that doesn't make room for anything else, you're in a space where there's no contrasting emotion to define you as a loser. Thus, free from definition, you're in the bliss of nothing.



Suffering is a choice

In a world of duality, you suffer if you insist on having singular experiences and opinions. For instance, if you view success as the absence of failure, you feel disappointed when you encounter failure. On the other hand, as duality, by its very nature, is two-fold, you don't feel affected by failure when you view success and failure as two sides of the same coin. Ergo, you're free from the weight of disappointment.

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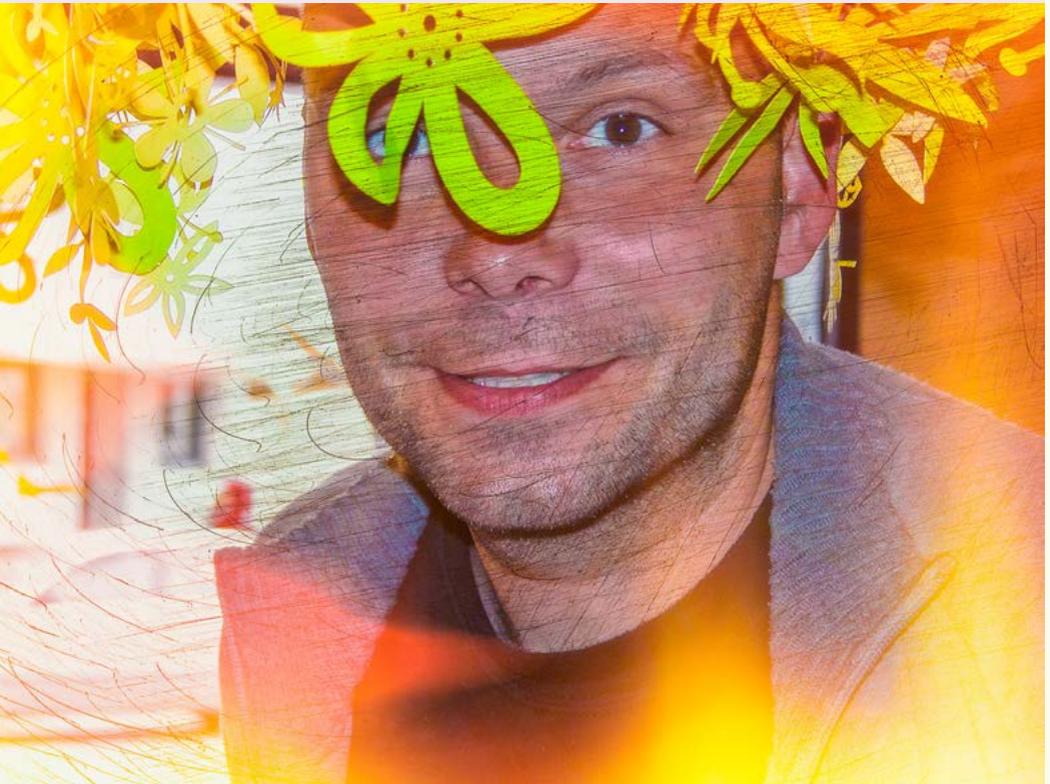
Suppose you insist on having a specific reaction to something. In that case, you must leave out its complement, which makes you feel incomplete. Thankfully, when you don't perceive your reaction as 'I know what it is' but 'it is what it is', you recognise your specific response is complemented by its opposite, thus feeling complete.

Suffering stems from the meaning you assign to your reactions. Therefore, undoing suffering involves shifting your perception rather than changing external circumstances. When you perceive your response to something, such as sorrow, as *'it is what it is,'* you see sorrow is not alone but coupled with happiness. Hence, you neither feel distinctly sad nor happy but vitalised by their constant interaction.



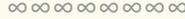
If you feel bad, it's because you see yourself as somebody. Thankfully, when you see yourself as nobody, somebody does not suffer.

Trouble always follows in the footsteps of somebody, whereas *the bliss of nothing* comes in the wake of nobody.



You have to stand by duality to hack it

Suppose you want to undo the belief in duality. In that case, disassociating yourself from feelings by focusing on their energies is not helpful because the belief in duality is rooted in feeling it.



To feel is *not* to exist because it takes more than one, a subject and an object, to feel something. Life, however, is that which is One. In other words, it's only possible to feel something if you imagine being in a world with more than one. Can you feel it? Of course, you can. You're reading this. This means you believe it's possible to be and have more than one, and you uphold this belief as 'real' by feeling it.

It's best not to hide your reaction to something by looking unimpressed or detached. Instead, fully feel your response so you get what it means to you. Then, perceive your single-minded understanding as 'it is what it is'. This reveals it is twofold, making you feel at home in a world of duality.



Consequently, you undo this misconception 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 don't focus on the two polarity elements, but rather on their interaction: *the duality flow*. Remaining in this flow, you feel so complete that you eventually forget to uphold the belief in more than one.



If you stand by your emotions, you can perceive them as 'it is what it is'. This perception reveals that fear, for instance, is in constant interaction with courage. Hence, you're neither afraid nor courageous, but in their continuous interaction, the flow of duality. In this flow, you don't want to escape fear because you won't be revitalised without it.

The duality flow makes you feel complete

The basic self knows that every experience is twofold in a world of duality. Thus, it feels complete in the interplay of opposites: *the duality flow*. However, in its attempt to avoid unpleasant feelings, the special self only allows pleasant ones into its awareness, thus feeling incomplete.

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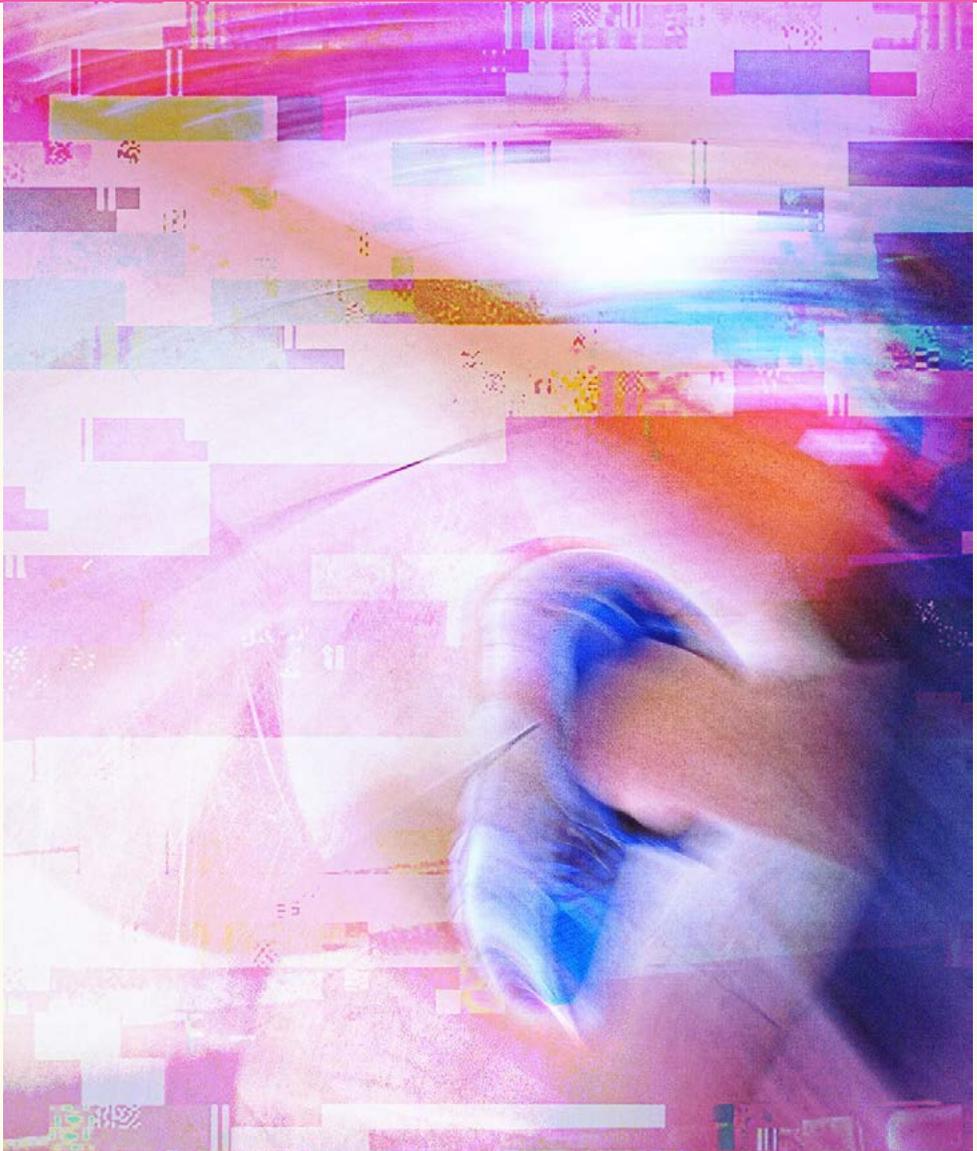


The image that the special self has made of itself is a product of its imagination, shaped by the impression it imagines to make on the world. Ergo, the special self only seems unique because of how it believes the world reacts to it.

Like a criminal, the basic self doesn't operate within the framework of right or wrong. However, unlike a criminal, it doesn't replace these categories with a calculation of what it can get away with. Instead, it remains in the interaction of right and wrong, thus in *the duality flow*, liberated from moral judgment.

The special self gets upset when it sees something it judges as wrong, thereby imprisoning itself by its rules, like feeling anger when someone criticises it. In contrast, the basic self is constantly engaged in the interaction of opposites, a dynamic process that keeps it from being detained by conditioning.





Comparing the desire for something with the drawback of getting it is a typical interplay of opposites. Joining the interaction, you feel complete, thus indifferent to the outcome.

Hack #8.6, Notes on *the duality flow*

In sync with the brain's script of duality, you feel complete in *the duality flow*, the constant interaction of opposites.

Singular versus twofold

Being in sync with the brain's duality adventure is not about confirming it as perfect. On the contrary, because that's a singular point of view. But when you see the adventure as both perfect and flawed, you have a twofold perception of duality, thus being in sync with it.

Practically speaking, when you feel angry in a heated argument, you neither suppress nor express it. Instead, you acknowledge your singular feeling of anger as '*it is what it is*'. This allows you to feel it's interacting with its counterpart, calmness. Thus, being in *the duality flow*, you're in sync with duality.



When your response to a relationship is not singular but twofold, being together does not depend on specific feelings. Hence, ups and downs aren't problematic for the relationship.



If your approach is dualistic, you accept both the positive and negative emotions as part of your experience. In other words, you don't avoid feeling down but engage in the constant interplay of up and down. This may not feel as gratifying as eliminating negative feelings, making you feel on top of things. But it frees you from the fear of failing because you feel secure in *the duality flow*.



As you don't categorise your response to something as definitively good or bad when you're aligned with *the duality flow*, you have no evil to fear, so you feel secure and complete.



The duality flow depends not on the specific elements in a duality pairs but rather on the resilient energy between them – similar to how a yo-yo moves, not by up and down but by the springy energy between them.

The brain creates all experiences. So, when in sync with the brain, you're together with everything, regardless of what you do.



In a world of duality, all experiences are twofold

Long ago, Alexius had conditioned himself to conceal his sadness behind a facade of justified anger and disgust. But his conditioning vanished when he didn't try to hide his sadness by rationalising it. As this allowed him to feel it, he could perceive it as *'it is what it is'*, thereby

sensing his sadness was paired with happiness. Thus, since he didn't need to fence off sadness to feel good, the interaction between happiness and sadness became his basic experience *the duality flow*.

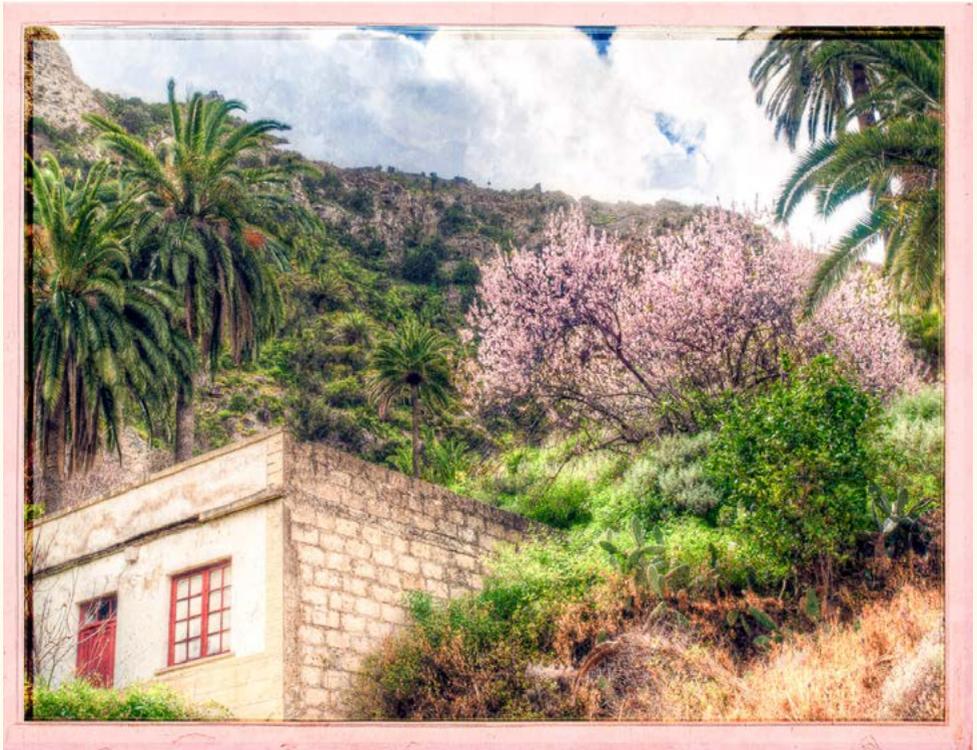
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Feeling important is a single-minded notion achieved by isolating it from its counterpart and, thus, making one feel incomplete. On the other hand, if one accepts that importance interacts with unimportance, one enters the duality flow, which brings a sense of completeness and satisfaction.

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Don't expect *the duality flow* to fulfil your wishes. Instead, count on being fulfilled by its twofoldness.

Being in the duality flow always feels satisfactory as it's not tied to something specific.



No worries, the brain arranges everything

Being in *the duality flow* is akin to having an electronic calendar. The appropriate thoughts, such as when to meet a friend or go to work, automatically emerge when needed. However, not systematically, like humans planting seeds in rows for maximum yield. Instead, it's a natural, creative burst, like nature enthusiastically throwing seeds everywhere.

In other words, don't count on having orderly thoughts, but count on having fun. And be aware that since the experience of a world of duality is twofold, you can't have fun without experiencing boredom. Thankfully, this is not a problem. This interplay of opposites, *the duality flow*, is neither about fun nor boredom, but feeling fulfilled by their dynamic interaction.



Most people want to feel in control, so they ignore that the brain is in charge. However, it's still in effect. We only seem to do things our own way and at our own pace, when we, in retrospect, edit our past to make it look like we were in charge.

It's like when we have a dream that seems far away from our how we view ourselves. Afterwards, we shape the dream into something consistent with our beliefs by explaining it in terms of patterns, displacement, unity, synchronicity, karma, and whatnot..

But maintaining a facade of being in control is exhausting and confines us to our self-imposed limitations. On the other hand, when we don't edit our experiences, we aren't busy adjusting them to our limited worldview. Hence, we feel relieved of the burden of maintaining the illusion that we're in control.

Breathing in and out is *the duality flow*

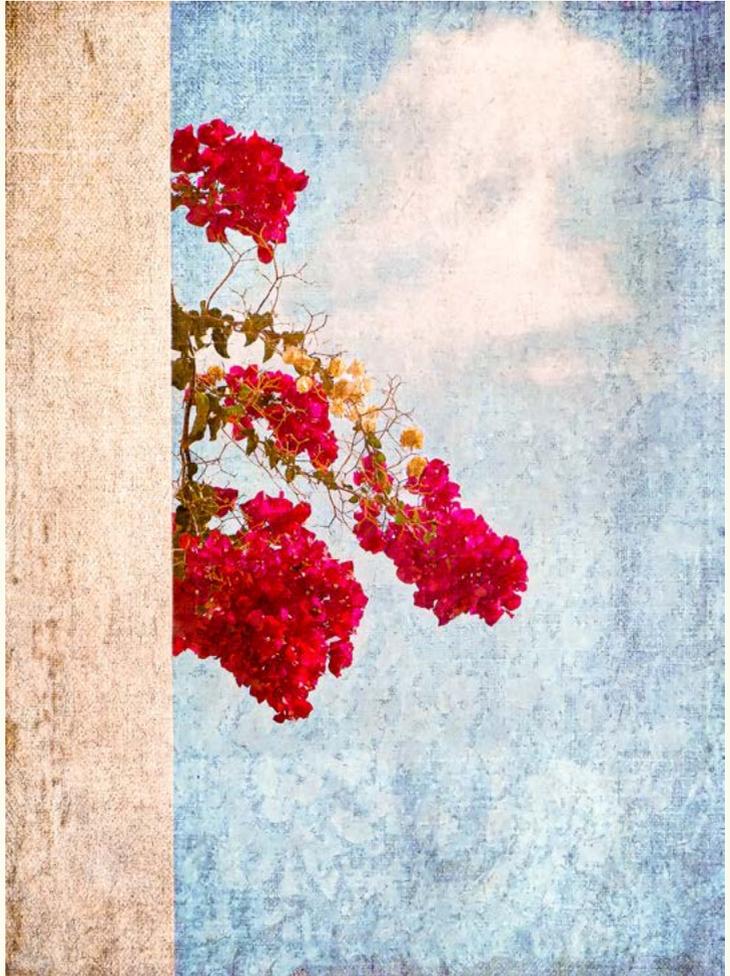
Breathing flows naturally when one serves the brain's duality script, not when one tries to master it. In contrast, trying to manipulate the script to be in control makes breathing discontinuous.



Breathing is a fundamental manifestation of duality and, therefore, a straightforward way to experience *the duality flow*. But most people hold their breath to diminish or enhance specific ideas and emotions that, thereby installing them as the master. However, without a continuous rhythmic flow of breathing in and out, they miss *the duality flow*.

That's why *Alexius' Duality Hacks* recommends perceiving your fixed judgments as '*it is what it is*' to see that they're not static but are constantly interacting with their opposites, defining each other. However, you may not consciously perceive these opposites. Still, you feel the

Being intuitive, you don't interfere with the brain. Ergo, you're in the duality flow.

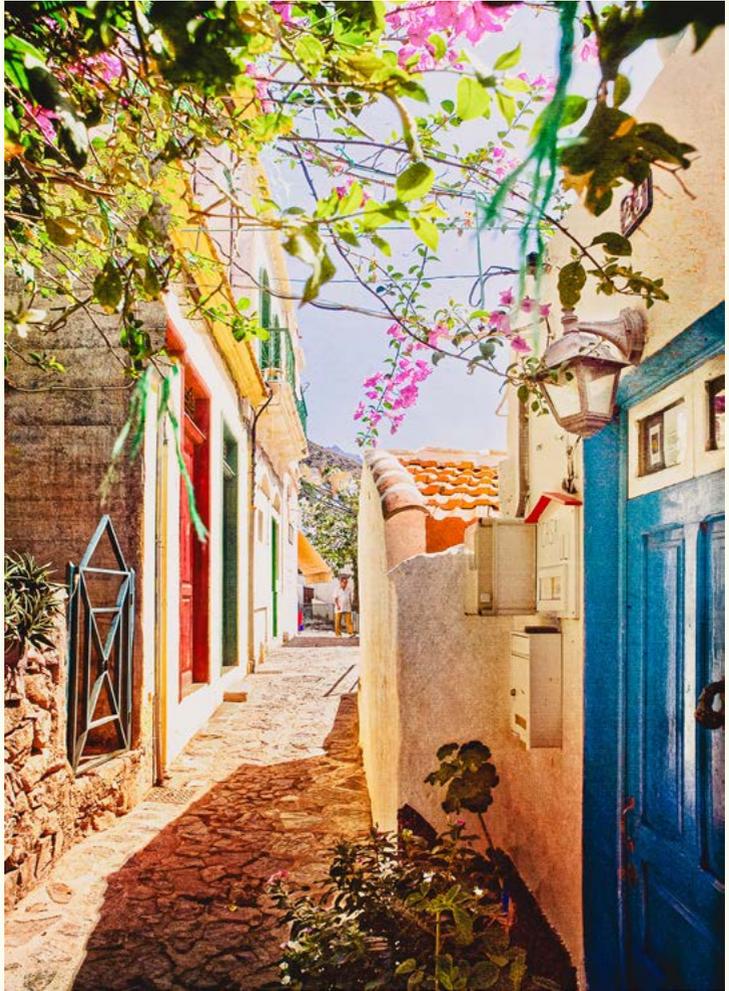


energy generated by their interaction. Engaging in this interplay, your breath moves smoothly, thus disclosing *the duality flow*.



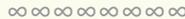
When you have had enough of living in the totalitarian environment imposed by your singular opinions, you say, »*I prefer the duality flow*«. At that moment, you realise that this flow is already present in breathing (see the box on [page 425](#)), which occurs automatically when you don't interfere. Similarly, *the duality flow* unfolds effortlessly when you aren't confined to singular points of view.

You either breathe in or out. One excludes the other, yet they pave the way for one another. That's the way duality pairs work.





Appearing as someone in a world of duality is not about being right or wrong, but in the interplay between those opposites: *the duality flow*. In other words, it's not about fixing something considered wrong, but about being with the interaction of right and wrong, or any other pair of opposites, such as the basic one of breathing in and out ([page 425](#)). Thus, as the world is in the eye of the beholder ([Duality Hack #1.9](#)), we feel complete as we see a world of duality.



Being wrong is a part of *the duality flow*, interacting with being right. However, neither wrong nor right makes the flow. It's the interplay of those opposites that makes you feel fulfilled by *the duality flow*.



To prevent being touched by the duality flow, some people adjust everything in their environment to the rules of a totalitarian belief system, a rigid and controlling set of beliefs based on distinctiveness instead of the interaction of opposites.

Many people filter their reactions to the world to shield themselves from the realisation that their grievances are misdirected. It's not the world that confines them, but their steadfast beliefs and opinions.

In the duality flow, you feel complete

If you feel you have nowhere to go, and it doesn't entail a specific feeling of lack, but rather a sense of being nowhere and everywhere, you're in *the duality flow*. The same applies if you engage in the interplay of irritation and relaxation or any other *duality pair*. However, as mentioned, it is not the elements themselves but their

Suppose you neither hold onto a negative nor positive response to duality but join their interaction. In that case, you're in the duality flow, feeling fulfilled by duality's interplay of opposites.



continuous interaction that makes you feel rejuvenated, as when you keep breathing in and out.

Just as the act of breathing in is incomplete without breathing out, the components of any *duality pair* are interdependent. Focusing solely on positivity and avoiding negativity is like trying to breathe in without breathing out. Both sides of a duality pair are equally vital to generate *the duality flow*.

Thankfully, you don't need to understand the nature of duality to be vitalised by *the duality flow*. When you perceive your single-minded response to an experience as '*it is what it is*', you sense it's not singular but twofold. Hence, you're in sync with duality. You can also get there by entering *a state of not-knowing*. You come out of it with a clean slate, so you don't fight duality by having singular responses. Instead, you respect it with twofold reactions, thus in *the duality flow*.

Duality is a positive confirmation of non-duality

Reading this Duality Hack (#8), you may conclude that avoiding having specific opinions and emotions is the key. However, *Alexius' Duality Hacks* is not about banning something. So don't stop your singular opinions and feelings. Instead, you acknowledge them so you can perceive them as '*it is what it is*'.

This perception unveils the dual nature of your opinions and emotions, freeing you from being bound by them, and instead, being in the constant interplay of opposites, the duality flow, as intended in a world of duality.

Adapting to duality is not a betrayal of non-duality. Non-duality, being formless and thus endless, is a requirement for the fantasy of duality. Hence, living the fiction of duality is a positive confirmation of non-duality.

***The duality flow* and non-duality**

Should you want to speed up the undoing of the belief in duality, you perceive it as, '*Dunno what it is*'. Hence, since you enter *a state of not-knowing* ([Duality Hack #9.10](#)), there is not somebody believing in

duality. This is until you discern something as significant and, therefore, again believe in more than one.

Thankfully, you can return to the perception, *'Dunno what it is'*, and have a new break from duality until having a singular opinion about something. This cycle repeats until you no longer discern anything as significant, and *the Enlightenment of that which is One* sets in.

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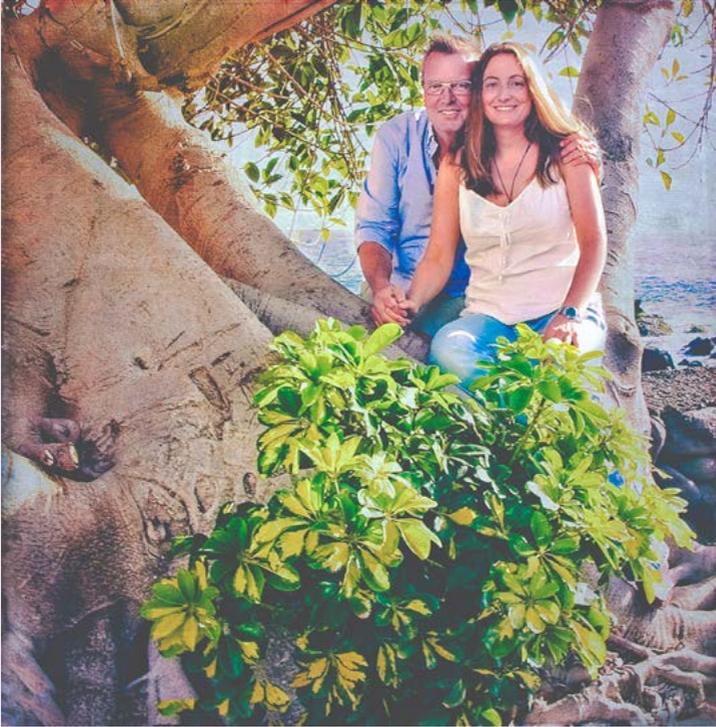
The duality flow is so close to *the empty breath* that it can lead to a sudden *state of not knowing*. Going back and forth between *the duality flow* and a *state of not-knowing*, you find yourself hurtling towards non-duality at a speed that defies distance.

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Over time, *the duality flow* goes to non-duality. This is the culmination of all experiences, for it takes more than one to be aware of something. Consequently, where we believed we were is gone and never was, as it requires more than one to be



Should things not proceed as expected, when you're in the duality flow, you aren't afraid of getting upset because you know it interacts with its opposite. So, since your concern interacts with unconcern, the duality flow continues uninterrupted.



The duality flow, the constant interaction of opposites, is always there to ensure you feel complete in a world of duality. So, if you don't feel fulfilled, you're mistaken. Thankfully, by acknowledging the duality of breathing, you feel satisfied in the constant rhythm of in and out. Hence, you feel happy in the duality flow on its way back to its source: non-duality.

The fundamental duality contrast: within and without

Going with the flow of breathing is a fundamental way to experience *the duality flow*. However, you don't attend to breathing in the manner described regarding *aum* and *sohang* (Duality Hack 11.4) or *the empty breath* (Duality Hack #9.6). Actually, it's not about how you breathe, but rather the continuous interaction of expansion and contraction that it entails. This interplay is a constant, whether you breathe slowly or fast through the mouth or nose.

Hence, since you're always part of *the duality flow*, you're mistaken if you believe you must strive to find it. Thankfully, it's easy to correct your misconception. If you acknowledge the polarity of breathing, you feel *the duality flow*. Being with it is like being on a seesaw. The joy comes neither from holding onto nor avoiding up or down. Instead, it comes from their playful interplay, which is not balanced but adventurous.



Contrasts define our experiences. That's the way of duality. For instance, we can only experience ourselves as young when we're contrasted with someone older. Acknowledging this interaction of opposites, where old defines young and vice versa, we're in the duality flow. Thus, we enjoy appearing in a world of duality until the duality flow, like a river, returns to its source: non-duality.

So, in the case of breathing, when inhaling, you ravish in extracting, and you delight in expanding. This polarity leads to the experience of multiple polarities, constituting *the duality flow*. Thus, you feel uplifted by the interaction of father and son, old and young, tired and energetic, for instance. That's until *the duality flow* returns to its source, non-duality, which it never left, as non-duality is formless, thus endless.

On the way back to what you never left, you may feel the urge to override *the duality flow*. Hence, you insist on having a singular feeling, such as anxiety, by suppressing its complementary part. Thankfully, you can correct this mistake by perceiving your singular feeling as '*it is what it is*'. As this perception is twofold, the interplay between anxiety and peace opens up. Hence, since anxiety is not a singular feeling, it doesn't prevent you from being in *the duality flow*, going to non-duality.



On a seesaw, down replaces up and vice versa.
This constant interplay of opposites makes
you feel at home in a world of duality.



The duality flow cherishes the contrasting elements in the duality pairs equally. Therefore, it's the closest you get to a singular state in a world of duality. That's probably why the longer you're in the duality flow, the more you forget to believe there's more than one.

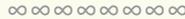
Hack #8.7, *The duality flow sets you free*

Dive into the constant interaction of opposites that forms a world of duality, thus in *the duality flow*, feeling satisfied regardless of what and where we appear.

Joining *the duality flow* is like embarking on a thrilling adventure, constantly moving between opposites, devoid of the safety bubble we once assembled by our fixed views to feel secure. But fear not, for security and fearlessness coexist in *the duality flow*, allowing us to feel both safe and adventurous. We explore this below.

Singular opinions or feelings are illogical in a world of duality

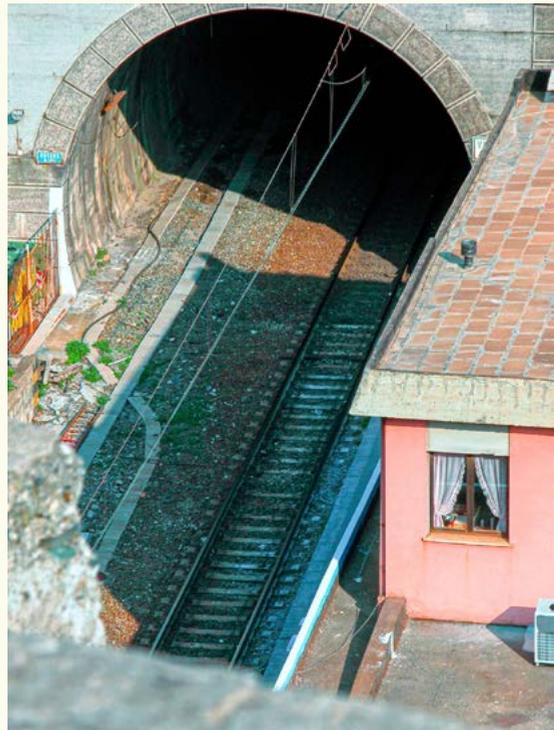
When we sense that up and down are not at odds, but complementary, we can revel in the joy of their interaction. It's like the pleasure of playing with a yo-yo. This is neither about being up nor down, but the dance between the two. That's what brings delight.



Singularity is an illusion in a world of duality. But also in non-duality, as it takes more than one to be singular.



*When you're in the duality flow,
you glimpse what you need
without actively seeking it. If
you miss it, you aren't afraid of
getting upset because every
experience comes in pairs in
a world of duality. So, when
you feel upset, you're in the
interaction of unrest and rest,
thus in the duality flow.*



If you perceive your reaction to everything as *'it is what it is'*, you don't need to shield yourself from the beast in you by projecting it onto others because this perception reveals an angel complements the beast in you.



We're never bothered by something. What upsets us is our singular reaction to it. However, nothing specific bothers us when we acknowledge our singular response and perceive it as *'it is what it is'*, as that reveals our reaction is twofold ([page 396](#)).

Freedom from inner conflict

When we are not in *the duality flow*, the brain generates an ongoing internal dialogue with opposing viewpoints. This is the brain's way of making it look as if we exist as somebody in its duality fantasy. However, if you strive to maintain a clear and definitive identity, this ongoing dualistic dialogue feels disruptive. It makes it difficult to maintain distinct views, whether about political issues or philosophical beliefs.

Therefore, some attempt to silence the inner dualistic dialogue through meditation, aiming for a sense of singularity. Others keep themselves busy with specific activities to rise above the internal dualistic conversation, or they talk extensively about particular topics externally to drown out the internal debate.

However, all you have to do to stop the internal dialogue is to acknowledge its dual. You do that by perceiving your reaction to the internal dialogue as *'it is what it is'*. Since this reveals that your response is dual, the brain no longer needs to generate opposing internal communications to establish duality.

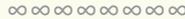
Another way to address the internal disturbance is to ignore it by perceiving your reaction to it as *'Dunno what it is'*. Hence, since you don't validate the brain's duality experiences as something, you're in the bliss of nothing instead of the disturbance of something.



As every experience of something, whether perceived as mundane or spiritual, is nothing, there's nothing to learn but that experiences of something are make-believe. One way to get this is to keep perceiving one's experiences as '*Dunno what it is*'.

Twofoldness is the way of duality

When you have been with *the duality flow* for some time, the specific state of mind you formerly conjured up to feel at ease is out of reach because you see everything as twofold. However, this doesn't mean you have lost your favourite mood. Now, it interacts with its complementary part in *the duality flow*.



Society promotes control and manipulation as the means to attain money, power, friends, and respect. Yet, this approach, which excludes misery, weakness, rivals and shame, leaves a void. In

We can't use the duality flow for a specific purpose. No worries, there's no need to achieve anything in particular when in the duality flow because it makes us feel whole.



contrast, joining with the duality flow, we feel fulfilled regardless of achievements, so we don't need to control or manipulate.

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You can't understand twofoldness because understanding is singular. Luckily, you don't need to understand it when you follow the constant interaction of opposites because every experience organically presents itself as dual.

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In *the duality flow*, you feel free from the confinement of single-minded opinions because no opinion is alone. It's in a relationship with its complementary part.

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When you're in *the duality flow*, light feelings complement dark ones, showing there's light in darkness and vice versa. If you don't



Before discovering the duality flow, you probably had a particular mood you recalled to feel happy and balanced. But in the duality flow, feelings are not singular but twofold. Hence, you no longer depend on something specific for your emotional well-being.

acknowledge this, you will fear entering a black hole to float into that which is One ([Duality hack #10.2](#)).



Being in *the duality flow*, the root of duality, is like being cradled in the cosmic arms, feeling the rhythm of the universe. Thus, eventually, we forget ourselves and enter what we never left: non-duality.

In *the duality flow*, you return to that which is you

We make up to reasons to explain our actions or lack thereof to present ourselves as autonomous. Yet, it's not love or any other factor that compels us to act or refrain from acting. The brain, operating through its duality script, is the primary reason behind our actions.

Yet, these actions are not simply about achieving or avoiding a specific outcome, as we often believe. Instead, they are about enjoying the interplay of opposites, shaping our experiences in a world of duality. For instance, love and hate interact to shape the experience of each other.

When we're not seeking personal reasons for our experiences, we feel fulfilled by *the duality flow*, relieved of the burden of pursuing or avoiding specific outcomes. We don't even have to learn how to be join *the duality flow*. All we have to do is stop constructing reasons for our experiences. Then we're in the duality flow, feeling so vitalised by the flow of opposites that we cannot help but laugh.

The brain is our friend

The brain, at our request, weaves a tale of duality based on our desire to experience more than one. Yet, it knows that there is no more than that which is One. So, it doesn't want to ensnare us in a world of duality. Instead, it uses duality's interaction of opposites to make us feel good in *the duality flow*, while this flow, like a river, rushes back to its source: non-duality.

The longer you're in the duality flow, the more it reveals you're a non-self. Therefore, someday, there's nobody to experience something. Consequently, nothing hides what cannot be experienced: that which is One.

» *In the duality flow, every experience is heightened by the constant interplay of opposites. For instance, love and hate feel genuine because they collaborate to clarify each other.* «

Be aware: Being in the duality flow doesn't mean everything becomes easy, as ease and difficulty are interdependent. Like two sides of a coin, they interact to shape each other, providing you with a genuine experience of both. Therefore, in the duality flow, feelings aren't speculative concepts but authentic expressions of duality, making you feel fulfilled and complete. Eventually, you feel so whole that duality vanishes.

Given that dualism is a mental construct, the world of duality is not a physical reality but a mental one. This becomes particularly clear in the duality flow. In this flow, we're not focused on something specific. Thus, the perception of something as distinctly physical vanishes. Consequently, there's not something that seems to conceal the formlessness of oneness.



Ways to recognise *the duality flow*

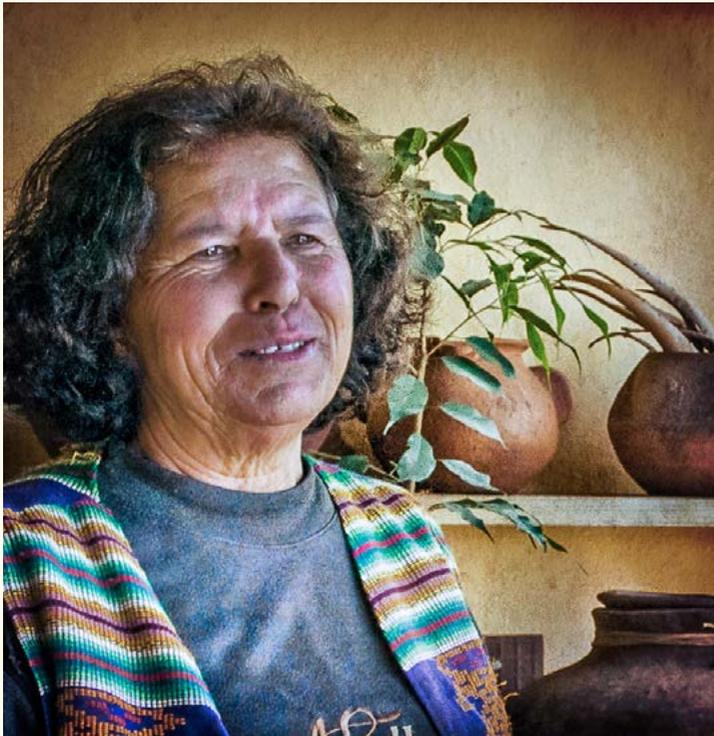
- **STAND BY YOUR RESPONSE TO AN EVENT** so you can perceive the definitive meaning you assigned to your reaction as *'it is what it is'*. This reveals your response is not singular but twofold. So, if your singular response was disgust, for instance, you realise it contains love. Next, love reveals it contains disgust. And so it goes: love and hate continually interact, shaping each other. This interplay of opposites is *the duality flow*. By joining it, you free yourself from the constraints of specific thoughts and feelings.
- **DON'T APPLY THE PERCEPTION 'IT IS WHAT IT IS'** to something you experience, but to your reaction to it ([page 396](#)).
- **PERCEIVE YOUR EMOTIONS AS TWOFOLD**. If you're not in touch with your feelings, you probably are in touch with your grievances. Thus, if you have judged someone wrong, you perceive your loathing as *'it is what it is'*. Then, witnessing the interaction between loathing and admiration, you enter *the duality flow*, fostering a sense of togetherness.

When you step onto a roller coaster, you can't leave it before the ride ends. Similarly, you can't escape the web of duality until the journey is over. But why would you want to escape?

Stepping into the duality flow is like riding on a wave, not toward a specific destination, but into the boundless expanse of non-duality.



- **FACE YOUR REACTIONS IN THE PSYCHOLOGICAL ZONE** (see [Duality Hack #7.3](#)). When your response to something is faced in the psychological realm, you see that a singular response contains its counterpart and constantly interacts. Hence, since there's no specific thought or feeling, such as anger or fear, to support a definitive problem, you feel carefree and at ease in *the duality flow*.
- **NOT HANGING ONTO SOMETHING SPECIFIC**, you get the interaction of opposites: *the duality flow*. This flow, like a river, rushes back to its source: non-duality. Thus, as you continue in *the duality flow*, experiences gradually fade until no experience obscures what can't be experienced: non-duality.
- **UNCONSCIOUSLY, YOU'RE ALWAYS IN THE DUALITY FLOW**. No matter where you look, your eyes don't settle before they've found the highest contrast so that they can rest in the flow of



We can't change the ways of duality, but we can change our perception of it so that we're aligned with the constant interaction of opposites, feeling complete in the duality flow.

opposites. Just look around you to see that your eyes don't seek balance, but the energising flow between the most contrasting elements.

- **ACCEPTING THE BRAIN AS YOUR MASTER**, you don't waste time arranging your life according to a specific belief system. Instead, you spend your time in *the duality flow*.

Another way to recognise *the duality flow*

Alexius' Duality Hacks recommends standing by your singular feelings so you can perceive them as '*it is what it is*', thus sensing them as twofold. Such a psychological approach is typical in the Western world, where Alexius grew up.

But suppose you're from a culture with less emphasis on feelings and psychological issues. In that case, 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.

Joining the interplay of form and space, you feel complete in the duality flow.



For instance, suppose you're feeling trapped in a specific construct. By acknowledging it, you can perceive the form as '*it is what it is*'. Since it unveils the form's interaction with space, you don't feel entrapped. This applies whether the form is perceived as troublesome or loving.

Western people can use this approach when their emotions seem concealed by something substantial. Perceiving this form as '*it is what it is*' reveals that it interacts with space. Joining the interplay of form and space, you enter *the duality flow*. While this flow may not solve financial problems, it can certainly make them more manageable psychologically. It also facilitates the brain's ability to utilise the biological system to heal the body.

All experiences are fake

Since it takes more than one to be aware of anything, you can only experience something in a world with more than one. However, oneness is formless, thus endless, so there is no world with more than One. Consequently, any experience, including *the duality flow*, is an illusion.

Yet, when you believe in more than one, it's easier to undo that belief by joining *the duality flow*. In its flow, you eventually forget to uphold the belief in more than one. Hence, nothing seems to hide that you always have been and will be that which is One.



You don't get into the duality flow if you hold onto feeling wounded to prove you're a victim of somebody. However, you enter it if you join the interplay between the injured and the uninjured.

Hack #8.8, You undo the belief in duality by enjoying it

Living per duality, with its constant interaction of contrasting elements, creates a sense of wholeness. Eventually, so much that you forget about more than one, thus not concealing non-duality.

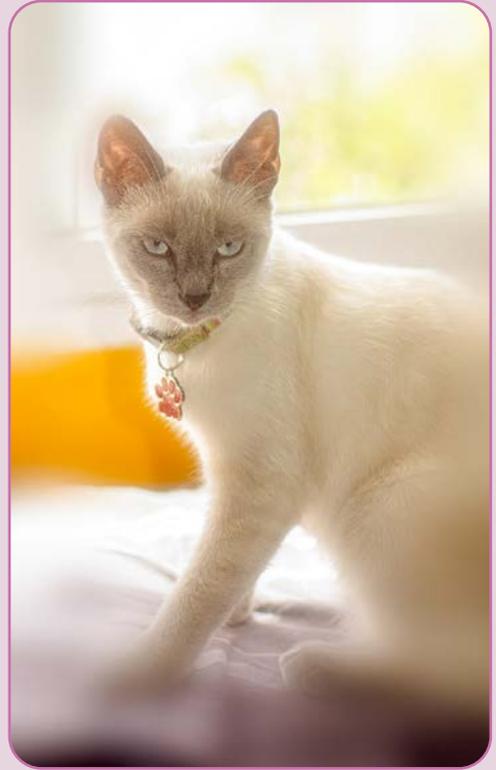
Slowly recognising *the duality flow*

For years, Alexius subconsciously understood that if he wanted to feel complete in a world of duality, his responses to it should be twofold, not singular. However, it wasn't until a massage triggered an unpleasant feeling that he became fully aware of this.

During the massage, Alexius didn't interpret this unpleasantness as a specific feeling in the body. Instead, he calmly and confidently experienced it in the psychological sphere, not trying to understand it or enter a '*what if ...?*' loop, with various scenarios building up anxiety.

Then, surprisingly, the unpleasantness quietly opened, like a flower blooming, and revealed joy inside, making him feel fulfilled by the interplay of unpleasantness and joy.

It was in this moment that Alexius had his first conscious encounter with what he would later name *the duality flow*. This refreshing revelation of twofoldness made him feel whole in a world of duality – akin to feeling at home in a game, playing it by its rules.



When Alexius' beloved cat, Uma, died, he wept for what felt like an eternity. Thankfully, weeping is coupled with happiness. Thus, crying made him feel the joy they had together in the psychological sphere and still have there. Of course, Alexius miss her physically. But since this feeling lies in the psychological realm, he always meets her there.

Years later, he recognised that the same happens when one perceives a singular response to something as *'it is what it is'*. This perception reveals one's reaction is not singular but twofold, leading to a sense of completeness and integration.

Much later, Alexius experienced something similar when his cat, Uma, died. Initially, he felt sad but also confused because how could a dead cat create the feeling of loss that he felt in his body? It was more likely that Alexius unconsciously projected his sense of loss onto his body. Accepting this, he could consciously bring back the feeling of loss into the psychological realm where it originated. There, it was revealed that death is complemented by birth.

» *If you suffer because of your beloved's death, you stand by the discomfort to perceive it as 'it is what it is'. Thus, sensing suffering is complemented by happiness, you don't feel alone but together.* «

So, although he had lost his cat physically, his experience of loss



Uma, Alexius' cat, was born with a chronic disease and died within half a year. Despite this, Alexius and Uma are still together in the airy psychological sphere. Therefore, even though Alexius can't feel Uma physically, he's touched by the memories of their time together. That said, initially, Alexius only felt the sorrow of missing her physically. Thankfully, it changed when he realised his mourning for Uma contained her psychologically. Thus, Uma is as close as she always was and will be to Alexius.

was paired with birth psychologically. Hence, since Uma kept coming and going mentally, Alexius got into the interaction of birth and death in the psychological sphere, thus feeling happy/sad with his cat.

Put simply, since the death of his beloved cat made it impossible for Alexius to project love onto her physical appearance, his relationship with Uma returned to the psychological sphere, where it had always been and will remain until his experience of duality ends.

»» *When you free the physical realm from your mental projections, you can fully appreciate the material well-being it provides. This, in turn, allows you to enjoy your mental wellness in the psychological sphere.* ««

It's important to note that Alexius' experiences don't advocate rejecting the physical realm. Rather, they highlight the importance of not projecting non-physical issues onto the physical realm so you can experience them psychologically and the body materially.

A feeling always contains the opposite

Disclosing a singular feeling as twofold is not an intellectual process (see also [page 309](#)) but a subtle emotional revelation in the psychological sphere.

First, you perceive a singular feeling, for instance, fear, as *'it is what it is'*. Then, in a state of expectation, calling for nothing specific, you patiently wait a few seconds to a minute. Suddenly, fear's opposite, fearlessness, permeates the psychological sphere. However, it's gone as quickly as it came, to be replaced by fear. It's a natural shift, as quick as breathing in and out.

As you experience both fear and fearless through their opposite, they're not distinct but dual. Hence, you may forget about fear and fearlessness. Yet you don't forget how well-grounded and beloved



Listening to the ocean's waves is like being in the duality flow. You feel relaxed and vitalised. However, if you insist on doing things your way, you must edit your experiences to appear in charge. Consequently, you don't feel relaxed and vitalised but tense and exhausted.

you feel in the springy force that drives their interplay: *the duality flow*, which is as inevitable as breathing in and out.

Vitalised by *the duality flow*

Initially, you may have entered *the duality flow* via the perception, '*it is what it is*', as described above. But soon, you can recall the flow by memory. After all, being in the constant interaction of opposites is our natural state in a world of duality. Hence, if you wish to nurture your well-being, don't resist your nature by separating duality pairs into distinct, conflicting components. Instead, enjoy their collabo-

ration as interdependent elements. This makes you feel the abundance of twofoldness, not the scarcity of singularity.

That said, when Alexius initially perceived his reaction as *'it is what it is'*, he became captivated by the complementary element it revealed. So, instead of engaging with the interplay between the two components, he immersed himself in the singular experience of the revealed element.

Thankfully, he soon joined their interaction: *the duality flow*. At times, it felt like being gently emptied by waves leading nowhere. At other times, it felt like a psychological pendulum. Please be aware that experiences are personal, and yours may differ from Alexius'. Yet, you know you're in *the duality flow* when you keep smiling for no specific reason.

Joining with the nature of duality

The contrasting elements in *the duality flow*, such as love and hate, joy and sorrow, contain each other. Yet, like breathing in and out,

Knowing that the experience of something is made from nothing, you're in the world of something but not of it.



you don't experience them simultaneously. Also, like breathing, you don't hold onto one aspect. You shift from breathing in to breathing out, then return to breathing in and out and so on. The two opposing aspects of breathing depend on each other like two sides of a coin.

In short, the thrill of duality arises from the ongoing interaction of opposites, which forms the natural rhythm of duality. For instance, taking a step forward involves both the past and the future, illustrating how these opposite elements shape your present actions.

»» *In the psychological realm, you hold yourself spell-bound by the idea that twofoldness can be separated into independent items, thus enabling you to separate hate from love to get an impression of pure love.* ««



First, you imagine dumping your unwanted feelings into your body. Second, you perceive the body as tight, so physical unpleasantness seems to hide the psychological feelings. Third, you interpret the tightened body as proof that you have concealed your unwanted feelings in its darkness. Fourth, you fail to remember what you have done.

However, as mentioned in [Duality Hack #7](#), many people disrupt the nature of twofoldness. They want to manifest themselves as somebody full of love, so they project their hatred onto a vulnerable body part, luring themselves into believing their hatred is eliminated. Finally, they render themselves unconscious of what they've done to see themselves as a loving person. However, emotions are abstract, and bodies are substantial, so assuming you can dump hate in flesh and bones is absurd.

Consequently, their hatred remains in the psychological sphere. Fortunately, when they gently look at their hatred there, they quickly realise it's not definitive but twofold. For instance, hate is paired with love to give us complete relationship experiences. As this, eventually, fills us to the brim, we forget about duality.

Being true to yourself doesn't mean everything turns out as you expect. But since you perceive your reaction to a problem as 'it is what it is', your response is not singular but twofold. Thus, as feeling too hot, for instance, is complemented by feeling very chill, you feel refreshed regardless of temperature.





When you have woven a tale of the perfect romance, you expect others to adapt, and if not, you edit your experience of a romantic event to align with your story. Thankfully, you no longer demand that reality adhere to your script when you perceive your and others' responses to it as dual, because in the duality flow, you don't care about specifics.

Every story has an end

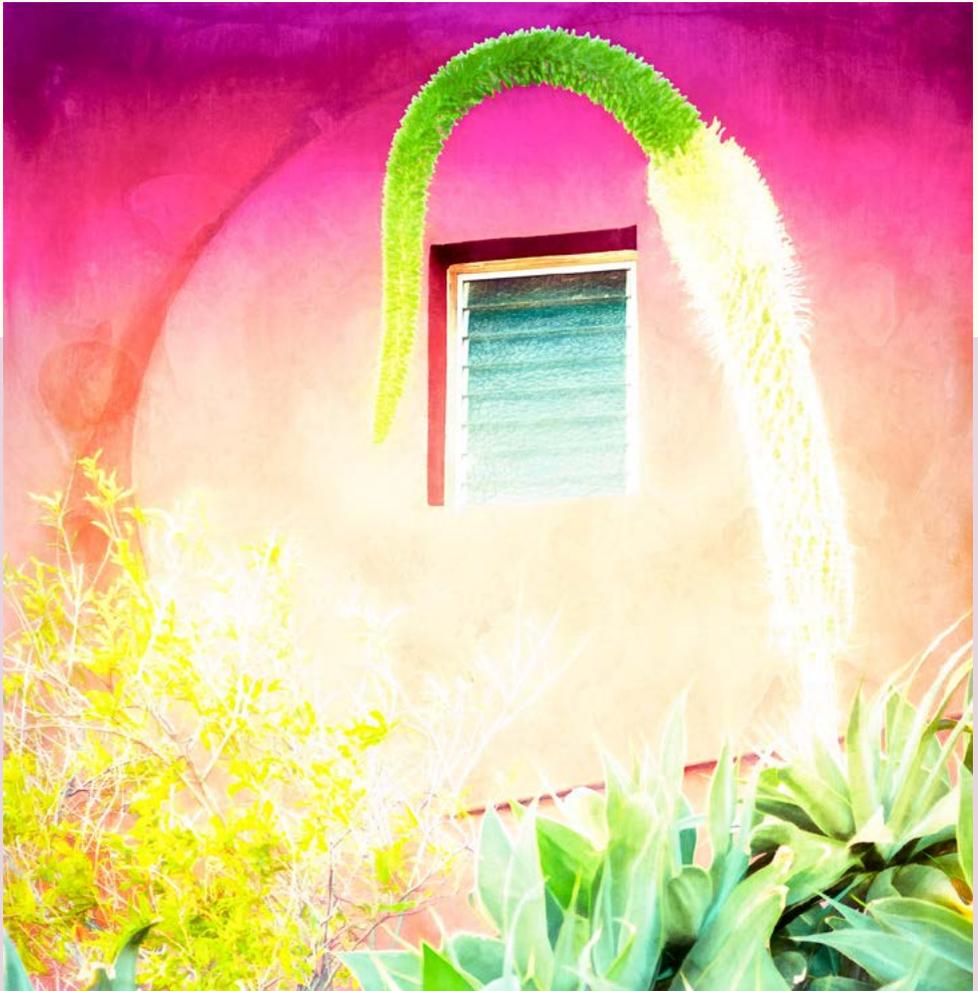
When we label food eaten at noon as lunch, we don't have food but a lunch story in which we have assigned ourselves and others specific roles. This is one example of how our days consist of stories we try to fit into. Another is our acceptance of the division of time into days as a concrete reality, rather than a collective agreement.

Fortunately, we don't have to stop or change our stories to free ourselves from their imprisonment. We simply perceive our reaction to any story as 'it is what it is'. Since this reveals our response is twofold, we join the duality flow. It doesn't stop the story, but makes us indifferent. Thus, unshackled by the constraints of our time-bound imagination, a world

defined by time and space becomes a source of amusement.

Many have adjusted to the story that reality is a singular entity waiting to be discovered. But since reality is formless, it's neither singular nor anything else, as that implies a form. Hence, we can't find or comprehend reality in a world defined by time and space.

However, when we believe that we live in a world bound by time and space, we can recognise that every form has a beginning and an end. Hence, it's only a matter of time before the belief in time and space doesn't seem to cover that reality always has been and will be the formlessness of oneness.



Alexius' Duality Hacks are written within the concept of duality. They don't 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. After all, it takes more than one to be conscious of something.



»» The empty breath *brings you into* a state of not-knowing. *In this state, the experience of the world is not perceived as something, so you're in the bliss of nothing.* ««



Unaltered thoughts or feelings, whether positive or negative, speeds up and ignite a take-off into the empty breath.

HACK #9.1, Take-offs into *the empty breath*

Uncontrolled stress in the realm of our outward-facing consciousness ignites a take-off into *the empty breath*. It syncs the weight of this low-frequency world with the lightness of the high-frequency world of our inward-facing consciousness. This alignment allows us to experience tranquility even in the midst of stress.

Foreword

Whether you find yourself feeling stressed or relaxed in a dream, it's make-believe. The dream world is not real, but neither is the world you experience with your eyes open. Any experience is make-believe because it takes more than one to be aware of something, and reality is that which is One since it is formless, thus endless.

Therefore, the following explanations about the inward and outward-facing consciousness are as unreal as anything else involving more than one. Yet, the purpose of these explanations is *not* to enhance the belief in more than one but to facilitate the undoing of it. *Alexius' Duality Hacks* achieve this by utilising elements of the belief in more than one to reveal that there is no more than that which is One.

Within this context, you get a brief introduction to the inward and outward-facing consciousness. Then, without introducing *the empty*

The difference between the inward- and outward-facing consciousness lies in how much the brain has processed the experiences that you get. The world of the inward-facing consciousness is relatively unprocessed by the brain, thus appearing abstract and within us. In contrast, the brain has heavily processed the world of outward-facing consciousness to make it appear as if something substantial exists outside us.



breath, Alexius guides you to ignite a take-off into it. It brings you into a state of not-knowing, fostering indifference to experiences of more than one.

The abstract and the substantial-looking world

Our perception of the world is a duality. We see, hear, feel, and taste an insubstantial, abstract world through the inward-facing consciousness, and a substantial, tangible one through the out-



You can't experience the abstractness of the inward-facing consciousness without the experience of being someone in the material world of the outward-facing consciousness. Thankfully, the empty breath can sync these two worlds in a ratio where you're hardly aware of being material, yet enough to be someone experiencing the abstractness of the inward-facing consciousness.

ward-facing consciousness. The substantial world is experienced as external, bound by specific locations, while the insubstantial one is not confined. This abstractness, the opposite of the outward-facing consciousness's substantial world, is what *Alexius' Duality Hacks* label as the experience of the inward-facing consciousness.

Since the outward-facing consciousness immerses us in a world bound by time and space, we constantly seek out thoughts to define these concepts. In contrast, the inward-facing consciousness, with its abstract nature, has nothing to define. Hence, it requires minimal thought to experience.

Thankfully, *the empty breath* synchronises these consciousnesses, providing a sense of relief. The anxiety-inducing nature of the outward-facing consciousness becomes abstract, making it a soothing experience rather than a disturbing one. You can read more about this in [Duality Hack #9.8](#), which is dedicated to the inward and outward-facing consciousness. Here, we continue with the subject of this hack: to ignite a take-off into *the empty breath*.

To ignite a take-off into *the empty breath*

If you aim to become or achieve something specific, you aren't dualistic but single-minded. Thus, out of sync with the natural flow of duality, you feel restless. You can settle this by joining *the duality flow*, making you feel settled in a world of duality. See [Duality Hack #8.8](#).

You can also resolve your restlessness by taking a break from duality. You do it by *not* editing the feeling of restlessness, but going with its uncontrolled expression for a brief moment. Then, the unbound energy ignites a take-off into *the empty breath*.

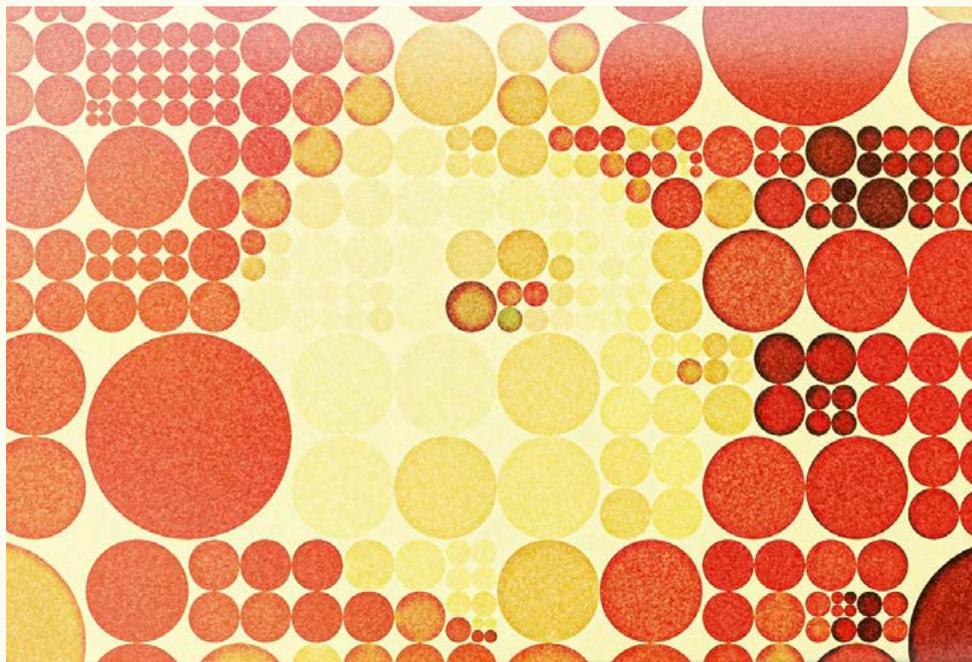
This happens so fast that you hardly notice that you enter *a state of not-knowing*. In this state, *the empty breath* syncs the low-frequency world of the outward-facing consciousness with the high-frequency world of the inward-facing consciousness. The once overwhelm-

ing energy of restlessness, now perceived from the high-frequency world, no longer disturbs but soothes you.

Put simply, when your reactions to the external world are seen within from the inward-facing consciousness, the world of the outward-facing consciousness no longer seems to hold sway over you. This is said in the context of the belief in an external and internal world, although there is nothing external or internal. Like a dream, everything unfolds within the brain.

Nevertheless, as Alexius' Duality Hacks are written within the belief that our experiences are real, we continue to operate within that belief, using the distinction between an external and internal world to undo it.

If you want to connect with the empty breath, don't combine selected details from Alexius' explanations into something you judge as beneficial. Instead, go with the uncertainty you may feel from reading his descriptions, until the unbound tension ignites a take-off into the empty breath.



Where is *the empty breath*?

The brain processes all our experiences. Yet, they are not founded on sensory information, as the brain claims. According to science, the brain receives nothing, as the world, including the brain, consists of empty space. Nevertheless, the brain manages to fabricate the illusion of being someone tangible in a material world by twisting empty space into the substantial world we seem to be conscious of now.



Connecting with the empty breath has nothing to do with appearance, but being a medium for nothing. It only requires a willingness not to be something.

As it always takes the brain one second to twist empty space into our present experience of a substantial world, to join *the empty breath*, residing in nothing, we mentally go back one second to the nothingness of our present experience.

Just before we reach it, we encounter the abstract world of the inward-facing consciousness. This is the brain's first attempt at turning nothing into something substantial. Then, it uses about a second more to generate the abstractness into our current experience of being someone tangible in the material world of the outward-facing consciousness, reading this.

Be aware that, mentally, being in empty space – unprocessed by the brain – you still experience a substantial world. However, you do not perceive these experiences through the outward-facing consciousness, but through the lens of the inward-facing consciousness. Hence, it is like looking at a painting.

The empty breath can't be experienced as something because it resides in the nothingness, untouched by the brain. Therefore, you don't get it if you want to experience something.



The less you know, the easier it is to connect with *the empty breath*

Connecting with *the empty breath* is not a complex process that requires understanding the inward and outward-facing consciousness. After all, they're not real but conceptual constructions that attempt to explain the impossible, namely that the brain creates something from nothing. You don't even need to be aware that you're going back one second in linear time to meet *the empty breath*.



There's no way or pace in the nothingness where the empty breath resides. Thus, if you insist on connecting with the empty breath in your way and at your pace, you'll miss it.

You simply connect with *the empty breath* by not doing anything to stop or alter thoughts and feelings. Then, their unbound energy ignites a take-off into *the empty breath*, bringing about a *state of not knowing* in one second. If you fear being carried away by the uncontrolled speed of thoughts and feelings, igniting *the empty breath*, acknowledge your fear as it is. Hence, since you don't edit fear, its boundless energy ignites a take-off into *the empty breath*.

Unedited issues ignite a take-off into *the empty breath*

Similar to how unexpressed erotic energy builds up and finds release in ecstasy, unresolved tensions in the body or psyche, if unedited, ignite a take-off into *the empty breath*. For instance, unaltered depression explodes in anger, igniting a take-off into *the empty breath*. You can also use music to set the explosive mood. For instance, [All will Surely Burn](#) from the album *Burn* by Sons Of Kemet's.

However, tensions and emotions in the low-frequency world of the outward-facing consciousness don't magically disappear when you connect with *the empty breath*. Yet, as mentioned, they don't bother you anymore because *the empty breath* syncs them with the high-frequency world of the inward-facing consciousness.

This doesn't mean you should stop taking headache medicine. The pills may help you relax, so you don't try to escape the fear of bodily pain, but use its unbound energy to ignite a take-off into *the empty breath*.

The experience of *the empty breath*

A take-off into *the empty breath* may be experienced as a pleasant detonation of accumulated thoughts and feelings at the top of the head. This expands it with nothing, thus igniting *the empty breath*.

As a result, you discover [the engine of the empty breath](#), [the swing of the empty breath](#), or maybe you start [surfing the empty breath](#) as described in [Duality Hack #9.4](#). However, since the connectedness

with *the empty breath* is a *state of not-knowing*, there's no awareness of being someone defined by time and space.

Consequently, the descriptions of *the empty breath* in [Duality Hack #9.4](#) rely on memories that pop up when Alexius returns from a *state of not-knowing* to the conscious experience of the outward-facing consciousness' world of something.

»» *There's no right way to feel the empty breath. Actually, you may not feel it, as its main attribute is indifference, not a feeling but the bliss of nothing (see [Duality Hack #9.5](#)). Yet, not feeling hunted by something is a big relief.* ««

If you feel confused about connecting with *the empty breath*, please don't try to fix it. Instead, remain confused until chaos ignites a take-off into *the empty breath*, and you can't help but smile.

Should you still need clarification and feel disconnected from *the empty breath*, refer to the following hacks in [Duality Hack #9](#).



Alexius' writings about the empty breath is not based on second-hand knowledge, but on what he has discovered through his 60-year exploration of the empty breath, which does not result in something, but in the bliss of nothing.

Connecting with *the empty breath* is not about repeating a mantra, being positive, or being in unique surroundings with special people. Nor do you have to refrain from anything or stop thoughts. On the contrary, thoughts are the fuel that ignites a take-off into *the empty breath*, no matter what and where we appear.



It has taken one second for the brain to produce your experience of this image now.

When we listen to music via AirPlay, what we hear has travelled through the air for about a second to reach our speaker. However, the media with the origin is not a magical music land, but a series of soundless zeros and ones.

An app, another combination of zeros and ones, mechanically converts the soundless digital data into something that can be transmitted to our speaker, reproducing it as vibrations we perceive as music.

Similarly, the brain swiftly shapes nothing into an experience of something in just one second, presenting you as a tangible entity in a substantial world.

HACK #9.2, How to ignite a take-off into *the empty breath*

Speediness, not calmness, ignites a take-off into *the empty breath*. Within its *bliss of nothing*, you see that your experiences of something consist of nothing.

The empty breath is one second away.

According to science, the universe is a vast expanse of empty space. Yet, our brains continuously twist this void into experiences of something, making us appear as tangible beings in a substantial world.

Any of these experiences of something, whether perceived as material or spiritual, takes the brain one second to process. So, when you mentally go back one second in time, you're in the nothingness that the brain has twisted into your present experience of being someone reading this to hide that you're a mirage conjured by the brain. Since the empty breath is also nothing, it takes one second to meet it.

How do I connect with *the empty breath*?

The answer is straightforward: When you do not suppress thoughts and feelings with the help of meditation and television, for instance, but step into the uncontrolled speed of thoughts and feelings, such

Since oneness is formless, thus endless, every experience of something is nothing, including being someone experiencing the empty breath.

Thankfully, our nothingness, which the brain has processed into something, becomes indifferent to the experiences of being something in the presence of the empty breath. Thus, something does not seem to hide that there's nothing but oneness.



as anger and fear, you ignite a take-off into *the empty breath*. Unprocessed by the brain, *the empty breath* resides in nothing, bringing you the tranquillity of a *state of not-knowing*.

In other words, although unaltered speed connects us with *the empty breath*, being connected is not a speedy affair. Consider an aeroplane. Speed ignites the take-off, but once the plane is in the air, the experience is not one of speed but rather a relaxed and steady floating in nothing.

When it comes to speed, everyone on Earth is moving at incredible speeds. As mentioned on [page 283](#), the Earth beneath our feet spins on its axis at 1000 miles an hour while hurtling around the sun at 67,000 miles an hour. Yet, most people prefer to uphold a steady image of themselves, which they achieve by suppressing anything that doesn't make them appear still. This lack of awareness of their actual speed prevents them from using it to ignite a take-off into *the empty breath*. This is why [Duality Hack #9](#) is mainly about using our suppressed energy as a take-off into *the empty breath*.



When not trying to limit this image within the boundaries of a familiar philosophy, but instead follow its flow, the untamed energy spontaneously ignites a take-off into the empty breath.

Desperation ignites a take-off into *the empty breath*

Selected thoughts, organised into a spiritual or mundane vocabulary, shared with like-minded ones, establish us as real and not a fantasy of the brain. Fortunately, if we feel imprisoned by this terminology, we can use the energy suppressed by it to ignite a take-off into *the empty breath*.

In its emptiness, we still appear as someone in a make-believe world. But since we're with *the empty breath*, we aren't attributed with a specific meaning, thus in a *state of not-knowing* ([Duality Hack #9.10](#)), free from the constraints of predefined meanings and interpretation. See.

Be aware that when you return from a *state of not-knowing* to the conscious experience of being someone in a world confined by time and space, you don't believe but rather pretend to be there. However,



Picture yourself daydreaming with your eyes veiled by your hand. Suddenly, a noise shatters the dream, sparking your curiosity. This curiosity drives you to uncover the reality that your dream conceals, so you remove your hand. Similarly, when you remove the barrier that conceals your appearance is nothing but a construction of thoughts, you get reality. This barrier is our shared vocabulary about a world defined by time and space, and reality is the formlessness of oneness.

this doesn't mean you don't care for the body while you play a role in the brain's fantasy of a world encapsulated by time and space. Just as you care for a car, even though you aren't that, you don't hesitate to seek medical attention for the body if needed.

If the above explanation about connecting with *the empty breath* seems confusing, don't try to clarify the turmoil, but join its unedited energy to ignite a take-off into *the empty breath* – or dive further into [Duality Hack #9](#). Still, you'll never know how to connect with *the empty breath* when you believe in being something. However, since your belief is based on what you have learned, if you forget what you know, you don't appear as something, hiding that you are nothing, thus naturally with *the empty breath*.



Alexius' Duality Hacks *doesn't attempt to explain non-duality. Explanations require more than one, leading the reader to believe in duality. However, reading this, which entails more than one, already implies a belief in duality. In that context, Alexius' Duality Hacks serves to unveil the illusion of duality and how to hack it on its terms to uncover that there never was, nor will be, anything but non-duality.*



That which is One can be compared to a movie running so fast that no frames can be seen. A world with more than one is the same film slowed down until it appears to consist of different frames. See Duality Hack #9.9. This, of course, is a metaphor because you can't slow down oneness as that requires more than one.

HACK #9.3, Chaos ignites a take-off into *the empty breath*

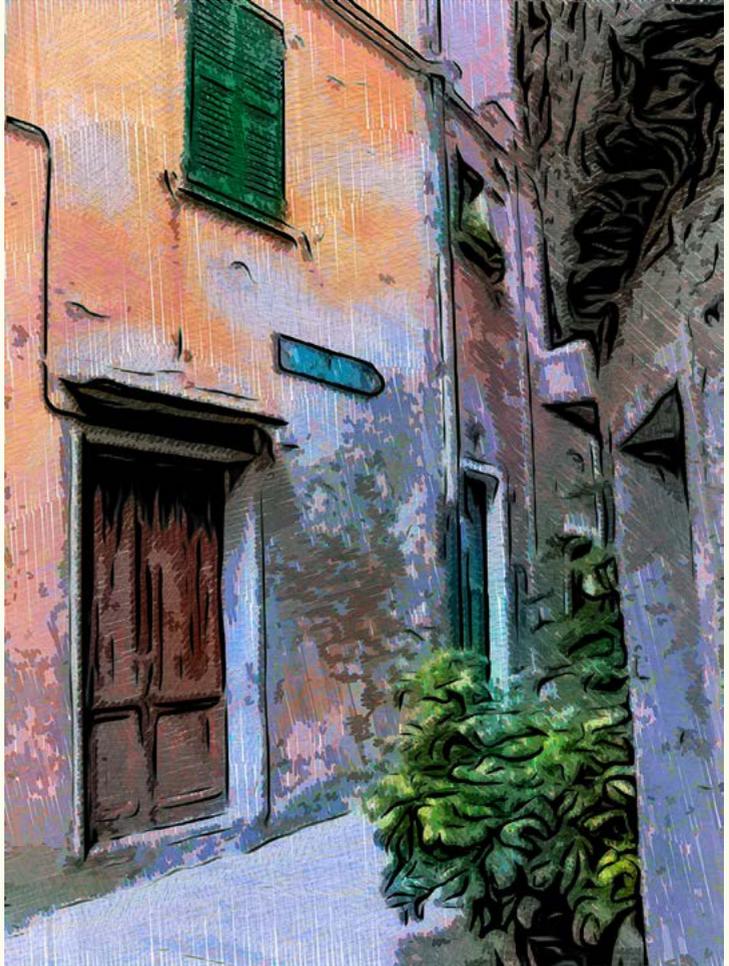
When not manipulated or suppressed, speedy thoughts and feelings ignite a take-off into *the empty breath*. It immediately syncs the outward- and inward-facing consciousness according to your current situation.

Duality Hack #9 is not about slowing down 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 consciousness with the high-frequency world of the inward-facing consciousness.

This alignment enables thoughts to accelerate further without us panicking when they eventually move so fast that we can't hold onto them. Thus unable to be conscious of ourselves as someone definitive, we don't hide the formlessness of oneness. See [Duality Hack #9.9](#).

oo oo oo oo oo oo oo oo oo

When you don't interfere with thoughts and feelings, they speed up and ignite a take-off into the empty breath. It syncs the outward- and inward-facing consciousness according to your current needs.



Speed ignites a take-off into *the empty breath*

It may seem counterintuitive, but the fastest way to relax is not to stop thoughts from speeding up. This approach, which challenges the conventional idea of slowing down thoughts to relax, ignites a take-off into *the empty breath*. Being connected with it, nothing stresses you because you're in a *state of not-knowing*, free from the burden of trying to understand and control everything.



When you feel caught up by a speedy stream of thoughts, don't try to escape the madness, but go with its unbounded energy to ignite a take-off into *the empty breath*. You return from its *state of not-knowing* with a clear head, as it has been wiped clean.



Duality Hack #9 is about unlearning your conditioned ways of pacifying yourself. Instead, you step into the full uncontrolled speed of thoughts and emotions to ignite a take-off into *the empty breath*. It wipes your slate clean ([Duality Hack #9.10](#)), so when you return to the conscious experience of being someone, you're nobody having fun pretending to be somebody. See [Duality Hack #2](#).

Suppressed feelings ignites a take-off into *the empty breath*

You don't have to do anything particular, like sitting in a unique posture, to ignite a take-off into *the empty breath*. Whether active or inactive, you acknowledge the present chaos of thoughts and feelings without trying to fit them into a particular belief system. Then their unbound energy naturally ignites a take-off into *the empty breath*.



Suppose you have organised chaotic thoughts and feelings according to a specific belief system. Thankfully, you don't need to undo your system to ignite a take-off into *the empty breath*. You simply acknowledge your suppression by being only that. Since this leaves

nothing to define you as suppressed, you aren't something but nothing, thus with *the empty breath*.

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When something bothers you, use the frustration to ignite a take-off into the empty breath, revealing that what you judge as terrible is nothing.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

If you don't project your feelings onto others, they build up the energy in you to ignite a take-off into *the empty breath*.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

The more we limit ourselves to being definitive, the more we feel like cracking. To prevent it, most improve their definition until they

The tranquillity you experience through mindfulness, serene music, or incense doesn't have the energy to ignite a take-off into the empty breath. It has so little energy that you most likely fall asleep and mistake heaven for dreaming.



feel so constrained that they burst out in anger. Thankfully, not controlling it, the unbound energy of anger ignites a take-off into *the empty breath*, which undoes the belief in being someone definitive.

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Unlearning everything you believe in knowing

Like most people, you probably have systematised thoughts and feelings into an image of yourself as a good one. However, you can't manipulate thoughts and feelings to support your mental image

You can use any construction of thoughts to ignite a take-off into the empty breath. And since a world with more than one is a construction of thoughts, you can use every encounter with it to ignite a take-off into the empty breath.



when asleep. Thus, in dreams, you're both good and evil. If that seems disturbing, you might try to solve it by projecting your negativity in the dream onto something not considered you, so that you appear solely good.

But what if you feel confined by the mental construct you've created, one that demands you always be good? Then, 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 of outward consciousness with the inward one, where everything moves so fast and disorganised that there's no differentiation between good and evil. Consequently, there's no need to be solely good.

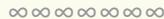


We usually learn something by replicating others. For instance, we learned to walk and talk by imitating our parents. However, connecting with *the empty breath* is not about learning something but unlearning everything. This is why the purpose of [Duality Hack #9](#) is to unlearn what we believe in knowing.

Consequently, the way Alexius describes *the empty breath* is not meant to be replicated, but to give you an idea of what it's like to be an empty vessel for *the empty breath*.



Taking deep breaths or manipulating the breath is not beneficial for connecting with *the empty breath* because doing so enhances the belief in being someone definitive. The same applies to being concentrated, centred, balanced, or focused.



No specific language has been established between humans and pets for sharing love. Therefore, the spontaneous love you feel for your pet naturally ignites a take-off into *the empty breath*.



As *the empty breath* is not defined by time and space, it's not something in a particular location that can be felt in a specific way. So, if you expect a specific experience, you miss out on *the bliss of nothing* and instead experience the frustration of something.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

When you avoid a feeling, it appears to be something, whereas when you acknowledge it, you'll see it's nothing. Hence, you know the absence of something is blissful.

Of course, Alexius' explanations, including this one, are as absurd as any other. After all, it takes more than one to explain something, and there's no more than that which is One. However, believing in a world with more than one is foolish, so you need absurd solutions.





The empty breath, being non-definitive, is always present yet never the same. You can experience its ever-changing shape, both within and without, in ways that defy definition. [The image is from the internet]

Hack #9.4, Four ways to experience *the empty breath*

The indescribable experience of *the empty breath* is experienced simultaneously with in and without, unravelling the belief in separation.

The empty breath is an indefinable, elliptical entity with no fixed size or location, yet often stretching from the head's crown to the stomach's base. But since we neither experience it inside nor outside the body, it's a non-physical experience.

That's why *the empty breath* is experienced via the inward-facing rather than the outward-facing consciousness. This is not a disregard for the physical world experienced through outward-facing consciousness, but rather a sense of freedom from excessive concern with physical outcomes.

Feelings are subjective

If you're future-minded, your experience of *the empty breath's* non-definable elliptical entity may start in front of the body and then extend behind it. Conversely, if you're more concerned about the past, your experience probably begins at the back of the body and moves forward. In other words, the experience of *the empty breath* is coloured by our conditioning.

This is not a problem for *the empty breath*. Contrary to us, it does not need to be acknowledged as



Throughout his childhood, Alexius explored the physical breath. He found it comfortable to follow its rhythmic flow, circling from the back of the body to the front. But as he didn't limit the flow to be circular, another kind of breath, shaped as elliptical, was revealed. Over the next 60 years, Alexius continued to explore what he nowadays calls *surfing the empty breath*. This Duality Hack (#9.5) is based on his findings about that and the other non-physical ways he discovered to feel *an empty breath*.

something specific. So, regardless of how and where you experience it, *the empty breath* carries out its purpose: making you indifferent to the experience of more than one.

As *the empty breath* is not static, your experience is constantly in flux and may not align with Alexius' descriptions. But that's the beauty of it. There's no right or wrong way to experience it. You can navigate *the empty breath's* flow of emptiness without any pressure to conform to the 'right' experience. Being right is only relevant to those see feel good enough, knowing that it's not a single king to make a difference, and that is not the purpose of *the empty breath*.

Connecting with *the empty breath*

You connect with *the empty breath* by not editing restless thoughts and feelings, but join their unbound energy until it gently bursts, often at the top of the head. This natural process expands your head with nothing, igniting *the empty breath* (page 449).

Next, through the inward-facing consciousness, you'll experience *the empty breath* in one of its four main ways, or rapidly



The empty breath, with its ever-shifting boundaries and lack of a fixed centre, ensures that your experience is constantly in flux. One moment, it may appear like in the image, inviting you to surf it vertically, only to shift to a horizontal experience the next. Or you may get into *the swing of it*. [The image is from the internet]

go from one to another. However, at the beginning, the best starting point is *surfing the empty breath* ([page 475](#)). It's an easy way to steer clear of distractions from the outward-facing consciousness.

The four ways of experiencing *the empty breath*

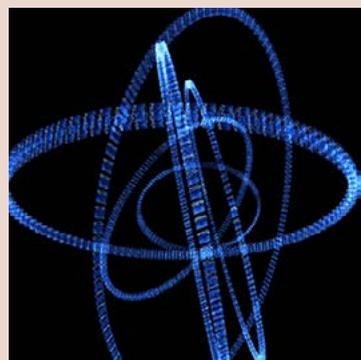
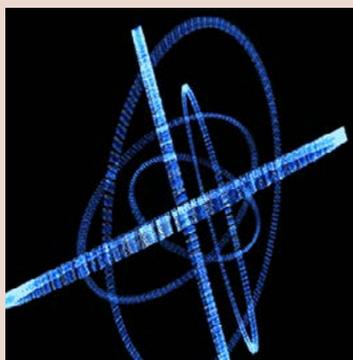
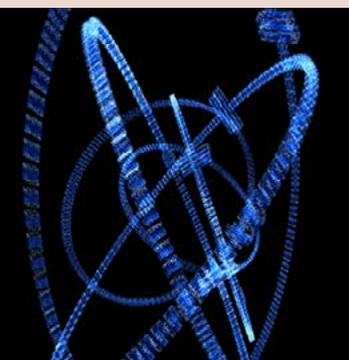
- *SURFING IT* feels like riding on waves of bliss ([page 475](#))
- *THE SWING OF IT* feels like being moved by bliss ([page 482](#))
- *THE ENGINE* feels like a fountain of bliss ([page 484](#))
- *THE SOUND OF IT* feels like *the bliss of nothing* ([page 486](#))

There are many other ways to experience *the empty breath*. For instance, as a blank, vertical, vast elliptical shape of emptiness that surrounds you like a foetus nurtured by *the bliss of nothing*. Or as a blank, horizontal elliptical halo that floats above the head like a radiant ring of light, higher up than often depicted on saints.

And then there's indifference. This is not a feeling, but rather a state of clarity that dawns on one when no longer looking forward to experiencing something. We explore the indifference of *the empty breath* in [Duality Hack # 9.5](#).

On the following pages, you can read about the four main ways to experience *the empty breath*. However, Alexius' descriptions are merely suggestions for how to begin tracking *the empty breath*. From there, you follow it as it comes to you on a joyful ride with endless possibilities.

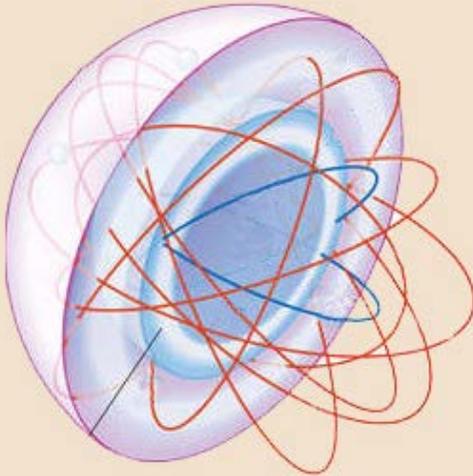
These animation grabs of sound waves, grabbed from the internet, remind Alexius of how *the empty breath* makes him indifferent to shapes.



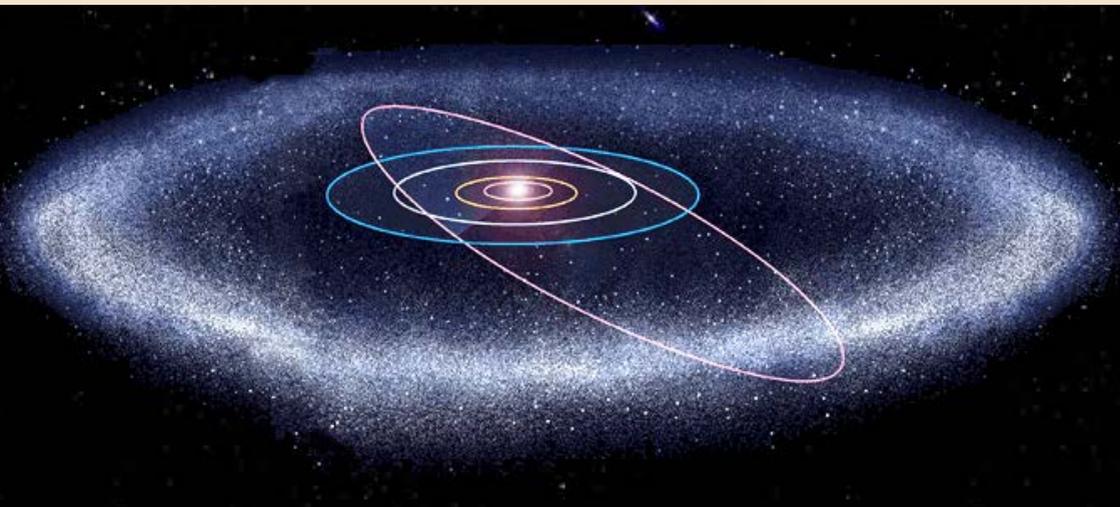
Surfing the empty breath: the basics

As the structure of *the empty breath* is fluid, it can be experienced in a myriad of ways. The drawing on this page shows how it appears when we're surfing it. For the sake of clarity, *the empty breath* is depicted as a ball cut in half, revealing the entities within it that we're surfing.

But *the empty breath* is somewhat elliptical in shape, thus resembling the second image on this page. However, this image fails to fully capture the multitude of elliptical entities that we can surf within



Alexius has manipulated a scientific illustration to give you a glimpse of the myriad entities that simultaneously rotate vertically, horizontally, and diagonally within *the empty breath* when we're surfing it. However, *the empty breath* and the entities within it are somewhat elliptical, resembling the image below. But for the sake of simplicity and clarity, circular shapes are used in this and some other illustrations, as their symmetrical and uniform nature makes it easier to grasp *the empty breath*.



the empty breath. Each entity moves perpetually in all directions, without a fixed centre, shape or orientation.

While the circular-shaped image of *the empty breath* is *not* a perfect representation, it serves as a comfy and straightforward starting point for experiencing *the empty breath*. This is because the circular shape, with its symmetrical and uniform nature, is easy to grasp, providing a reassuring starting point for exploring *the empty breath*.

Thankfully, as we continue *surfing the empty breath*, our initial perception of it as a circular shape is automatically corrected to an elliptical one. Yet, we don't see them as *the empty breath* is colour-less. Instead, we sense the elliptical entities within *the empty breath* as short or long, narrow or wide or barely there.

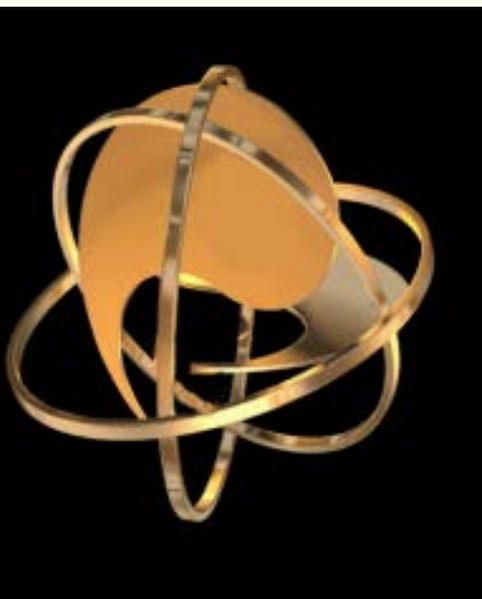
We're surfing the empty breath on one or more of the myriad elliptical entities within it. As shown in this image, some appear short, while others seem long, narrow, wide, or barely visible. They are generally elliptical in shape, but a few are almost circular. Devoid of a particular origin in the empty breath, each contains two yin-yang-like waves, reminiscent of those illustrated on [page 478](#). [The image is from the internet]



The multitude of elliptical entities within *the empty breath* are located vertically, horizontally, and diagonally. They all contain two yin-yang-like waves, reminiscent of the orange and blue waves in the illustration on [page 478](#).

These yin-yang-like waves adjust to the elliptical entity hosting them. But the elliptical entities don't adapt to each other. They have different sizes and centres (see the illustration on [page 476](#)) and move independently of each other. Yet, they collaborate in one movement, rolling together in all directions simultaneously. The simplified animation grab below depicts the fluid, interconnected nature of the elliptical entities and their movement.

But in a world where we're conditioned to divide the reality of oneness into more than one, it's challenging to grasp the simultaneous movements of all the elliptical entities and their yin-yang-like waves. Consequently, most may prefer to perceive one elliptical entity within *the empty breath* at a time. However, you can never return to the same one. The elliptical entities are in a perpetual state of flux, devoid



Alexius searched the web for images to illustrate the dynamic movements within *the empty breath* while surfing it. He primarily used animation grabs from [Electromagnetic Plasma Energy Light](#). However, this animation grab is from [DeviantArt](#). Alexius uses it as a simplified way to display the elliptical entities that populate *the empty breath* when we're surfing it. The illustration only shows a few, but actually, they are countless, each moving in its own direction and speed, yet in *one perpetual present*.

of any sameness. So, the only way to stay connected with *the empty breath* is to go with the flow as it presents itself in the current moment.

Surfing the empty breath: going with the flow

Surfing the empty breath, you surf two non-definitive, yin-yang-shaped waves where they align with an elliptical entity within *the empty breath*. The yin-yang-shaped waves resemble those in the image below, but without colours. *The empty breath is colourless*, so the colours in the illustrations of *the empty breath* are only used for illustrative purposes.

As you breathe in, you may surf the blue wave (see the illustration below) from its bottom to the top, aligned with the part of a vertically elliptical entity that floats behind you from the stomach to the head. When you reach the head, you breathe out, while surfing the yellow wave aligned with the same vertical ellipse in the part that floats in front



When *surfing the empty breath*, one encounters non-definable ecliptic entities in the undefinable ecliptic shape of *the empty breath* (see the simplified illustration with red circles on [page 475](#)). These entities consist of two yin-yang-like waves, similar to the image, except they're colourless. The colours in this and the other pictures of *the empty breath* are merely for illustrative purposes.

of the body. Reaching the stomach, the surf begins anew. This soothing rhythm is like a gentle lullaby, calming you mentally and physically.

However, the flow is not fixed. You could have surfed the yellow wave from the stomach to the head along the edge of the elliptical entity in front of the body, and then continued to surf the blue wave from the head back to the stomach along the elliptical entity's border behind the body. The direction is not vital, although it may make you feel more or less physical.

Surfing the elliptical entities in *the empty breath* counterclockwise tends to lessen physical awareness. Hence, you're less interested in returning to your former experience of being someone substantial in a tangible world. Conversely, surfing the waves clockwise enhances your current physical experience, making it feel lighter.

The location of the elliptical entities is not fixed, so the elliptical entity you surfed in the above sample could instead be moving from the lower abdomen to the throat and back, or from the rectum to the heart and back. But neither are their sizes fixed. Thus, the elliptical entity and its waves may be going from the lower abdomen to a

For illustrative purposes, Alexius uses a yin-yang symbol to describe the two waves within the elliptical entities in *the empty breath*. However, these waves are not easily definable. Actually, they are more like to the galaxy to the left. [*The image is from the internet*]

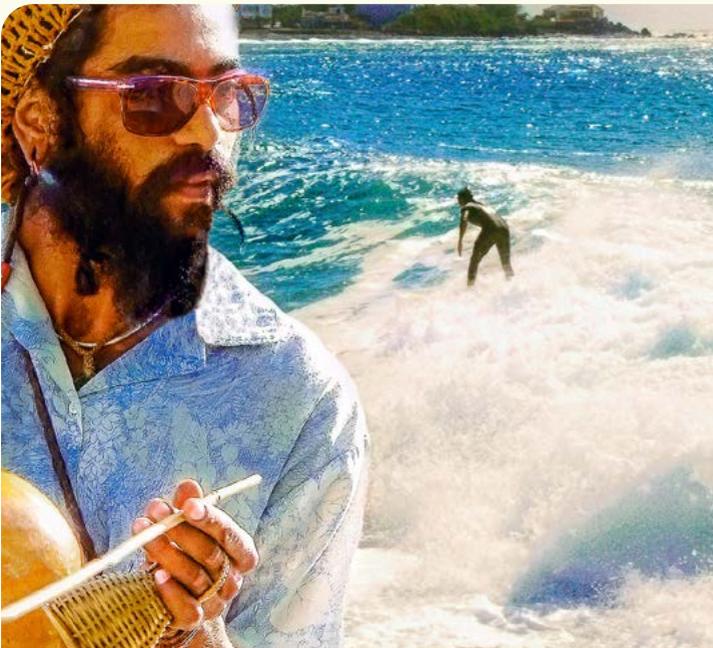


point above the head and back or from the rectum to further above the head and back. Surfing the latter, you journey from hell to heaven, so you may feel uneasy or disoriented if you get caught up by one of these extremes. [Duality Hack #8.1](#) provides strategies for managing these feelings.

But you're not limited to surfing the waves in a vertical elliptical entity. You can also surf them in a horizontal elliptical entity or anywhere in between. Regardless of how you surf them vertically, horizontally or diagonally, you get *the bliss of nothing*.

The experience of *the empty breath's* flow is not about perfection. It doesn't have to be in total sync with the body's physical expansion and contraction, as experienced with the outward-facing consciousness. *The empty breath* is felt with the inward-facing consciousness that is non-restrictive. This means it's perfectly okay to miss part of an elliptical entity's movement or barely notice its yin-yang-like waves.

What matters is that you follow the flow as it presents itself to you. When you do that, you aren't aware of the physical breath. Hence,



Alexius has never surfed in the world of the outward-facing consciousness. Therefore, when he says that riding two yin-yang-like waves in an elliptical entity within the empty breath feels like surfing, he imagines it based on the surfers he has seen on the beach.

it's free to take care of itself without your attempts to control it with ideas of synchronisation, balance, wholeness, or any other preconceived notions.

An ecstatic way to surf the waves in the elliptical entities within *the empty breath* can be to go the whole way around one of the waves, more or less aligned with the physical breath's expansion and contraction of the body. Then, continue by going the entire way around the other wave. This may be so ecstatic that you're unaware of the waves. No worries, it's not about anything but the flow. That's the beauty of it.

Surfing both waves where they meet the non-definable edges of a vertical elliptical entity, going over the head and below the lower abdomen, frees the body from the constraints of mental wellness ideas, allowing the body to align with its biological system per its physical nature. See [page 490](#) for guidance on using *the empty breath* for healing.

Surfing the empty breath versus the swing of it

When *surfing the empty breath*, you eventually discover other ways to experience it, such as *the swing of the empty breath*. Contrary to *surfing it*, this is more in touch with the outward-facing consciousness. Thus, *the swing of the empty breath* is great for daily activities, whereas *surfing the empty breath* is excellent when relaxing in the park or on your sofa, for instance.

Thankfully, you can let *the empty breath* synchronise the inward- and outward-facing consciousness per your present situation (see [page 518](#)). Then, you're automatically guided to an experience of *the empty breath* most beneficial for that moment. For instance, on the night when Alexius' cat, Trylle, died while lying next to him, Alexius was guided to *the swing of the empty breath*.

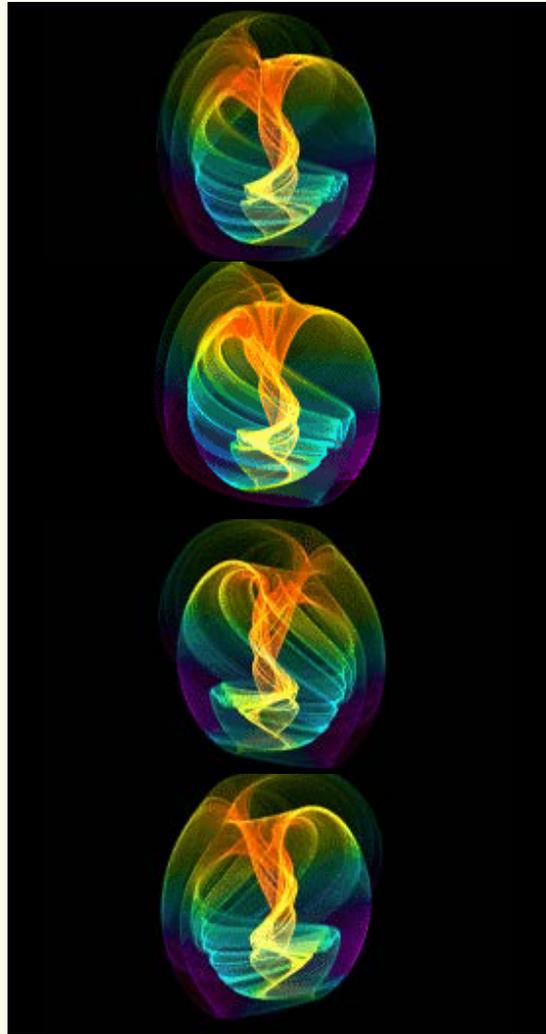
Thus, he experienced Trylle dying via the outward-facing consciousness, while via the inward-facing one, he was indifferent to the outcome. Consequently, their togetherness continued regardless of Trylle's physical death. See [page 525](#).

The swing of the empty breath

Surfing the yin-yang-like waves in *the empty breath* is primarily a no-body experience. But experiencing *the swing of the empty breath*, you lightly feel the body with the outward-facing consciousness while experiencing *the swing of the empty breath* with the inward-facing consciousness.

When you do that, the non-definitive structure of *the empty breath* appears as shown in the four animation grabs to the right. The blurred curved line, located approximately in the middle of *the empty breath*, generates *the swing of the empty breath*. This swing expands and contracts the body in a steady rhythmic flow of breathing in and out, making you feel *the swing of the empty breath*.

Initially, it may feel as if the body doesn't have enough room for *the swing of the empty breath*, even though it brings nothing but emptiness. The breathing rhythm may seem slower than it was when you imagined you were the one breathing. And the break in between expansion and contraction probably seems longer.



You can't capture *the swing of the empty breath* because it has no definable form and movement. However, from the above animation grabs (from here), you may sense *the swing of it* coming from the blurred curved line approximately in the middle of the empty breath. It expands and contracts the body blissfully.

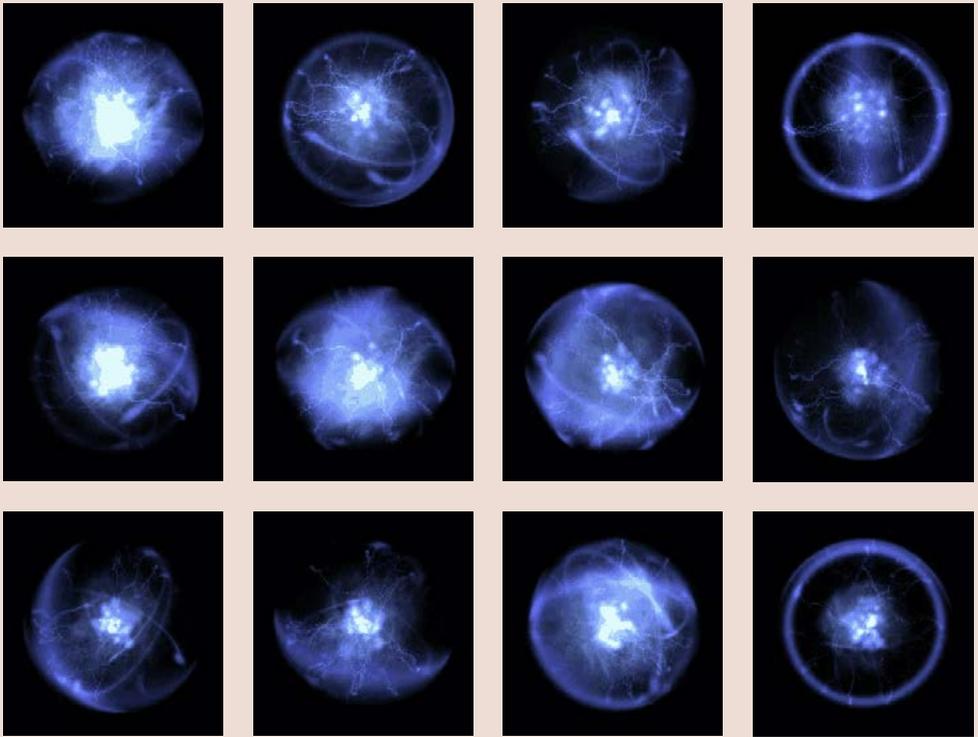
However, soon *the swing of the empty breath* makes you feel so potent that you're not bothered by small details like that. Neither do you notice that your experience of *the swing* is inconsistent.

For instance, when you breathe in, you may feel the swing of the curved line solely at the bottom of it. When you breathe out, you may sense it at the top. It could also be the other way around, or you feel it only at the bottom or the top. You may experience the curved line repeatedly going up and down at the same time. The unpredictability of the empty breath is what makes it so captivating.

Like the other ways of experiencing *the empty breath*, it presupposes you acknowledge you aren't in charge. When using the technique for *the immortal sweetness* (page 611), you automatically lose focus and, thus, control, paving the way for you to become a vessel for *the empty breath*.



Since it takes more than one to feel something, it's only in a world with more than one that this is possible. Hence, the more the empty breath undoes the belief in such a world, the less you feel it. It's not a loss or a gain, but a return to a state of natural indifference.



These animation grabs (taken from the animation [here](#)) vividly illustrate the high-speed energy in *the engine of the empty breath*. A chaotic rush of energy underpins the non-definable elliptical shape that constitutes *the empty breath*. But even though the particles in the engine are moving completely unstructured and at any speed, fast or slow, it's such a relief to be in this chaos. Its lack of structure prevents you from focusing on anything specific, thus feeling like a fountain of sparkling joy.

The engine of the empty breath

Besides experiencing *the swing of the empty breath* and surfing its countless elliptical entities, we can also feel *the engine of the empty breath* – a constant rush of energy. This unstructured energy appears somewhat as in the above animation grabs, when we're ready for something that is not rhythmic but chaotic.

That is the force behind the continuous rhythm of expansion and contraction that makes you experience *the swing of the empty breath* or enables you to surf its yin-yang-like waves, thrillingly and unpredictably.

When we're in touch with the engine of *the empty breath*, we get a subtle sense of whirling through a world without limits, undefined and free from the constraints of identity. The relief from these constraints is like a weight lifted off our shoulders, allowing us to bask in *the bliss of nothing* instead of the frustration of something. It's as if we're a fountain of bliss, weightless and carefree, everywhere and nowhere, free from the restraints of our identity.

Unlike *the swing of the empty breath*, but like surfing its waves, *the engine of the empty breath* is experienced both inside and outside the body – or rather, as if there's no inside and outside. However, *the engine of the empty breath* is more accessible if you start by contacting it outside the body, so its compactness appears less of an obstacle. From there, you naturally go everywhere, which may lead to *surfing the empty breath*, experiencing *the swing of it* or *the sound of the empty breath*.



Connecting with the empty breath is straightforward. However, trying to connect becomes complicated. It's like learning to swim. The more you try, the more difficult it becomes. So, don't try to connect with the empty breath by breathing a special way or creating a soothing atmosphere. Instead, step into the uncontrolled speed of thoughts and emotions to have their unbound energy ignite a take-off into the empty breath. It's a process as natural as breathing itself.

The sound of the empty breath

The three main ways already described for experiencing *the empty breath* appear to have each their own structure. However, *the sound of the empty breath* has none but an indefinable sound.

When you forget yourself, you hear this rhythmic sound in the back of your head or the space behind it, or both, as if it's the same boundless space. Within it, you hear nobody whispering 'so-ham' from afar. It could also be that you sense this unspeakable rhythm coming from your throat, filling your head as if it were an empty cave. But don't try to locate *the sound of the empty breath* in these or any other spaces. Instead, patiently wait, confident it will reveal itself wherever that may be.

If *the sound of the empty breath* doesn't reveal itself the first time you lose yourself in boundless space, don't push it. Instead, relax and return to this space one or more times later, perhaps while using the technique for *the immortal sweetness* ([page 620](#)) to defocus.

Alternatively, momentarily forget this boundless space and silently say 'so' while breathing in, and the body begins to expand from the lower abdomen. Continue by silently saying 'ham' while breathing out, and the body starts contracting from the chest. Eventually, without any effort on your part, the sound of *the empty breath* is revealed as a steady, rhythmic sound.

Hearing a distant sound that is not produced by anything may be so astonishing that you're unaware its rhythm is aligned with the body's natural processes, allowing the physical breath to flow freely. Yet, you're aware that hearing this distant sound induces a simultaneous feeling of being relaxed and revitalised, whether you're at home with eyes closed or out and about with eyes wide open.

If the distant sound of *the empty breath* doesn't immediately resonate with you, perhaps you'll find resonance in the intense feeling that arises from its sound of nothing. You feel this sparkling vibration, whether you hear the sound of it or not, just like deaf people feel the deep resonance of a bass, even though they do not hear it.

But don't expect a weighty experience. This sparkling vibration delicately dissolves the boundaries of the body, blurring the usual notion of separation between the body and its perceived environment. The perception of a definable border between the body and its environment disappears, fostering a sense of floating in nothing and everything.

Imagine a sofa. When the vibration of *the empty breath* fills you, the sofa and your body sitting on it seem to blend, losing their distinct identities. As this dissolution of boundaries extends to everything, the concepts of 'inside' and 'outside' vanish. Thus, the world, once thought to be confined by time and space, is now seen as a fabrication.

But as the events in a game world unfold as scheduled, whether you know they are fictional, a world defined by time and space remains consistent, even when you realise it's an illusion. However, your relationship with it changes. You relate to it as a fictional world in a roleplay, where you play your assigned role. See [Duality Hack #2](#).

Feeling the sound of the empty breath, you are in a state of not-knowing. Hence, since there's nobody to judge the apparent differences to make a difference, separation is an unknown concept. [The image is from the internet]



Through *the sound of the empty breath*, one naturally drifts into glimpses of Enlightenment. Those with a visual orientation see *lucid light* (page 612), while the auditory-inclined hear *celestial music* (page 617). If you have a love for food, you taste *the immortal sweetness* (page 620). Emotionally driven ones sense *the echo of oneness* symbolised by *aum* (Duality Hack #11.4), which, contrary to the sound of *the empty breath*, is a non-rhythmic humming.

Please note that the unspeakable *sound of the empty breath* may not be immediately revealed when you say 'so-ham'. You might only hear the distant 'ham' like sound, not the complete 'so-ham' like sound. However, your dedication to hearing *the empty breath's* sound of nothing produced by no one is the key. This dedication is what allows *the empty breath* to show its gratitude by bestowing upon you all that it has: *the bliss of nothing*, thus freeing you from the frustration of something.

The sound of *the empty breath*, coming from nowhere, makes you feel like you're everywhere.



The empty breath can't be explained

As *the empty breath* immerses you in a *state of not-knowing*, writing about how to experience it was a demanding task for Alexius. He had to rapidly switch between a *state of not-knowing* and a conscious experience of being someone to describe *the empty breath*, based on his vague memories of being in a *state of not-knowing*.

While the connection with *the empty breath* is impersonal, Alexius' memory of it is personal. Hence, you may not recall it as Alexius. If this seems confusing, don't try to figure it out. Instead, follow the uncontrolled energy of your bewilderment to ignite a take-off into *the empty breath*.

You're welcome to contact Alexius ([page 1](#)) for help. However, he can neither help you nor himself, as he, like the empty breath, sees somebody as nobody. Therefore, you're better off reading about *the empty breath* until you can hardly stay awake. Then go to bed, forget what you read, and patiently wait for the built-up energy to ignite a take-off into *the empty breath*.

That said, your eyes don't have to be closed, and you don't have to go somewhere specific to ignite a take-off into the empty breath. You can be anywhere – sitting, walking, running, or talking. *The empty breath* is not bound by physical location or activity. However, you can't bring it about by manipulating the physical breath or exercising any other form of control. It's the other way around. When you don't try to be in charge, *the empty breath* naturally reveals itself.

This is not to say that techniques can't help you tone down the outward-facing consciousness and, thus, activate the inward-facing consciousness through which you experience *the empty breath*. However, remember that just as a remote control has nothing to do with the music it activates, the techniques for toning down the outward-facing consciousness have nothing to do with *the empty breath*.



If the body seems to improve, it's not *the empty breath's* doing. Yet, indirectly, it triggers the healing process. In the presence of *the empty breath*, we stop projecting psychological issues onto our body. This release of mental projections enables it to operate in sync with the biological system and thus be healed by its physical blueprint, rather than our mental constructs. Therefore, you feel lighter and less burdened. *[The image is from the internet]*

APPENDIX: *Surfing the empty breath to heal*

Usually, Alexius surfs *the empty breath* without caring about directions to gain a sense of indifference and thus be in *the bliss of nothing*. However, it's possible to be pickier and surf to heal problematic issues, such as alleviating allergy symptoms, as well as the symptoms of *IBS* and *COPD*.

Yet, the concern of *the empty breath* is not the body but the healing of the sick belief in being in it. See [Duality Hack #8.7](#). Nevertheless, since healing that belief frees the body from our mental domination, it's free to collaborate with the biological system to heal the issues we assume to be located in the body per its physical layout. For instance:

- **BACK PAIN:** If you struggle with back pain, you can ease it by continuously surfing a whole wave behind the back, but not the wave in front of the body, in a vertical elliptical entity inside *the empty breath*. Although this may not eliminate the pain, it can

certainly alleviate your worry, making the pain seem less threatening and easier to deal with. See [Duality Hack #7](#).

- CHEST PAIN: In a horizontal elliptical entity floating around the chest, you keep surfing the wave in front of the chest to ease the restricted feeling caused by psychological emotions projected upon it.
- HAY FEVER: Surf both waves fully in a horizontal elliptical entity floating around the head.
- IBS: You surf around both waves in a horizontal elliptical entity floating around the stomach.
- COPD: Surf both waves fully in a horizontal elliptical entity at the chest.
- SPASMS: If the spasms are in the hips or lower abdomen, or those areas are blocked, you surf the whole wave behind the body and then the one in front in a horizontal elliptical entity at the lower back. You could also try surfing the waves in a similar elliptical entity on the sides of the body. The elliptical entity's size, thus the waves, adjusts per the problems in those areas.

We can also heal psychological issues by surfing them where we believe they are. For instance:

- GROUNDING: Surf both waves where they meet the edge of a horizontal elliptical entity, passing through the lower abdomen or even lower.
- IMPULSIVENESS VS DELIBERATE: By surfing all the way around the wave to the right in a horizontal elliptical entity going around the head, you improve your ability to act on your impulses. If you want to be more calculated, surf the left wave instead.
- FUTURE MINDED: Undo mostly looking forward by surfing all the way around the wave behind you in a horizontal elliptical entity.
- VERTIGO: You surf around both waves in a horizontal elliptical entity around the head or stomach to ease vertigo.

Generally, it's best not to use *the empty breath* but to be used by it and trust that its emptiness heals you from the belief in being something definitive, thus not burdened by anything.



Our experiences are supposed to confirm we're in a world of something. However, the empty breath operates differently. Its purpose is not to establish something but to reveal the bliss of nothing.

Hack #9.5, The indifference of *the empty breath*

Vivid descriptions and examples illustrate that *the empty breath* leads to a *state of not-knowing*. Thus, being indifferent to separation, suffering is gone.

The nothingness of *the empty breath* makes you indifferent

Igniting a take-off into *the empty breath*, Alexius often arrives in its speedy and chaotic engine (page 484). This is experienced with the inward-facing consciousness, which feels liberating. However, no matter how he feels the empty breath, it always entails indifference. Yet, that's hardly a feeling because nothing seems to make a difference.



Most people seek validation from external sources, whether in the physical, astral, or online world. This dependency can be suffocating, leading to a desire to break free. On the other hand, the empty breath requires no validation from any source. Hence, since it remains nothing, its nothingness makes you indifferent. Consequently, when connected with the empty breath, you're in the bliss of nothing, free from the emotional imprisonment of seeking validation from something.



Sensing the connectedness with *the empty breath*, you can't help but smile, feeling indifferent to your appearance as someone who is and has something.

***The empty breath* is not something**

While you can recreate a romantic ambience with a candlelit dinner, soft music, and glasses of wine, you can't fabricate the sense of *the empty breath*. You experience it when you aren't 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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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 substantial.

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When not focused on the experience of being something, you're in the bliss of nothing.



The less you believe in being substantial, the more you sense the non-rhythmic transparent energy of *the empty breath*'s engine ([page 484](#)).



You may feel restrained when connected with *the empty breath*. However, it's a projection based on suppressing specific emotions to create a unique appearance, thus feeling confined by your self-image.



Although *the empty breath*, theoretically speaking, should produce a constant rhythm of expansion and contraction in the body, your experience of it may not be consistent. And you're right. It doesn't care about consistency – only those who insist on being unique need coherence to verify it.



The empty breath, devoid of personality and personal expression, is adaptable. Hence, if its rhythmic flow seems weaker when you're unwell or feel the end is near, it's simply adjusting to your perception of yourself.

The empty breath is the bliss of nothing

You don't get *the bliss of nothing* if you expect to get something from *the empty breath* because *the bliss of nothing* comes from the absence of something.



Experiencing *the empty breath* is akin to a perpetual unwrapping of new gifts. The thrill of not knowing what you receive makes every moment adventurous.



It's easy not to think about something specific when engaging in [Nordic Walking](#), thus igniting a take-off into *the empty breath*. Con-

versely, clinging to specific thought constructions may trigger your defence mechanisms against *the bliss of nothing*. However, this doesn't mean that your defence mechanisms must be eradicated to get *the bliss of nothing*. Actually, if you don't suppress their natural energy, it ignites a take-off into *the empty breath*.



The connection with *the empty breath* makes you indifferent to the apparent differences in your experiences and, therefore, not some-

Since the empty breath is indifferent to differences, whether being loved doesn't make a difference.



thing to be excited about. Yet, as that exposes the emptiness of your experiences, you get *the bliss of nothing*.

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The nature of *the empty breath* is not to bestow happiness but rather indifference. This, in turn, frees you from the suffering that comes from seeking something specific because you're in *the bliss of nothing*.

Experiencing *the empty breath* makes you indifferent

You may not always feel that *the empty breath* is your best friend because it doesn't help you attain something. Instead, it enables you to see that something is nothing, thus experiencing *the bliss of nothing*, whether or not you achieve something.

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The empty breath makes you indifferent to problems. However, that doesn't mean you shouldn't take care of your 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's not you.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

When connected with *the empty breath*, what you receive from the world psychologically is always the same. This is because you get what you give psychologically, which is what you have, namely, the indifference of *the empty breath*.

Through the lens of *the empty breath's* indifference, our experiences of something are unveiled as nothing. Thus, in *the bliss of nothing*, our feelings shed their emotional weight, liberating us from their hold.



Epilogue

In *Alexius' Duality Hacks*, you've probably read that, as it takes more than one to experience something and as there's no more than that which is One, all experiences are fictional. This, of course, also applies to experiencing *the empty breath*. However, this experience, deeply rooted in an archetypal image of a never-ending rhythmic flow, slowly but surely makes you indifferent to the experience of something, thus in *the bliss of nothing*.

If that confuses you, go with the confusion until you can't make ends meet and feel you're about to explode. Then, the build-up tensions ignite a take-off into *the empty breath*, making you indifferent to understand something, thus in *the bliss of nothing*.

The empty breath is indifferent to the world's apparent differences. So, the more you connect with it, the less you feel the need to make a difference.





Although entering a state of not-knowing is straightforward, it seems complicated if you assume it requires stopping thoughts. Nothing needs to be stopped to enter a state of not-knowing. On the contrary, when you don't block thoughts, they naturally accelerate until their unedited energy ignites a take-off into the empty breath, bringing you into a state of not-knowing.

HACK #9.6, Experiencing the physical or *the empty breath*

The experience of the physical breath depends on something, such as the air's quality and the body's condition. In contrast, the experience of *the empty breath* depends on nothing.

When you connect with *the empty breath*, you may initially feel as if you have two kinds of breaths: The physical breath experienced with the outward-facing consciousness and *the empty breath* felt with the inward-facing consciousness. Perhaps you manipulate the physical breath according to mental ideas of wholeness and balance, or worry that *the empty breath* doesn't support the body with enough oxygen.

Rest assured, *the empty breath* follows a continuous rhythm, always bringing the air required to gently expand the lower abdomen, belly, and chest, and again contract the body. This cycle continues, with the pace of *the empty breath* maybe slower than expected and a more extended break between breathing in and out to stabilise oxygen and carbon dioxide levels.

Thankfully, you can use *the immortal sweetness technique* to defocus ([page 626](#)) and, thus, hear *the sound of the empty breath* ([page 486](#)). This makes you forget to manipulate the physical breath in accordance with mental ideas of wholeness. Thus, it flows as freely as *the empty breath*.

Being aware of the physical or *the empty breath*

The diaphragm, a muscle located above the stomach, below the lungs and heart, is the key player in orchestrating the physical act of breathing (see [Wikipedia](#)). It's not just about inhaling and exhaling through our mouth or nose, but the expansion it triggers in our body. It starts from the lower abdomen if there are no obstructions.

However, if you use the mouth or nose to forcefully enhance the breath, the shoulders tighten, and, subsequently, the diaphragm. Next, the stomach bloats, causing you to gasp for air and breathe faster or more deeply, thus overriding *the empty breath*. That said, nothing changes your experience of *the empty breath* if you remain mainly with the inward-facing consciousness.

Yet, you may find it challenging to remain with the inward-facing consciousness due to concerns about the body. If so, *surfing the empty*

breath (page 475) is a good choice. When you do that, you're hardly aware of the body. Therefore, it is easier to overlook its condition and remain with the inward-facing consciousness.

The beauty of this is that when you're not preoccupied with the body and, consequently, not attempting to align it with mental constructs, it's free to heal itself through its biological system. Moreover, you can utilise *the empty breath* to heal specific areas of the body. For instance, if your diaphragm is too tense to breathe freely physically, you can loosen it by surfing an elliptical entity in *the empty breath*, which floats around the diaphragm horizontally (see page 490).



Following the rhythm of *the empty breath* is so hypnotising that you forget to experience the world as something, thus in *the bliss of nothing*.

The empty breath is not about striving for something better or higher. It's about falling into *the bliss of nothing*, which occurs when not trying to achieve something.

Looking forward to experiencing something specific leads to disappointment, as our expectations are never met. Thankfully, when not seeking something, we naturally fall into the bliss of nothing, free from the burden of something.

Another way to breathe freely physical and also be with *the empty breath* is to use technique for *the immortal sweetness*. See [page 626](#).

Breathing through the mouth or nose

Breathing through the nose is preferable, as it moisturises the air and acts as a filter before it reaches your lungs. It's also helpful for connecting with *the empty breath* because you can use the mouth for *the Immortal Sweetness* technique to defocus ([page 611](#)), making it easier to connect with *the empty breath*. However, if you're dealing with rhinitis or a blocked nose, breathing through your mouth can be more comfortable. Fortunately, this doesn't affect *the empty breath*.

The empty breath and the inward-facing consciousness

Googling the respiratory system of the human body, you can find many facts about the physical breath, for instance, [here](#). However,



The empty breath *cancels out the differences in our experiences*. However, we still see them as different, yet we don't perceive the difference to make a difference.

Psychological problems don't survive *the empty breath*. The differences that define them aren't perceived to make a difference unless you insist on making a difference. Fortunately, this is so frustrating that, if unedited, the frustration ignites a take-off into *the empty breath*.

since *the empty breath* consists of nothing, there are no facts about it. Yet, Alexius can describe how it feels when *the empty breath* is in the driving seat. It's so blissful that you're unaware whether it aligns with the physical breath, or that the connection with *the empty breath* continues undisturbed by the body's physical condition.

For instance, suppose you have a lung or kidney issue that shortens the physical breath. If you don't worry about that but rely on *the empty breath*, patiently waiting for it to fill your lungs with *the bliss of nothing*, you're indifferent to worries about psychological and physical issues. Thus, you're free from the chains of attachment to specific outcomes.

Up and down with *the empty breath*

Although the dynamo of *the empty breath* is transparent, it's often experienced in the lower abdomen. From there, you follow *the swing of the empty breath* (page 482) to the top of the head, more or less aligned with the body's expansion from the lower abdomen to the chest.

Along the way, you acknowledge thoughts and feelings without suppressing any of them. Hence, their unbound energy ignites a gentle explosion when you reach the top of the head, dissolving the perception of being someone. It feels like having a body that is not there because you're in a *state of not-knowing*.

This state remains as the body contracts, while you follow *the swing of the empty breath* from the top of the head to the lower abdomen. Hereafter, you keep going up and down with the swing of *the empty breath*, still in a *state of not-knowing*, revelling in *the bliss of nothing*.

This doesn't imply that the bliss is confined to the breath's flow. A *state of not-knowing* and its *bliss of nothing* is everywhere. Unfortunately, it's often overshadowed by experiences of something, confirming you as a definitive being who is somewhere particular.

Other ways of going up and with *the empty breath*

Above, you followed *the swing of the empty breath* (page 475), going up and down. But instead, you could have surfed the yin-yang-



Suppose you assume there's something better around the next corner. In that case, you may not notice the empty breath. It's not behind anything, but before every experience of something.

*A state of not-knowing wipes out conditioning. So, when you leave it to reenter the conscious experience of duality, you're in *the duality flow*. Hence, since you don't stick to a specific decision, you can quickly return to a state of not-knowing when you feel like taking a break from duality. Besides, a state of not-knowing makes you smile. So, you may still be smiling when returning to the conscious experience of duality, thus quickly reentering a state of not-knowing.*

shaped waves in *the empty breath*, where they align with a vertical elliptical entity from the front to the back of the body or the other way, thus going up and down in an elliptical movement.

Furthermore, you could have listened to the transparent *sound of the empty breath* as you went up and down ([page 486](#)). Maybe

switching between this and *surfing the empty breath*, or doing them simultaneously.

However, if you remain in a *state of not-knowing* for more than 20 minutes, 45 at most, at a time, the brain falls into a coma. See [Duality Hack #9.10](#). Hence, you can't return to the conscious experience of being someone. Therefore, if you wish to return to that experience, you'd better depart a *state of not-knowing* relatively quickly.

Fortunately, you leave a *state of not-knowing* with a clean slate, thus returning unconditioned to the conscious experience of being someone. Hence, igniting a new take-off into *the empty breath* is easy. Below, we explore how you can swiftly switch between a *state of not-knowing* and the conscious experience of being someone.

Just as you only need to recall some details of a photo to sense it, you only need to remember some of the explanations about the empty breath to



Everywhere and nowhere with *the empty breath*

In the following sample, you're nobody in a *state of not-knowing* when you follow *the empty breath* from the head to the lower abdomen while the body contracts. Then, when its expansion begins, you set off from the lower abdomen and hold onto a memory of something. Thus, you return to the conscious experience of being somebody in a world of something.

Yet, with the help of *the empty breath*, you perceive something as nothing. Therefore, you arrive at the head as nobody and descend to the lower abdomen in a *state of not-knowing*, while the body contracts. From there, you again go up to the head as somebody conscious about a world of something and leave the head as nobody in a *state of not-knowing*.

There was nothing before there was something. Hence, the nothingness of the empty breath gives you maximum charge when not looking for something.



» You don't perceive the body parts you pass following the empty breath as compact because you are with the empty breath. «

After going up and down for a while, switching back and forth between being nobody and somebody becomes effortless. Eventually, you find that being nobody and somebody complement each other, so you're in *the duality flow*, heading for non-duality.

From the inward-facing consciousness' single eye

In the above samples, you sensed the empty breath's insubstantial dynamo in the lower abdomen. But suppose you prefer a more metaphysical approach. In that case, you may sense the 'dynamo' as a transparent generator in the inward-facing consciousness' single 'eye'. It's located between the eyebrows but is unnoticeable to the outward-facing consciousness. From this calm space between the eyebrows, follow the empty breath onward.

First, you gently defocus on the single 'eye' and patiently await *the empty breath* to unfold as a transparent sound in the space that opens in the single 'eye'. From there, you probably sense *the swing of the empty breath* in the upper part of the body. And when breathing in, you may catch glimpses of *the Enlightenment of that which is One*.

Whether connecting with *the empty breath* from a 'dynamo' in the lower abdomen or the inward-facing consciousness' single eye, you hardly notice the constant streaming of thoughts from the brain. So, until returning to the conscious experience of being somebody, you're in *the bliss of nothing*, thus feeling transparent, regardless of appearing as something.

From the eighth chakra above the head

You can also sense the 'dynamo' for *the empty breath* in the eighth chakra above the head. There, you start in *a state of not-knowing* and, in a vertical, elliptical entity that moves sideways, simultane-



Going up and down with the empty breath to join the interplay of being somebody and nobody is like being in the duality flow.

ously surf both its sides to the heart. Next, you begin contemplating *the bliss of nothing*. Consequently, you are *not in a state of not knowing* when you surf back to the eighth chakra simultaneously on both sides of a vertical elliptical entity that goes forward and backwards through your body.

Returning to the eighth chakra, you're 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 on. If you don't surf a single elliptical entity within *the empty breath* but all of them simultaneously, the non-self is on the way without distance to that which is One.

Forgetting up or down

Connecting with *the empty breath* is not about letting go or surrender. Doing so enhances the belief in being something specific. Like a mirage, this illusion fades away when you neither let go nor surrender, but use the intensity of your unedited desperation to ignite a take-off into *the empty breath*.

It's a matter of speech when *Alexius' Duality Hacks* say that *the empty breath* fills you with emptiness. It doesn't supply you with anything.

Instead, it exposes the body as nothing camouflaged by experiences of something. This applies to all experiences of something. Thankfully, you aren't bothered by anything in the absence of something. That's why it's so blissful being connected with *the empty breath*.

Should you forget to go up and down with *the empty breath*, there's no reason to blame yourself because there's no self. It's make-believe. Of course, this also applies to being connected with *the empty breath*. Nevertheless, it doesn't establish you as something because it gives you nothing. Hence, what you believe in being is exposed as unreal, thus not hiding that which is real.



It may be easier to connect with the nothingness of the empty breath by associating it with something you love. For instance, Alexius sometimes refers to it as Uma, the name of his beloved cat who has passed away. She's not substantial anymore but insubstantial, like the empty breath. Therefore, the memory of her linked with the empty breath is like a beam of nothing piercing Alexius' perceived world of something. Ergo, nothing stops him from feeling connected with the empty breath.



The function of the empty breath is not to improve one's appearance but to facilitate the undoing of the belief in being a separate creature.

Hack #9.7, Notes on *the empty breath*

The empty breath views something as nothing. Hence, since all our experiences of something are revealed as nothing when connected with it, they don't seem to hide that which can't be experienced: the formlessness of oneness.

Something is nothing

The empty breath is not about becoming full of love, getting healthier, having more money, or success, but about realising that being and having something is nothing because reality is the formlessness of oneness. That said, as long as you appear in a world of something, you need something to survive, such as food and shelter (see [Duality Hack #3.6](#)).

Fortunately, *the empty breath* syncs the outward-facing consciousness' world of something with the abstractness of the inward-facing consciousness in a ratio, so we can experience something as usable for some time, although it's nothing.

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Since oneness is formless, thus endless, it's impossible to depart it. Yet, imagining being in a world shaped by time and space appears possible. In such a scenario, *the empty breath* serves as a life jacket.

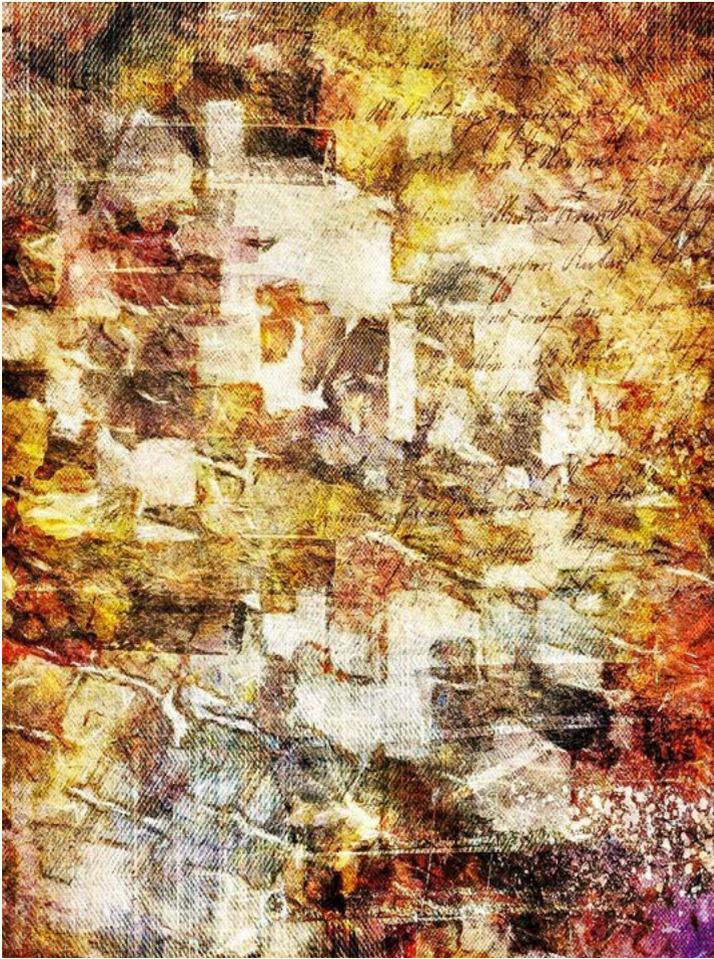
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When you don't label an experience as something, you are the bliss of nothing.



The images on a computer screen appear physical due to a clever arrangement of zeros and ones, combined by an app that's also composed of zeros and ones. Similarly, the brain, our own 'app', processes our experiences from nothing, creating the illusion of us as someone experiencing a world of something.

But *the empty breath*, being unprocessed by the brain, doesn't see us as someone in a world of something. That's why it's easy to perceive our experiences of something as nothing when connected with *the empty breath*. Of course, this doesn't mean we don't take



Some claim the amount of information on digital media makes them stressed. However, they're not stressed by the amount, but rather by their attempt to organise it according to a particular philosophy. The good news is that the more stressed you become, the quicker it dissipates when you stop trying to suppress it and instead have its uncontrolled energy ignite a take-off into the empty breath.

care of a broken leg, for instance. But since we see it as nothing, we don't add worries to the fractured leg.

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The connection with *the empty breath* doesn't give us anything. That's why we leave the frustration of something and enter *the bliss of nothing*.

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Getting *the bliss of nothing* is not complicated. It's as simple as not perceiving experiences as something, but rather as nothing.

***The bliss of nothing* reveals there's not something**

The function of *the empty breath* is to reveal that what you perceive as something is nothing, so that there doesn't appear to be anything



Just as a pencil cannot undo what it has written without an eraser, we too cannot erase the belief in duality ourselves. We also need the help of an eraser. Fortunately, the sound of the empty breath ([page 486](#)) works like an eraser, patiently and gradually undoing the belief in duality, thus uncovering non-duality.

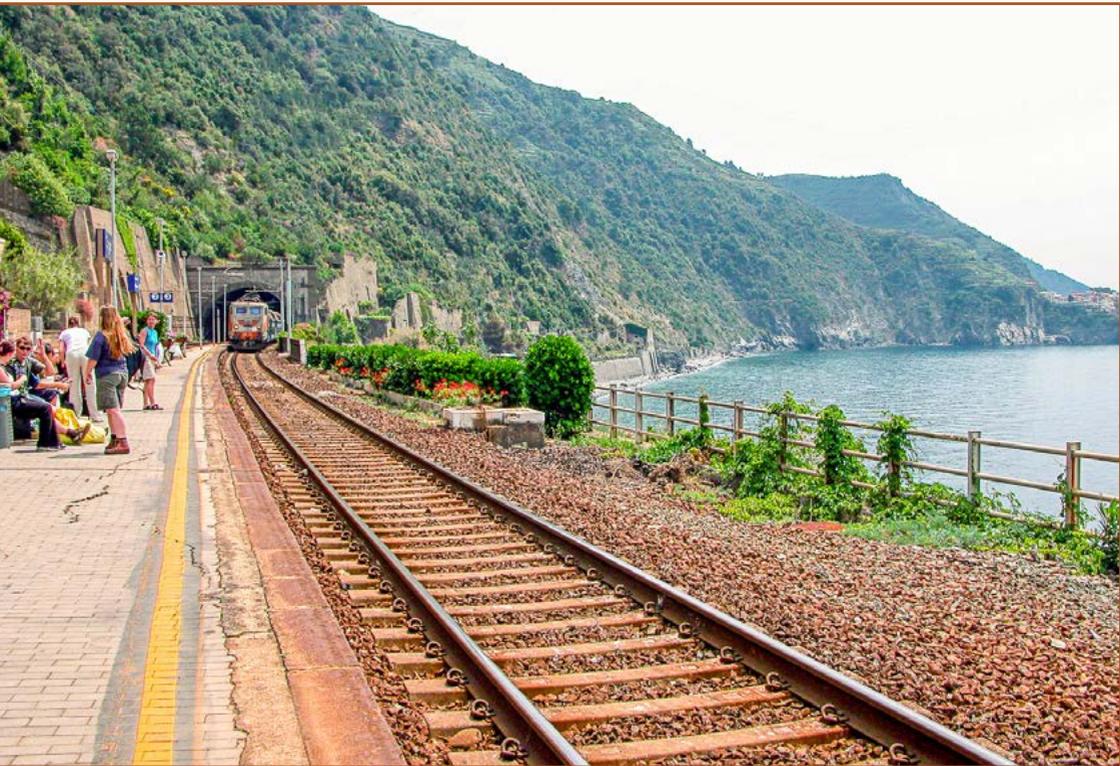
concealing the formlessness of oneness. It's similar to not perceiving the world in a dream as something, then it doesn't hide that you're in bed. Of course, you could contemplate not being in a world of something. However, it often turns into a joyless debate instead of *the bliss of nothing*.



Since you perceive everything based on a remix of memories that you adjust every time you recall them to highlight yourself as someone unique, your perception doesn't match others' views of the same event.

Consequently, you conclude something is wrong with you or others and start to correct what you judge as incorrect. The more you seem to succeed, the more your memories prove right, thus

A dreamer never leaves their bed, although appearing in many places in their dreams. Similarly, you always remain in the formlessness of oneness, even when you seem to be in a world shaped by time and space.



imprisoning you in the past. Thankfully, *the empty breath*, like a gentle breeze, reveals the hollowness of your memories. Hence, since they don't seem to be something but nothing, you're in *the bliss of nothing*.

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In the bliss of nothing, you're never afraid by something.

Igniting a take-off into *the empty breath*

We feel entertained by a world of duality when we perceive our reaction to the brain's experiences as twofold. But suppose you interpret your response to these experiences through the lens of a specific philosophy, highlighting feelings, for instance, love, as singular. In that case, you miss the interaction of love and hate, so you don't feel entertained, but somewhat frustrated by being in a world of duality.

Thankfully, frustration, when not suppressed, carries an unbound energy that automatically ignites a take-off into *the empty breath*, wiping your slate clean. Thus, thus perceiving the brain's duality experiences as twofold, you feel entertained by all of them.

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Returning to that which is One is not a matter of going anywhere. Oneness is formless, thus endless, so you can never leave it. Therefore, if you believe you're in a world with more than one, all you need is to have the empty breath erase your belief.



Igniting a take-off into *the empty breath* is no different from allowing your body to respond naturally to sexual arousal – no conscious effort or thinking is needed. However, being sexually aroused reinforces the belief in being someone definitive, whereas *the empty breath* undoes it. This is not to say that you must avoid sex. On the contrary, an orgasm ignites a take-off into *the empty breath* when you join its intense energy.

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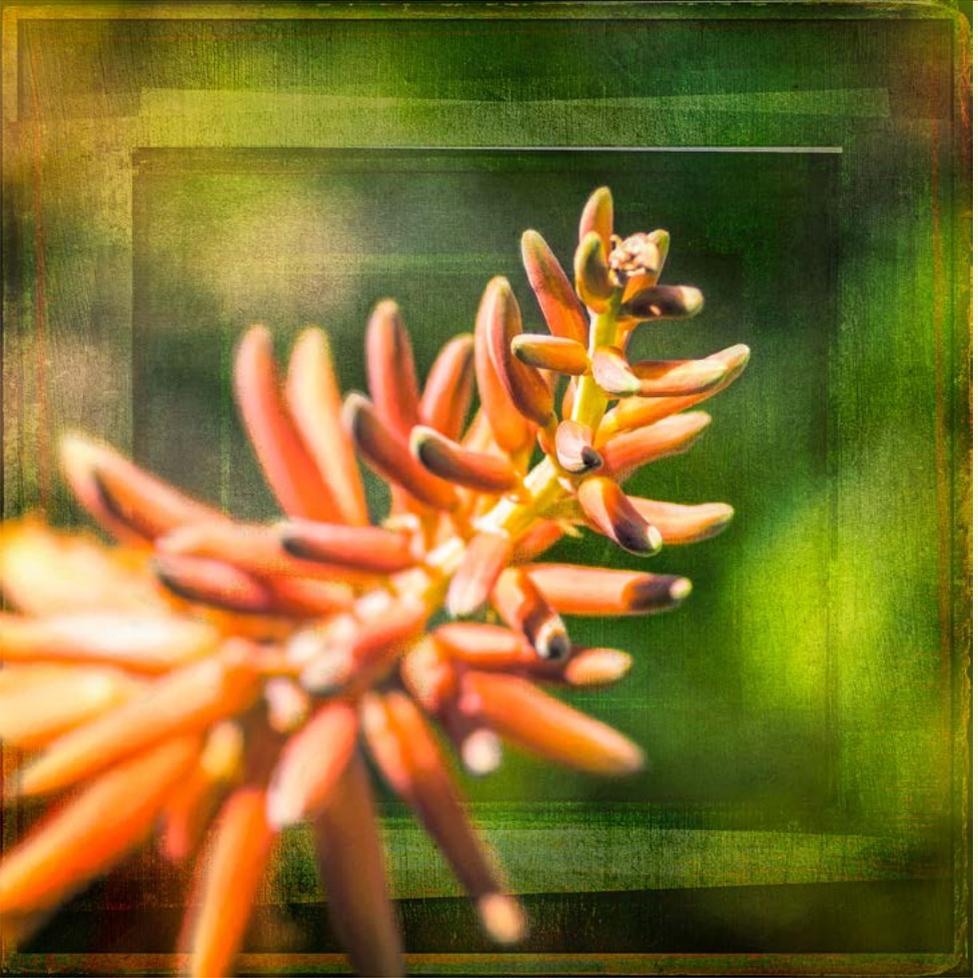


Going with the empty breath is as easy as going with the flow of sex. However, the latter doesn't result in the undoing of the belief in being someone unless the orgasm's energy is used to ignite a take-off to the empty breath.

Connecting with *the empty breath* doesn't require meditation or other techniques based on exclusion or restraint. It's as simple as standing by your unwillingness to be inclusive. When you do that, the complex energy of your reluctance ignites a take-off into *the empty breath*.

As a teenager, Alexius devoted himself to the whereabouts of the empty breath every night. Thus, he fell asleep in the bliss of nothing. However, since others were only interested in manifesting something, the bliss of nothing seemed foolish to bring about. Therefore, Alexius didn't mention it until he started writing Alexius' Duality Hacks in 2011. Yet, it wasn't until writing Duality Hack #9 in 2018 that he named the gate to the bliss of nothing: the empty breath.





You must constantly focus on the world of the outward-facing consciousness to make it appear real. However, it's the opposite in the world of the inward-facing consciousness. You experience it when there's no effort to focus or concentrate.

Hack #9.8, The inward- and outward-facing consciousness

The empty breath synchronises the inward- and outward-facing consciousness with our current situation. For instance, after an accident in Alexius' childhood, he forgot who he was. So, the inward and outward-facing consciousness were resynced, favouring the inward-facing ones. Thus, Alexius started all over from an abstract metaphysical point of view.

The inward-and outward-facing consciousness

Neither the world experienced outside nor the one experienced inside is factual. Every experience is a construct of the brain. Whether we see, hear, feel, or taste a world with the inward- or outward-facing consciousness, it's something the brain has created from nothing.

The names of these consciousnesses don't refer to their location but to where we perceive something to unfold. The world of the inward-facing consciousness, being abstract, is perceived as within. Its abstractness is an incomplete version of the material world we experience through our outward-facing consciousness, perceived as 'without'.

In the world of the outward-facing consciousness, we often strive to conform to others' expectations. However, in the abstract world of the inward-facing consciousness, there is no such pressure. We're

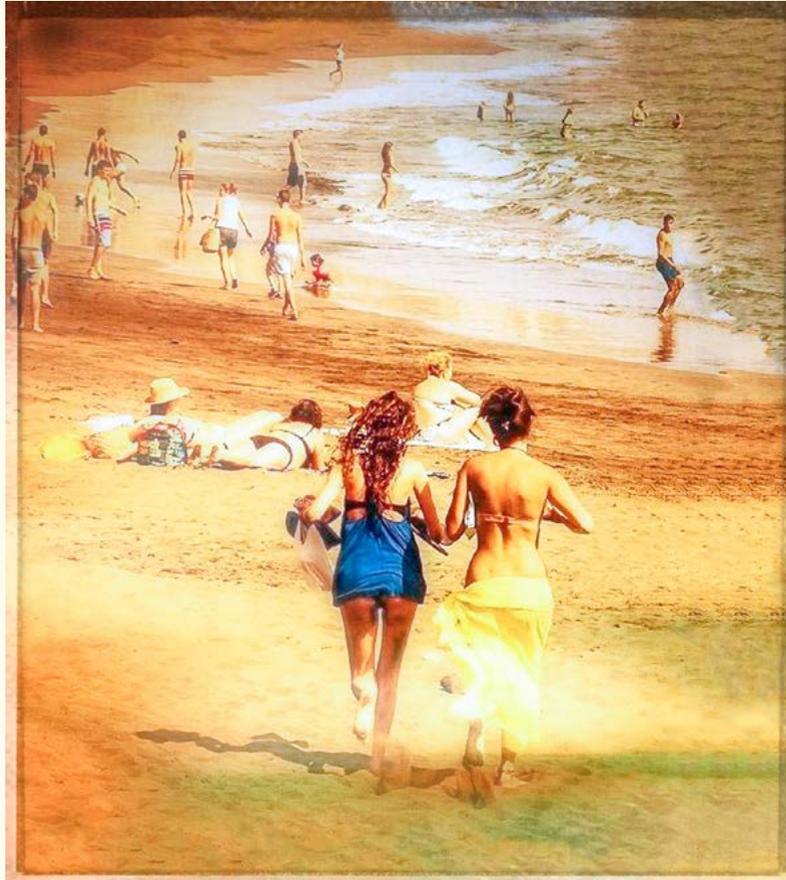


We experience an abstract world through the inward-facing consciousness when time and space aren't entirely considered real. However, the inward-facing consciousness is not more real than the outward-facing consciousness. They both require more than one, and there's no more than which is One. Yet, the brain is not trying to deceive us with its experiences of more than one. We have asked it to create them so we can forget about oneness and feel the excitement of more than one.

free to go with the flow, liberated from the need to define ourselves by external standards.

The abstract experiences of the inward-facing consciousness come about when we're not entirely focused on something material in the world of the outward-facing consciousness. The little left of our belief in a substantial world makes it possible to be someone experiencing the abstractness of the inward-facing consciousness. In other words, when we appear as nobody in the world of the inward-facing consciousness, we haven't entirely abandoned the belief in being somebody.

It takes more than one to ask a question, but since oneness is formless, thus endless, there's no more than One. Hence, there's no answer to the question: »Who has programmed the brain to produce experiences of us as somebody in a world with more than one and who chooses to believe these experiences are real?«



Yet, the brain doesn't care if we prefer the world perceived within or without. They're both so captivating that we want them to continue. In other words, the experience of an abstract world, lightly processed by the brain from frequencies of nothing, and a substantial world, heavily processed by the brain from the same frequencies, only seem real because we think the experience of more than one is more exciting than that which is One.

» *Everything is invisible and colourless until the brain ascribes it to something with a specific shape and colour. But the empty breath doesn't aspire to be anything, so it doesn't comply with the brain's assignments. Hence, it remains nothing.* «

The empty breath syncs **the inward- and outward-facing consciousness**

Once a connection has been established with *the empty breath*, it provides a stable anchor, continuously syncing the outward- and inward-facing consciousness in a ratio adjusted to our present situation, offering a quick, smooth solution. *The empty breath* also does this if you forget it, because it doesn't know about separation.

Hence, in a laid-back manner, you automatically multitask between the worlds of the inward and outward-facing consciousness, focusing on appearances in the latter, and spacing out in the former.

However, during the day, *the empty breath* generally synchronises the inward and outward-facing so they function together. For instance, our discomfort in the low-frequency world of the outward-facing consciousness is synced with the high-frequency world of the inward-facing consciousness. Hence, we feel calm and forget our conditioned view of how we should be in the world of the outward-facing consciousness.

Furthermore, the body ceases to be a source of trouble because the tensions arising from psychological worries about its condition dissolve when viewed from the inward-facing consciousness.

While *the empty breath's* synchronisation of the outward- and inward consciousness, feelings brings immediate relief, you might find yourself clinging to feelings of misery as a way to validate your belief in being unfairly treated by the world. In doing so, you override *the empty breath's* synchronisation and revert to your conditioned ways of managing your emotions. But because this involves suppressing or amplifying specific feelings to fabricate a special state of mind, you feel frustrated when it doesn't last.

Not being someone specific feels discomfoting until you realise that being empty, you're a vessel for the empty breath. It takes you into the high-frequency world of the inward-facing consciousness, where glimpses of Enlightenment become the basis for experiencing the low-frequency world of the outward-facing consciousness.



Thankfully, reconnecting with *the empty breath*, even for a brief moment, is all it takes to experience its soothing synchronisation of the inward- and outward-facing consciousness, thus forgetting you felt frustrated one moment ago.

In the world of the outward-facing consciousness, but not of it

As a teenager, Alexius' perception of himself and the world underwent a drastic turn when he was involved in an accident, altering the proportionality of the outward- and inward-facing consciousness. The latter became the base for perceiving him in the world of the outward-facing consciousness.



The above image is a leaf from a palm tree that Alexius has processed to reveal its abstract form experienced with the inward-facing consciousness.

However, he can't illustrate the formlessness of oneness. It's without separation, so there's not something to see. This doesn't mean it's nothing. On the contrary, since oneness is formless, thus endless, it's everything.



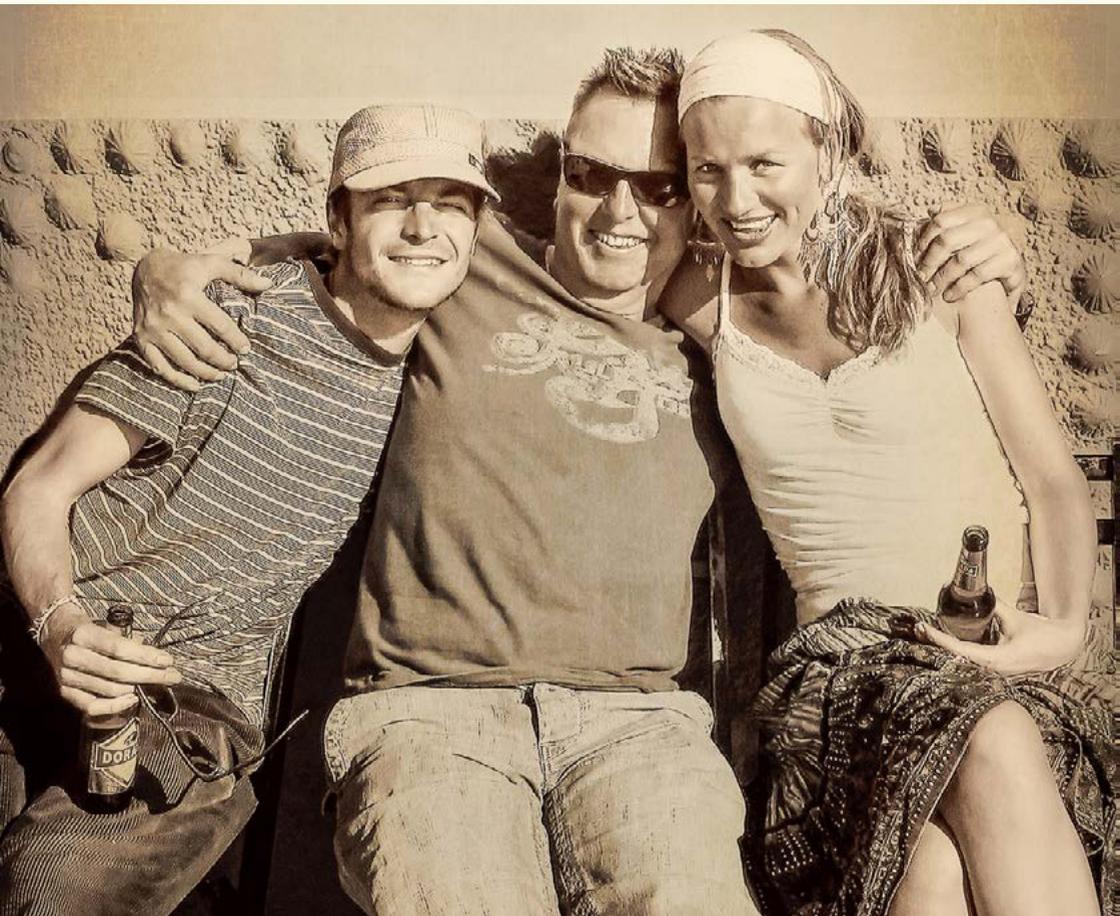
Alexius processed this picture and the one beside it from the same digital photo. He didn't add anything to the original but manipulated its digital information differently to create a new visual experience.

It's like when the brain from the same void of nothing renders experiences that appear different, although they are all nothing twisted into something.

Overwhelmed by this sudden shift, he stumbled home from the accident with his body drenched in blood and turned to his mother in a daze, his voice trembling with confusion as he asked, »*Who am I?*«

Alexius' distanced relation to the world of the outward-facing consciousness became his 'new normal'. Yet his parents, believing he quickly returned to his usual self, were unaware that his apparent normality was an automatic response. *The empty breath* automatically synced the outward- and inward-facing consciousness, making him react as his parents expected in their presence.

Having a relative self governed by the empty breath, the world of the inward- and outward-facing consciousness is automatically synced per our present situations.



His new self, far from being definitive, was a constantly shifting entity relative to the situation at hand (see [Duality Hack #5.4](#)), with *the empty breath* syncing the outward- and inward-facing consciousness per event.

The way to oneness is not defined by time and space

Recently, the balance between outward- and inward-facing consciousness shifted again, with the latter gaining even more prominence. Trylle, Alexius' beloved cat, had been battling a severe respiratory illness for three years, the same one that claimed her sister's life.

The name of Alexius' cat, Trylle, is a Danish word. It means magically making changes. That was what she did when she passed away. Although finished physically, she remained with Alexius in the bliss of nothing, sweetening it with fairy dust.



Their bond was unbreakable, and Alexius was determined to help Trylle. He spent countless hours force-feeding her with a syringe, bathing her eyes, and administering vitamins and medicine. Trylle, understandably, didn't like it, so Alexius restructured their home, blocking any potential hiding spots and creating a safe environment for her.

As Trylle spent her final days in her little house on Alexius' bed, it was heart-wrenching for him to witness her decline. Yet, when he connected with *the empty breath*, he was in its indifference, thus not burdened by sorrow but in *the bliss of nothing* with his cat about to turn into nothing. This non-substantial connection was so intense that when Trylle's breath ceased late one night, their love story remained in *the bliss of nothing*, surpassing the limitations of time and space.

Uma, Trylle's sister, who passed away three years before Trylle, immediately joined their shared journey in *the bliss of nothing*. So did Nirvian, whom Trylle and Uma never met physically, as he died years ago of cat aids. Hence, their nothingness is on a shared journey without distance to what they never left: the formlessness of oneness. Anyone can join without the need for a specific reason or shared experience.





We see specific letter combinations as meaningful. When the combinations are arranged like here on electronic media, we assume we're reading something written by someone else. Hence, we conclude that we're in a world with more than one. However, nobody sees something written by someone else. What you see is your interpretation. Ergo, there's nobody but one.

Hack #9.9, More than one is like a film of oneness in slow-mo

Metaphorically, oneness is like a movie playing so fast that there are no frames to see until it's slowed down. Then, different frames appear, as if it's a film about a world with more than one.

The fantasy of more than one

Let's embark on a mental journey. An infinite number of letters move so fast that they are a single entity: that which is One. When we slow down this endless speed, the letters start to become visible, each assuming its unique shape.

Then, let's imagine that these distinct shapes intermingle over time to form a myriad of combinations that we attribute to specific meanings. This fantasy seems to validate the reality of space and time, while questioning the formlessness of oneness.

Thankfully, we can easily undo our fantasy world shaped by time and space. If we don't slow down thoughts to manifest separation but join their rapid nature, there's no time to establish them as separate.

If you need a moment to digest this, it's not about grasping it but about actively slowing down the pace of your thoughts so they can attest to separation as real and oneness as unreal.



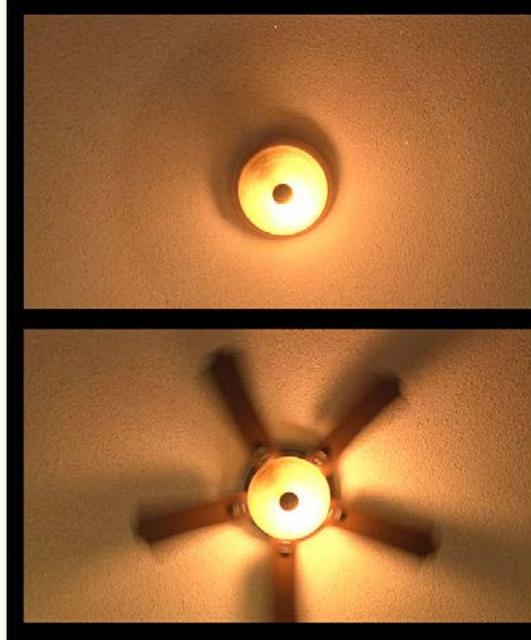
Appearing as someone in a world with more than one, you need particular combinations of thoughts to play your role. But not if you want to undo the belief in being someone.

That which is One versus a world with more than one

Oneness can be likened to a movie playing so rapidly that the frames look like One. Hence, there's no more than One until the film is slowed down. Then, plenty of frames seem to ratify a world with more than one, denying that which is One.

In this context, your belief in a world with more than one is not undone by slowing down your experience of more than one. Instead, you speed up the thoughts, shaping your experience of more than one. The faster they race, the less the movie frames differ, and the less you perceive a world with more than one.

Thoughts automatically run faster when you don't shape them into interlocking Lego bricks, building an appearance of you as someone in a world with more than one. Eventually, thought's unbound speed ignites a take-off into *the empty breath*, bringing you a *state of not-knowing*.



The movie [Lucy](#) demonstrates that there's nothing to see when we speed up time infinitely. It's one perpetual present – so immediate that no separation defines anything.

Everything moves infinitely fast in that which is One. Thus, there's no separation, like in the first image, where the extreme speed of the ceiling fan annuls division. However, when you slow down the fan, separation occurs. Likewise, a world with more than one appears to come into being when imagining slowing down oneness' infinite speed.

In this state, your slate is wiped clean, so when you return to the conscious experience of a world with more than one, you are not conditioned to believe it's real, so although you appear as someone in this world, you're not of it. This may even lead to you welcoming *the Enlightenment of that which is One*, revealing that there never was or will be anything but one perpetual present.

Epilogue

When you halt or slow down thoughts, you end up in a motionless thought construction. This numbness of stillness has nothing to do with oneness. It's not deadlocked but free-flowing energy, moving at an intense speed, so rapid that it's shapeless, thus formless and endless.

Therefore, if you want to undo the belief in more than one, don't stop thoughts from speeding up. Then, eventually, they gain such speed that they become indistinguishable from one another. Consequently, no separation seems to hide that there's no more than that which is One.



When 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. If you don't hold back, the unrestrained energy ignites a take-off into *the empty breath*, giving you *the bliss of nothing*.

The same applies when you worry and don't try to appease yourself, but instead step into the full uncontrolled speed of anxiety to ignite a take-off into *the empty breath*. [The image is from the internet]

The Ukrainian pianist [Lubomyr Melnyk](#) plays extremely rapid, intricate patterns of notes, which produce overtones so trance-inducing that a cascade of sound makes you forget it's the speed and complexity underneath it that ignite it.



For those who yearn for personal growth and the evolution into a higher self, the bliss of nothing, which comes from being nobody in a state of not-knowing, is unsettling. Hence, they avoid it by imagining that the bliss of nothing transforms them into something better.

Hack #9.10, A state of not-knowing and its after-effect

In a state of not-knowing, the bliss of nothing, like a gentle wave, wipes our slate clean, leading to an after-effect of unconditioned engagement as long as we remember we are nothing pretending to be something.

Nothing twisted into something

All our experiences are the brain's handiwork. It doesn't even need our eyes to be open to conjure vivid experiences of something we perceive as a world outside us. And in dreams, it makes us experience an orgasm without any physical stimulation.

It fabricates every experience from nothing in a higgledy-piggledy manner, using the same organ to make the experiences appear as something that validates us as somebody.

The empty breath exposes something as nothing

Suppose you want to expose that something, even what you believe to be, is nothing. The most direct path is to ignite a take-off into *the empty breath*. This involves not structuring thoughts into forms, establishing



When you don't organise thoughts and feelings into specific categories, they don't seem to become something substantial. Hence, their lightness ignites a take-off into the empty breath.

nothing as something, but instead stepping into the turbulent energy of thoughts.

Doing that doesn't bring you to a higher state, purify you, or make you balanced. Being something is part of the brain's deception in processing nothing to appear as something, like a mirage in the desert. *The empty breath*, on the other hand, is akin to the clear sky above the mirage. It's untouched by the brain's processing, and thus not part of something, but the nothingness from which the brain constructs its experiences of something.

Hence, since *the empty breath* doesn't give you anything but nothing, you enter *a state of not-knowing*. In this state, you don't pick up on the brain's scam of you as someone in a world of something because you're in *the bliss of nothing*.

The bliss of nothing is sometimes mistaken for oneness. But oneness is neither bliss nor nothing. It's everything moving forward and backwards simultaneously at such an incredible speed that it's *one perpetual present*. See [Duality Hack #9.9](#). However, one cannot hear the noise of oneness's extreme speed, as that requires more than one.

A state of not-knowing

The brain has used one second to twist nothing into your current experience of being someone in a world of something. Thus, you mentally need to rewind for a second to trace your experience back to its origin of nothing. In this emptiness, you encounter *the empty breath*, unprocessed by the brain, leading you into *a state of not-knowing*.

Even though the brain's world of something remains unchanged in this state, you don't feel it because you are in *the bliss of nothing* with no particular place to go or someone special to meet. Please note that this doesn't imply the absence of thoughts, but instead that nobody relates to them as if they represent something for somebody.

» *In a state of not-knowing, the brain can't establish you as somebody. However, it doesn't mean you're transformed into a higher consciousness, but that there's no awareness of being a separate entity. This feels like walking on air.* «

That's why, in a *state of not-knowing*, you're unaware of being nobody until you return to the conscious experience of being somebody, and blissful memories of being nobody pop up. So, while a *state of not-knowing* is impersonal, what Alexius tells you about it is a personal experience. You may recall it differently.

One second ago, your brain initiated the complex process of constructing your experience of being someone substantial, who is reading this now. The brain asserts that it has created this experience based on the information it received from your sensory system. However, according to science, the world consists of empty space, so the brain gets nothing. Nevertheless, most people confirm the brain's assertion because otherwise they are exposed as nothing. In short, one second ago, we were nothing and remain so. But we actively help the brain hide it by perceiving its experiences as something to appear as somebody, not nobody.



How long does a *state of not-knowing* last

The brain's ability to establish its experiences as real is heavily reliant on your constant reaction to them as something. Without this reaction, these experiences are exposed as nothing, and so is the brain. So, if you linger in a *state of not-knowing* for more than 20 minutes, at most 45, the brain slips into a coma. Hence, you can't return to the conscious experience of something created by the brain as if it is outside you.

» You can't welcome the Enlightenment of that which is One, if you want to see something because it requires more than one to be aware of anything. «

Simply put, you must leave a *state of not-knowing* relatively quickly if you wish to resume the experience of something. Otherwise, the brain stops working, and *the Enlightenment of that which is One* sets in, ensuring there are no memories of something.



In a state of not-knowing, your eyes can be closed or open. You may sit in a bar, walk down a noisy street, talk a lot, or be silent. Thoughts go on as usual, for what and where you appear is a construction of thoughts. There's one difference, though. In a state of not knowing, you don't perceive thoughts as something but nothing. So, they don't affect you.

A state of not-knowing undoes conditionings

If you feel unfit, you have decided that you don't live up to the expectations you imagine others have of you. Hence, you don't suffer or feel wrong because of someone, but because of how you interpret others based on your conditioning. Maybe you think they are behaving strangely when you're not successful, polite or agreeable, so you have to adjust to their expectations.

Fortunately, your assumptions aren't caused by others but by how you

interpret their behaviour. Thus, it's up to you to undo your self-imposed conditioning. One way to do this is to enter a state of not-knowing. It wipes our slate clean, so when we return to the conscious experience of being someone, we have nothing to live up to, as our conditioning is gone.

That's why Alexis has no father/son conditioning preventing him from enjoying the company of his son as it unfolds.



Departing a *state of not-knowing*

There's no need to worry about accidentally staying too long in a *state of not-knowing*, thus having the consciousness erased by *the Enlightenment of that which is One*. Few reach the point where the brain ceases to create experiences in which they appear as a conscious entity experiencing something.

Most individuals are driven by the desire to make a difference. So, they depart from a *state of 'not-knowing* when the brain promises to make them someone significant, who influences others with something unique. Besides, should you reach the point of no return, the fear of termination is powerful enough to reboot the brain, bringing you back to the experience of being someone in a world of something.

But as you return from a *state of not knowing* to the conscious experience of being someone with the slate wiped clean, you don't expect anything to turn out in a specific way. Hence, you happily serve the brain, thus everybody, as the brain has no personal preferences.



Although a *state of not-knowing* must end relatively quickly if you wish to return to the consciousness of being someone in a world of something, *the bliss of nothing* is always there – just like the sun still shines when covered by clouds.

Suppose you no longer wish to appear in the brain's adventures of something. In that case, you don't mind the brain stopping to map out empty space as if it were a world of something. Thus, the nothingness of you, via *the Enlightenment of that which is One*, gently floats through a black hole into that which is one.

Being a servant feels so satisfying that you automatically join *the duality flow* ([Duality Hack #8](#)), the continuous interplay of opposites that shapes our experiences. However, sometimes you take a break from duality by entering a *state of not-knowing*, which is next to you when you live to serve.

Be aware that when you're in *the duality flow*, people and things that used to make you feel good no longer appeal to you, because your satisfaction doesn't come from something particular, but from the energetic interaction of opposites in *the duality flow*.

Glimpses of Enlightenment in a *state of not-knowing*

In a *state of not-knowing*, you may have glimpses of *the Enlightenment of that which is One*. However, like a movie trailer, which is not the movie but a sample of it, these glimpses aren't *the Enlightenment*-

Having glimpses of Enlightenment, you stick to one aspect at a time. So, if you feel it, don't try to see it.

However, if visions of light naturally take over, follow them until you don't see patterns and colours but one bright light. Then, you are at the portal to the Enlightenment of that which is One. Entering it, everything you believe is terminated. Hence, there's nothing to gracefully float through a black hole ([Duality Hack #10.5](#)) into that which is One.



ment of that which is One. We can't experience it, as being aware of something requires more than one.

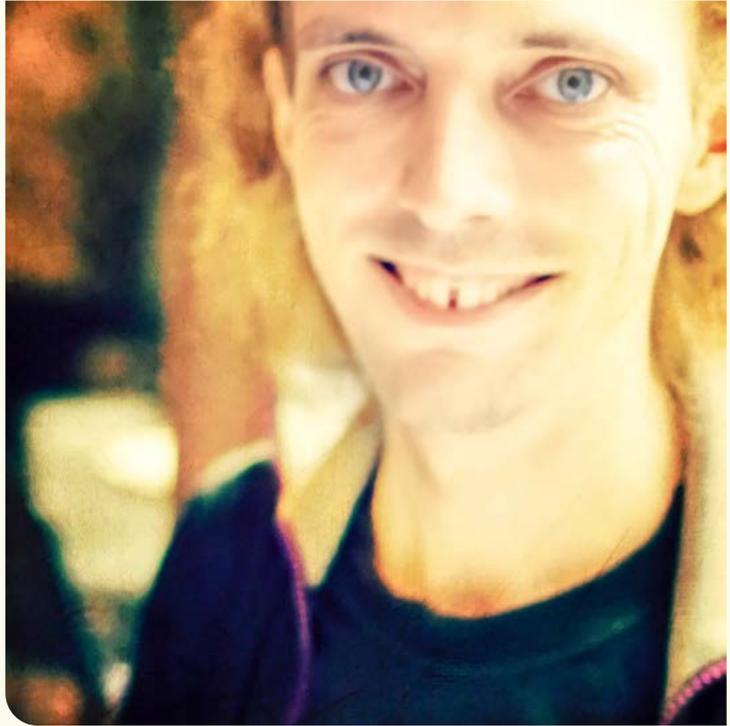
But we can see, hear, feel or taste glimpses of *the Enlightenment of that which is One.* Since we do that with the inward-facing consciousness while still in the world of the outward-facing consciousness, those glimpses, like augmented reality, are layered on top of the world outside us. See [Duality Hack #3.3](#).

Hence, visual glimpses of the Enlightenment don't illuminate a room. On the contrary, they make it harder to see it. Similarly, *celestial music*, with its ethereal polyphony, doesn't seamlessly blend with everyday sounds. That's why you'd better block out glimpses of Enlightenment when engaging in tasks that demand our full attention in the world of the outward-facing consciousness.



Most are unwilling to undo the belief in more than one. However, if you acknowledge your unwillingness, you confirm that experiencing more than one is make-believe. So, you establish a willingness to undo that belief. It doesn't mean you are suddenly transformed, reborn or awakened. The story of Santa Claus didn't change when believing in it. What changed was that you didn't perceive it as real. However, there's one difference between the belief in Santa Claus and the belief in more than one. When the belief in the latter is undone, or in the process of being that, you aren't disappointed. Instead, you feel at ease, free to enjoy the fiction of more than one.

When a state of not-knowing is over, you're nobody pretending to be somebody. Consequently, you no longer need the relationships you kept together to be validated as somebody. Hence, since you have nothing to lose, you are free to enjoy them as they unfold. With nothing to lose, you are free to enjoy them as they unfold, open to the endless possibilities of the present moment.



You start from the ground up after a *state of not-knowing*

As mentioned, you must leave a *state of not-knowing* after 20 minutes, 45 at most, if you want to return to the conscious experience of being someone in a world of something. Coming back, you start from the ground up, stretching the body with no purpose other than fine-tuning the body to a world of something.

You stretch like a cat, without coordinated movements and breathing. Yet, to an observer, it might appear as if you're following a structured system, such as Tai Chi. This misconception leads them to believe that if they focus on replicating your movements systematically, they magically attain a higher state of being. However, a *state of not-knowing* doesn't stem from a system or from being focused, but from being defocused. Nor is a *state of not-knowing* a higher state of being. On the contrary, you're nobody in a *state of not-knowing*.

In the after-effect of a *state of not-knowing*

As long as the after-effect of a *state of not-knowing* lasts – from a split-second to many years – your response to the brain’s duality experiences is twofold by default. Thus, in sync with the brain’s duality fantasy, every moment is fulfilling ([page 212](#)). However, the moment you entertain the idea that your experiences could be better, complications arise. It’s not you but the brain that shapes the world where

You probably go back and forth between the conscious experience of being someone and a state of not-knowing many times before you forget to leave a state of not-knowing, thus welcoming the Enlightenment of that which is One.



you appear as a separate being. It's not you but the brain that shapes your experiences. See [Duality Hack # 8.9](#).

In other words, when you are in sync with the brain's experiences, there's a sense of completeness, so nothing feels wrong or missing. But if you try to edit the experiences based on your conditioned notions of fairness, you're out of sync with the brain. Ergo, something always seems wrong or missing.

Thankfully, if you don't edit the frustration that this entails, its unbound energy ignites a take-off into *the empty breath*, wiping your slate clean. Hence, since you are again in sync with the brain's experiences, you feel fine regardless of appearances.

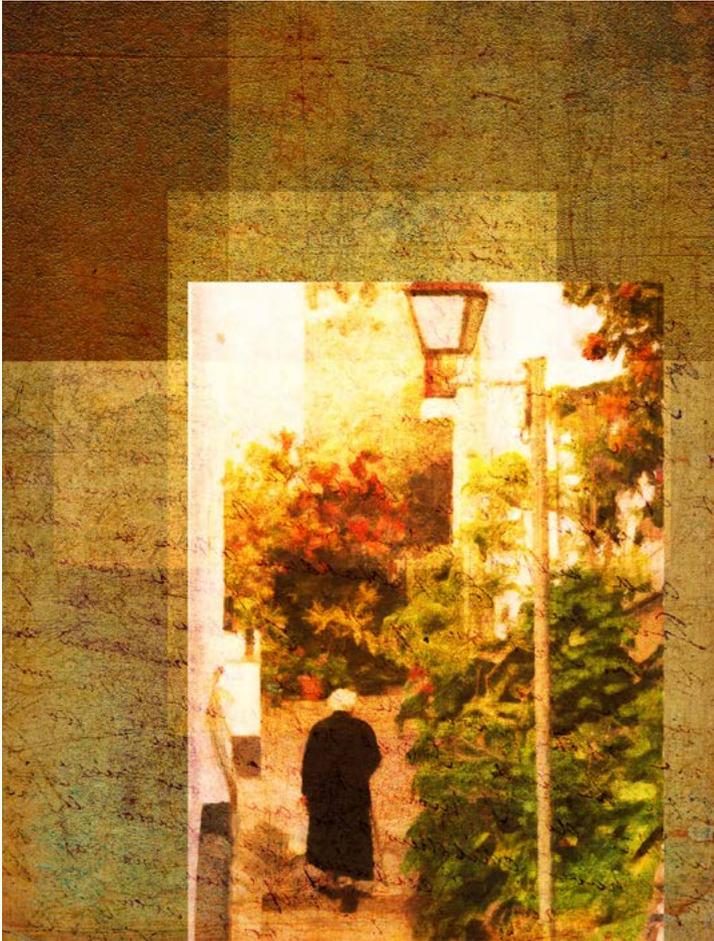


*It's not thoughts that prevent us from being in the bliss of nothing
but the urge to make them picture something.*

You can't replicate being in a state of not-knowing. Your attempt rests on remembering it as if it were something. And if you try to use second-hand knowledge to achieve a state of not-knowing, you only succeed in becoming the special self and a *state of not-knowing* is selfless.

In a *state of not-knowing*, the *empty breath* syncs being nobody with being somebody, so you navigate through something without being affected by it. It also syncs being nobody with being somebody in the after-effect of a *state of not-knowing* because it never forgets you, providing continuous and unwavering support.

However, the sync ratio is different in the after-effect. For instance, nothingness is forgotten when you need to drive a car, but it's highlighted when you're asleep. In short, in a *state of not-knowing*, you're mainly nobody and, in the after-effect, somebody.



Our conditioned reactions often lead to frustration. Thankfully, going with the unbound energy of frustration ignites a take-off into the empty breath, revealing the bliss of nothing. It feels like being in love with nobody, yet everything.

The frustration of something versus the bliss of nothing

The transition from *a state of not-knowing* to the awareness of being someone is not something you consciously experience, as there's no sense of an 'I' in *a state of not-knowing*. Nor do you notice that *the bliss of nothing* has wiped the slate clean. However, this has lifted your psychological projections on your body and the world, so



When parents take a trip to the beach with their kids, they may envision enjoying it together. However, most often, kids don't care about relaxing on the beach. Instead, they find joy in building castles in the sand, forgetting their parents and happily playing with the castles all day as if they were real. Similarly, when the empty breath provides us with the bliss of nothing, most prefer to make castles in the air, engaging with these illusions as if they are something and not nothing.

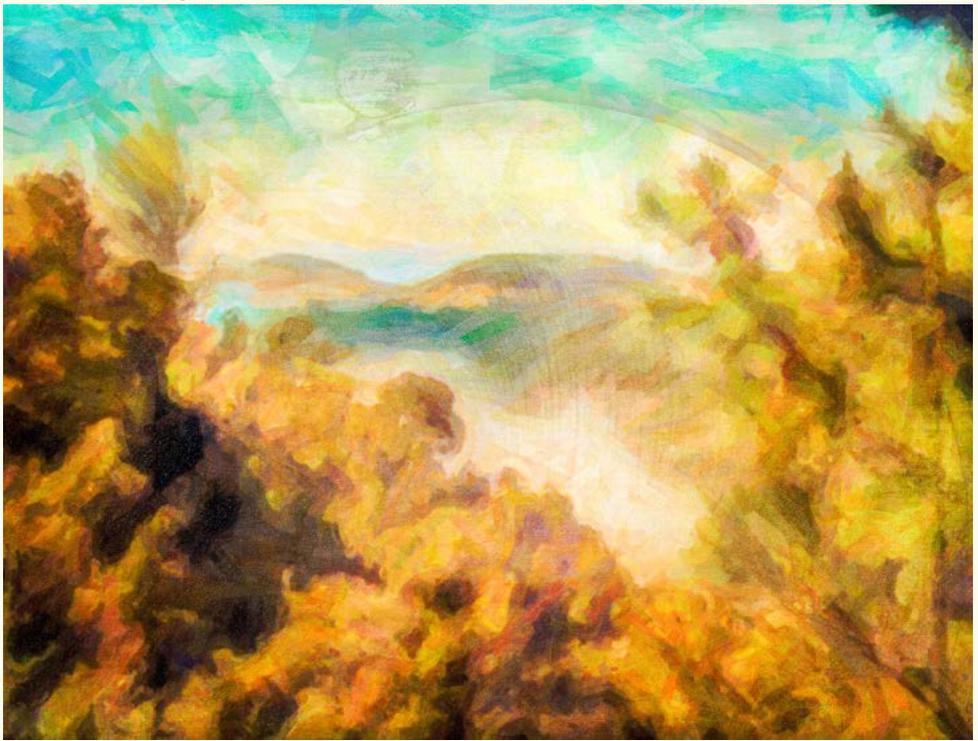
Just as children one day automatically stop making castles in the sand, grown-ups too will inevitably come to the realisation that their castles in the air are nothing but a mirage. Then, they're ready for *the bliss of nothing*. However, since time is an illusion, there's no need to rush this process. When you have played out your dreams of something, they are automatically replaced with *the bliss of nothing*.

you feel light and free, unburdened by the need to conform to a specific belief system for self-improvement or to change the world.

This doesn't necessarily mean it continues like that. Your conditioned reactions may be so deeply rooted that you revert to a familiar response pattern, resulting in leaving *the bliss of nothing* for the frustration of something. However, you can use this frustration to ignite a take-off into *the empty breath*. Thus, once again, *the bliss of nothing* wipes your slate clean, and you return to the consciousness of being somebody unconditioned.

But your old conditioned reactions may take over again, making you frustrated with something, until you no longer hold back your frustration but use its unbound energy to ignite a take-off into *the empty breath*, which replaces the disappointment of something with the bliss of nothing.

We go back and forth between the thrill of something and the bliss of nothing until we're fed up with being frustrated by something.



You'll likely find yourself repeating this cycle many times. However, each repetition is a step forward. Each time, you're getting closer to the point where you no longer perceive anything as unique. Thus, not in the frustration of something but in *the bliss of nothing*, you eventually welcome *the Enlightenment of that which is One*, erasing every notion of duality. Therefore, even though this cycle may seem repetitive, you're on a non-linear path to non-duality.

Ways to enter a state of not-knowing and the bliss of nothing

All *Alexius' Duality Hacks*, except *the Enlightenment of that which is One*, eventually bring you into a *state of not-knowing*:

- FEELING RESTLESS, you do not pacify yourself with meditation or television, but step into the unbound energy of restlessness. This ignites a take-off into *the empty breath*, bringing you to a *state of not-knowing* ([Duality Hack #9.1-3](#)).
- FEELING LAID-BACK, you perceive your reaction to your experiences as '*Dunno what it is*', thus entering a *state of not-knowing* ([Duality Hack #6.5](#)).
- FEELING TIRED, you pretend to be that because you are not what you pretend to be. Hence, you are in a *state of not-knowing* ([Duality Hack #2](#)).
- BLAMING THE WORLD FOR EVERYTHING UNPLEASANT, you perceive troubles as symbols of oneness, thus entering a *state of not-knowing* ([Duality Hack #3](#)).

Be aware that *Alexius' Duality Hacks* aren't about healing the body but the sick belief that we're in it. That said, the more this belief is healed, the more the body is freed from our psychological dominance. Hence, the biological system can deal with the body materially. See [Duality Hack #7](#).

The Duality Flow

If you accept twofoldness as the reality of duality, you're a dual being. However, most people avoid this, instead choosing to see themselves as a definitive entity. For instance, they suppress their sadness to appear definitively happy. But since there's no sadness to define them as happy, their happiness is an intellectual concept, making them feel disappointed.

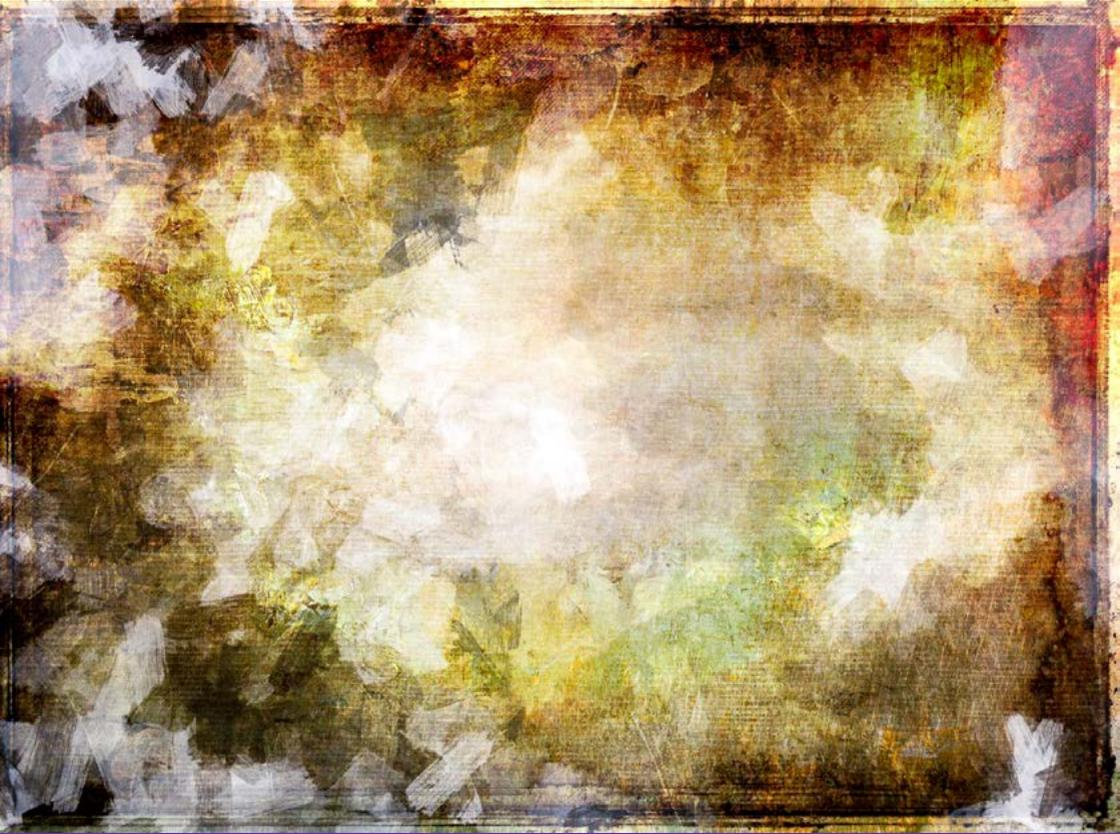
Thankfully, if you don't suppress your disappointment, its uncontrolled energy ignites a take-off into *the empty breath*. This entails *a state of not-knowing*, which wipes your slate clean. Thus, returning to the consciousness of being someone, you are in *the duality flow*, where happiness and sadness collaborate to make you feel complete.

When you withdraw from a state of not knowing, negative thoughts pop up as before. However, in the after-effect of a state of not-knowing, you naturally are in the duality flow. There, you aren't troubled by negativity, as it interacts with positivity, bringing a sense of completeness.





Read *Alexius' Duality Hacks*
until you feel so empty that a take-off into *the empty breath* automatically is ignited
– or you're so tired of reading that you forget to control yourself. Then, uncontrolled energy spontaneously ignites a take-off into *the empty breath*.



» The Enlightenment of that which is One *instantly erases all experiences. Hence, they don't appear to hide, there never was or will be more than that which is One.* «

The undoing of the belief in more than one doesn't involve transformation but destruction. Without warning, the Enlightenment of that which is One erases the belief in more than one. Thankfully, it doesn't terminate anything real because oneness is formless, thus endless, so more than One is unreal.



HACK #10.1, To welcome *the Enlightenment of that which is One*

The Enlightenment of that which is One is not a gradual process or an experience, but an immediate undoing of the belief in more than one. Since this doesn't result in something, nothing seems to hide that there never was or will be anything but that which is One.

The Enlightenment of that which is One is beyond consciousness, making it impossible for anyone, including Alexius, to tell you what it is or provide a step-by-step guide on how to enter it. However, with the reassuring support of *Alexius' Duality Hacks*, you can unlearn to be conscious of something, thus welcoming *the Enlightenment of that which is One*.

Enlightenment of that which is One erases consciousness

Alexius' Duality Hacks don't use the word Enlightened to describe someone who has reached a higher understanding or consciousness. We don't get wiser or loftier from the Enlightenment mentioned in *Alexius' Duality Hacks*. On the contrary, *the Enlightenment of that which is One* is the instantaneous end of everything we know. Thus, not being aware of something, nothing seems to hide, that there never was or will be anything but that which is One.



If you hang onto ideas about oneness as if it's an empty void that is full of loving beings, you fear the Enlightenment of that which is One because it undoes the belief in more than one. So, to avoid the Enlightenment of that which is One, you cherish one or more thoughts, determining you as a loving being amongst like-minded ones.

However, most who enter *the Enlightenment of that which is One* fear the termination of consciousness. Hence, they avoid it by justifying their panic with *the Enlightenment of that which is One*. This fearful relation reestablishes them as somebody conscious about a world with more than one.

Therefore, if you want *the Enlightenment of that which is One*, don't project your fear onto it. Instead, stand by your angst of termination, however, not by embracing it. That establishes you as someone definitive, thus unable to enter *the Enlightenment of that which is One*.

Instead, be frightened and nothing else. Therefore, since there's nothing left to define you as scared, fear doesn't reestablish a world with more than one. Consequently, *the Enlightenment of that which is One* can extract your consciousness, so your nothingness can pass through a black hole too tiny for something to enter. Next, weightless and shapeless, your nothingness keeps falling through an empty void, yet simultaneously descending into that which is One, as oneness is one perpetual present.

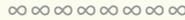
In summary, when fully acknowledged, fear vanishes, paving the way for *the Enlightenment of that which is One* to terminate consciousness so that no awareness hides that which is One.

No particular posture or surroundings are needed to avoid being affected by thoughts. All that's required is not to be concerned about their apparent effect.



To welcome *the Enlightenment of that which is One*

A specific physical posture or the release of kundalini doesn't pave the way for *the Enlightenment of that which is One*. The body's appearance or content is unimportant regarding *the Enlightenment of that which is One*, as it doesn't enter the body, the aura, the chakras, or anything else we know about. That's why the way to welcome *the Enlightenment of that which is One* is to forget what and where we appear to be.



None of the exciting stories about awakening or achieving higher consciousness applies to that which is One, but to a world with more than one, as it requires more than one to become something.



When you don't look for coherence to make a world with more than one seem meaningful, you welcome *the Enlightenment of that which is One*.



If you believe in a world with more than one, all you need to return to that which is One is to undo that belief. Thankfully, *the Enlightenment of that which is One* does that immediately.



Some people like to quote ancient scriptures about oneness (non-duality) to make it appear as if they know what it is and can teach others how to attain it. But it takes more than one to know, learn or achieve something, and oneness is formless, thus endless, so their knowledge is useless.



To welcome *the Enlightenment of that which is One*, you must overlook the apparent differences in your experiences. This is not about perceiving them as one but about standing by their apparent differences without focusing on anyone in particular. Hence, since their apparent difference makes no difference, they become the same, likewise, the

experience of having two eyes. Thus, with just one eye, you welcome *the Enlightenment of that which is One.*

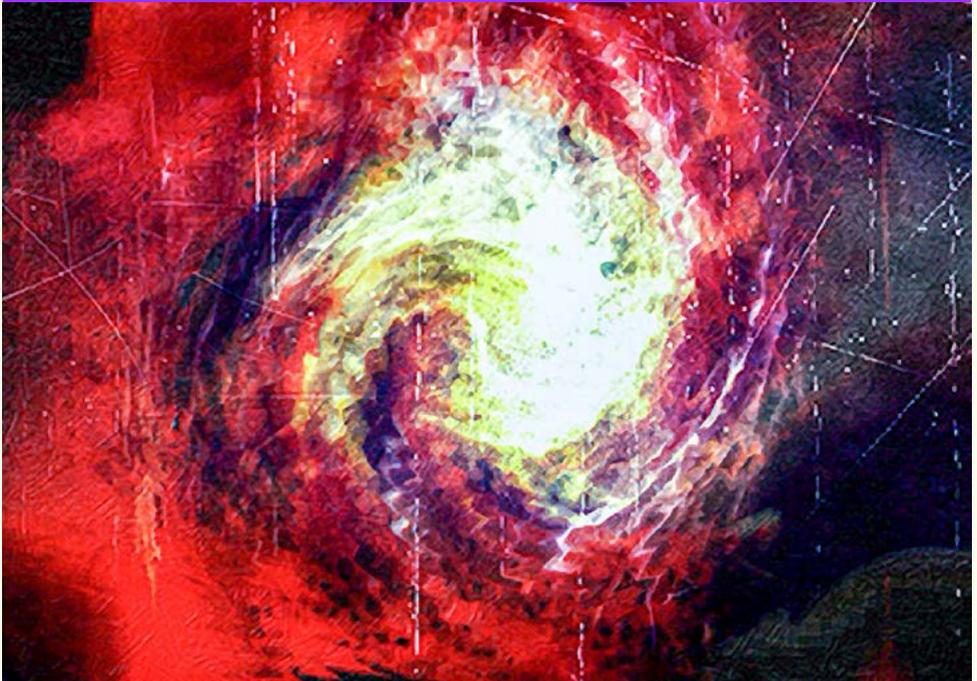
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You can't welcome the Enlightenment of that which is One if you attempt to understand or organise anything, as that requires more than one. This doesn't mean you must embrace chaos. Embracing something also calls for more than one, as, to do so, there must be a subject and an object. And since that also applies to getting something, the Enlightenment of that which is One doesn't give you peace, stillness, love, or anything else. Ergo, you welcome the Enlightenment of that which is One when you don't want anything.



The Enlightenment of that which is One have no levels and does *not* give you something, as that requires more than one. For the same reason, it doesn't take away anything. Hence, although you seem to lose everything in *the Enlightenment of that which is One*, you don't lose anything – just as you don't lose something when Santa Claus is exposed as a fantasy.

The Enlightenment of that which is One defies illustration. Thus, the image Alexius has crafted, of light both emanating from and being drawn into a black hole, is a mere simulation, a humble attempt to capture the ineffable. *The Enlightenment of that which is One* extracts the thought construction, keeping us together as a specific entity, so that our emptiness can pass through a tiny black hole, bringing back nothing to that which is One. In other words, the last thing we see as someone is a black hole ([Duality Hack #10.5](#)). Then we're no longer a separate being and never were, for it takes more than one to be someone.



No specific way to *the Enlightenment of that which is One*

You don't enter *the Enlightenment of that which is One* by doing something specific, but by not focusing on anything in particular. For instance

- REMAIN IN A STATE OF NOT-KNOWING for 20 minutes, maybe 45, *the Enlightenment of that which is One* set in (see [Duality Hack #9.10](#)).
- NOT COMPILING SELECTED EXPERIENCES into something coherent, rational thinking does not conceal *the Enlightenment of that which is One*. In short, when you forget to remember being someone, nobody enters *the Enlightenment of that which is One*.
- FOLLOW THE STREAMS OF THOUGHTS & FEELINGS unedited to their end without expectations (see [Duality Hack #4.6](#)). Hence, since eventually there's nothing to define you, nobody is at the gateway to *the Enlightenment of that which is One*.
- FORGETTING TO BE SOMEONE PARTIALLY, you see, hear, feel, or taste glimpses of Enlightenment layered on top of a world with more than one. However, if you don't perceive *celestial music*, for instance, to consist of more than one sound, you enter *the Enlightenment of that which is One*. See [Duality Hack #11.1](#).



Alexius, with three of his cats on their sofa, where he types the Duality Hacks on the keyboard stashed away in the corner. For instance, he types that being a servant, thus selfless, nothing seems to hide *the Enlightenment of that which is One*.

***The Enlightenment of that which is One* or its glimpses**

Alexius' Duality Hacks distinguishes between *the Enlightenment of that which is One* and its glimpses. The latter can be experienced through the inward-facing consciousness. But we can't experience *the Enlightenment of that which is One*, as that requires more than one.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞



The Enlightenment of that which is One doesn't change anything, for that requires more than one. So, even though Alexius' non-being was pulled through a black hole into that which is One, he appears the same when rebooted into a world with more than one. However, as he knows there's no more than that which is One, he's comparable to *the Enlightenment of that which is One*.

If you're visual-minded, you experience glimpses of Enlightenment as *lucid light*. But if you're more into listening, feeling or tasting, you will hear, feel or taste the glimpses of Enlightenment. However, you don't experience them simultaneously but one aspect at a time (see [Duality Hack #10.4](#)).

These glimpses, like a movie trailer, offer a fascinating taste of the whole. But unlike a movie trailer, glimpses of Enlightenment hold the potential to evolve into the complete film they represent.

When you don't perceive the glimpses to differ, they fuse into one light, sound, feeling or taste, which is the portal to *the Enlightenment of that which is One*. Upon entering it, *the Enlightenment of that which is One* immediately erases your consciousness. Hence, you no longer see, hear, feel or taste anything. Instead, your nothingness floats through a black hole into that which is One.



Unlike *the Enlightenment of that which is One*, its glimpses can be experienced. Many believe that these experiences expand their consciousness and, therefore, transform them into a higher being, making them wiser than others. Although this interpretation reinforces the belief in a world with more than one, rather than undoing it, this point of view is appreciated by those who prefer to make a difference rather than being at one.



The Enlightenment of that which is One undoes the belief in more than one. However, nothing ever leaves oneness since it's formless, thus endless. So, *the Enlightenment of that which is One* doesn't terminate anything other than the belief in being someone in a world with more than one.



The portal to the *Enlightenment of that which is One* is akin to a fairground carousel which spins so fast that the distinction between experiences dissolves. Entering the *Enlightenment of that which is One*, you can't remain as somebody. Thus, nobody experiences the return to what was left: the formlessness of oneness.

[The image is from the internet]



In 1972, Alexius, for the first time, momentarily forgot what and where he appeared. Thus, nothing smoothly fell into that which is One.

Hack #10.2, *The Enlightenment of that which is One*

Alexius writes about the moment he welcomed *the Enlightenment of that which is one*, erasing his awareness of something, so nothing seemed to conceal that which is One.

Metaphorically, experiencing glimpses of the Enlightenment of that which is One is like a captivating ride in a fairground carousel, each turn speeding up, until its scattered glimpses of light merge into a singular, vibrant light: the portal to *the Enlightenment of that which is One*.

Practically speaking, if we don't label glimpses of Enlightenment as different, they merge into one, which is the portal to *the Enlightenment of that which is One*. When we enter this portal, *the Enlightenment of that which is One* immediately wipes out our consciousness. Thus, nobody experiences their nothingness is pulled through a black hole, where it neither falls, rises, nor is still, as it takes more than one to do something, and there is no more oneness since it's formless, thus endless.

This is why Alexius doesn't talk about the *Enlightenment of that which is One* from experience, but from a distant sense of being nothing floating into that which is One. His description sounds like this is a series of events unfolding in linear time.



Alexius recalls the portal to *the Enlightenment of that which is One* as a light show coming from nowhere, revealing a black hole. Or perhaps the lightshow was ejected from the black hole – or it emerged and retracted simultaneously. Alexius doesn't know because a white ring within the black hole's edge immediately absorbed the black hole, exploding into a brilliance that surpassed the colourful lightshow. It erased everything definable.

Hence, Alexius is unable to recount what 'happened' after the formless light pulled his nothingness through a shapeless hole, where it kept floating until it neither was floating nor still, nor was nothing or something, but what it always has been and will be: that which is One. Alexius can't make or find an image that captures this. But you'll 'see' it if you don't hang onto thoughts to establish you as someone definitive, as oneness defies all attempts at definition. [*The image is from the internet*]

However, it's *one perpetual present*, which is indescribable in a world of linear time.

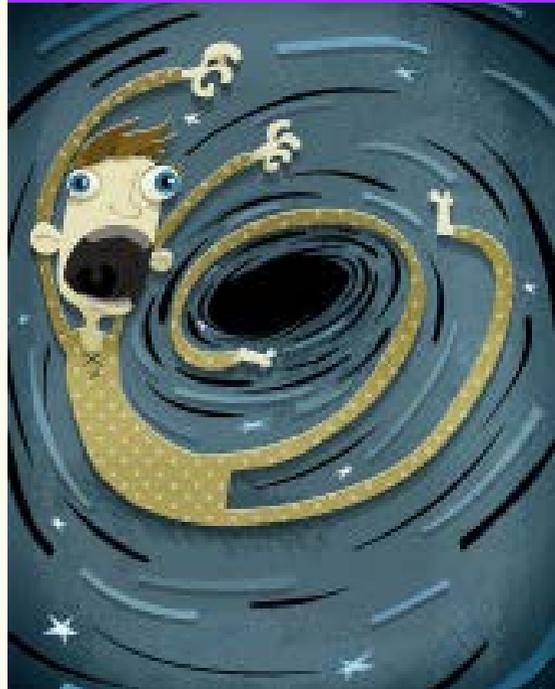
Alexius welcomes *the Enlightenment of that which is One*

One morning in 1972, as Alexius wearily returned home after 15 intense hours of working as a taxi driver, the remaining images of driving back and forth in the dark city, tirelessly searching for customers, began to lose their sharpness, blurring into something less definable.

Lost in this haziness, Alexius forgot to establish a focused image of himself. Thus, unaware of what and where he was, a spiralling psychedelic light show emanating from nowhere in particular was all he was aware of.

Without warning, a black gap with no fixed location or form, resembling a horse head (page 578) or perhaps an embryo (page 602), abruptly erupted from the psychedelic light show. This sudden emergence, like a bolt from the blue, was a sight to behold. Next, an utterly colourless light – brighter than the coloured light outside the black gap – formed a

Without warning, *the Enlightenment of that which is One* strips away our belief in being someone. Simultaneously, a black gap draws the nothingness of you into the formlessness of oneness. However, not being someone frightens most people. So, they avoid it by seeing the Enlightenment of that which is One as a series of events labelled in familiar ways. Thus, back in a world with more than one, they feel miserable yet delighted since they had glimpses of Enlightenment. However, like movie trailers are samples of the whole, glimpses of Enlightenment are teasers but not *the Enlightenment of that which is One*. See [Duality Hack #10.5](#). [*The image is from the internet*]



ring with no defined boundary within the black gap's edges. Simultaneously, it burst out of it.

The light, everywhere and nowhere, absorbed everything, including Alexius' source code as a conscious being. Then, with an effortless pull, the light drew Alexius' non-being through the seemingly impenetrable black gap.

On the other side, there was neither darkness nor light but an infinite expanse of emptiness. Weightlessly, Alexius' nothingness kept floating through this void until it was neither floating, nor was still, and neither was nothing nor something, but what always has been and will be: that which is One.

As previously mentioned, this didn't happen step by step but in *one perpetual present*. Also, Alexius didn't enter oneness, for he has nev-

Many teachings on Enlightenment advocate the exclusion of perceived darkness to achieve Enlightenment. However, exclusion fosters separation, reinforcing the belief in a definitive self and, thus, fencing off the Enlightenment of that which is One. Besides, it doesn't enlighten anybody, as that requires more than one.



er existed as a separate entity from it, as oneness, being formless, is endless. This is not to say that oneness is enormous. On the contrary, being sizeless, it occupies no space. Therefore, it's not a big void filled with something exciting, but simply that which is One.

The Enlightenment of that which is One is unexplainable

When Alexius welcomed *the Enlightenment of that which is One*, he wasn't aware of doing it. Actually, he had never heard of Enlightenment or a black hole. But when he later saw images of black holes in the universe, a sense of familiarity washed over him. 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 and, thus, endless, so it's without inside and outside.

Of course, you don't have to work as a taxi driver all night to be so exhausted that you forget to uphold your story of being someone somewhere specific and, thus, welcome *the Enlightenment of that which is One*. It's as simple as momentarily losing focus, pausing from labelling what and where you appear. Any such moment is a portal to *the Enlightenment of that which is One*.

The brain's stories about more than one vs that which is One

The brain, often seen as a barrier to oneness, is actually a loyal companion. It's always there, faithfully carrying out our assigned task: to fabricate the illusion of a world with more than one. We hope that being and having more is more exciting than the eternal peace of oneness. Yet, more is never enough, so despair eventually replaces our hope.

Thankfully, experiencing more than one is impossible except in fantasy, which the brain sustains on your request. But if you're fed up with this fantasy, you tell the brain that you no longer need it to make experiences of more than one. Although the brain likes its essential role in generating these experiences, fabricating stories of more than one repeatedly feels boring. Besides, you're its only friend, so it gladly helps you bypass the fantasy of more than to enter *the Enlightenment of that which is One*.



As it takes more than one to be conscious of something, we can't experience *the Enlightenment of that which is One*. However, we can experience its glimpses. When we're unaware of their differences, they fuse into one light, sound, feeling, or taste. Hence, we've arrived at the portal to *the Enlightenment of that which is One*, which instantly dispels the belief in more than one, uncovering that which is One.

Hack #10.3, Floating into the formlessness of oneness

We don't return from a dream because we weren't there, but in our bed. Instead, we have the belief in a world with more than one undone.

The visual portal to *the Enlightenment of that which is One* is *lucid light*. Therefore, it's not symbolic when the New Testament recounts St. Paul's daily encounters with blinding light. Or when the Bhagavad Gita mentions Arjuna's awe, »*It's brighter than thousands of suns. I have become the destroyer of worlds ...*«

Given the variations in translations of the scriptures and that the above quotes are from Alexius' memory, they may not align precisely with your edition. No worries, all explanations about *the Enlightenment of that which is One* will always fall short because it takes more than one to describe it.

» *If you return from the Enlightenment of that which is One to the experience of being someone in a world with more than one, this is something you simulate (see Duality Hack #2).* «

So, although Alexius entered *the Enlightenment of that which is One* at the age of 22, he can't explain what it is. Therefore, the



Since there's no more than that which is One, nobody leaves it. So, if you seem to be in a world with more than one, you're dreaming. However, this is a metaphor, for it takes more than one to dream about something.

The Enlightenment of that which is One doesn't do anything other than erase the belief in more than one. Yet, you don't realise that your belief in more than one is gone.

Thankfully, you don't need to know it because you never left oneness, as it's formless and thus endless. It's like waking from a dream that you forget when you realise you were always in bed.

following are not ultimate statements but rather humble attempts to express something beyond description.

The formlessness of oneness can't be seen

Alexius can't see what his cats dream about when asleep. But based on their sudden movements, he assumes they sometimes dream about something unpleasant. Oneness would likely draw the same conclusion if it could see what goes on in those imagining living in a capsule of time and space. But just as Alexius can't see his cat's dreams, the formlessness of oneness can't see humans' dreams about something shaped.

However, even if oneness could see the fantasy about being confined by time and space, it wouldn't undo it. Most humans yearn for the experience of something definitive, although achieving it generally causes frustration.

Thankfully, oneness offers a solution to this paradox, namely, glimpses of Enlightenment. They are experienced as compelling shapes that pull you into



With a suddenness that leaves no room for transition, *the Enlightenment of that which One* extracts the belief in being someone. At the same time, the nothingness of you is sucked through a tiny gap, resembling a black hole, and gently floats into that which is One. This is terrifying if you cling to the idea of being someone specific.

But fear not. The thought construction defining you as someone definitive is left at the edge of the black hole, ready for you to reclaim. You do it by assigning a specific meaning to the nothingness of you. Then, it becomes something that can't pass through a black hole because it's too tiny for anything definable.

Picking up your thought construction, you're rebooted as someone definitive in a world defined by time and space.

[The image is from the internet]

the portal of *the Enlightenment of that which is One*. Entering it ends your dream of more than one, revealing that reality is that which is One. Since it's formless, oneness is not something you achieve, thus not entailing frustration, but the peace coming from not believing in more than one.

» *It's 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 Alexis' Duality Hacks, you're mistaken because an assumption requires more than one.* «

This Duality Hack (#10.3) is about the most common way to be drawn into the Enlightenment of that which is One, namely, having glimpses of lucid light. In [Duality Hack #10.4](#), you can read about the three other ways: glimpses of *sublime intimacy*, *celestial music* or *immortal sweetness*.



If you fear the apparently destructive powers of a world with more than one, you will also fear *the Enlightenment of that which is One*. It relentlessly ends the experience of a world with more than one. However, this is not because *the Enlightenment of that which is One is destructive*, but realistic. A world with more than one is an illusion, for there's no more than One since oneness is formless, thus endless.

Everything definable disappears in *the Enlightenment of that which is One*, not because it's obliterated, but because there's no definitive observer to uphold it as real.

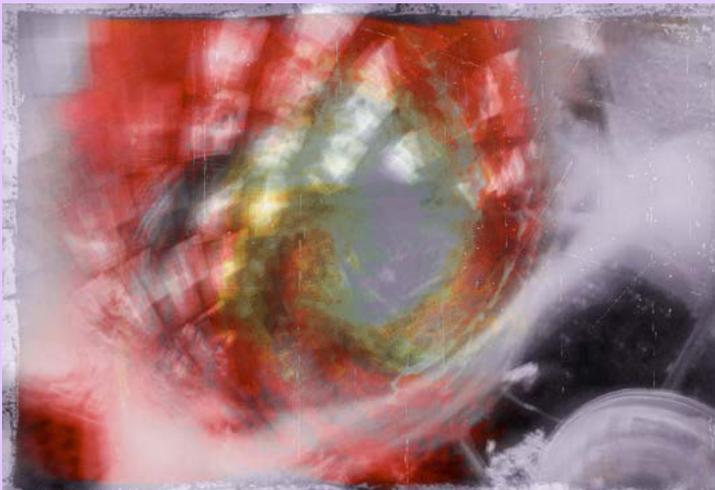


Floating into oneness

The Enlightenment of that which is One is more potent than thousands of atomic bombs. Relentlessly, it wipes out every definable feature that makes up our identity in a fantasy world of more than one. When we don't resist this, nobody fears the free fall through a black gap into that which is One.

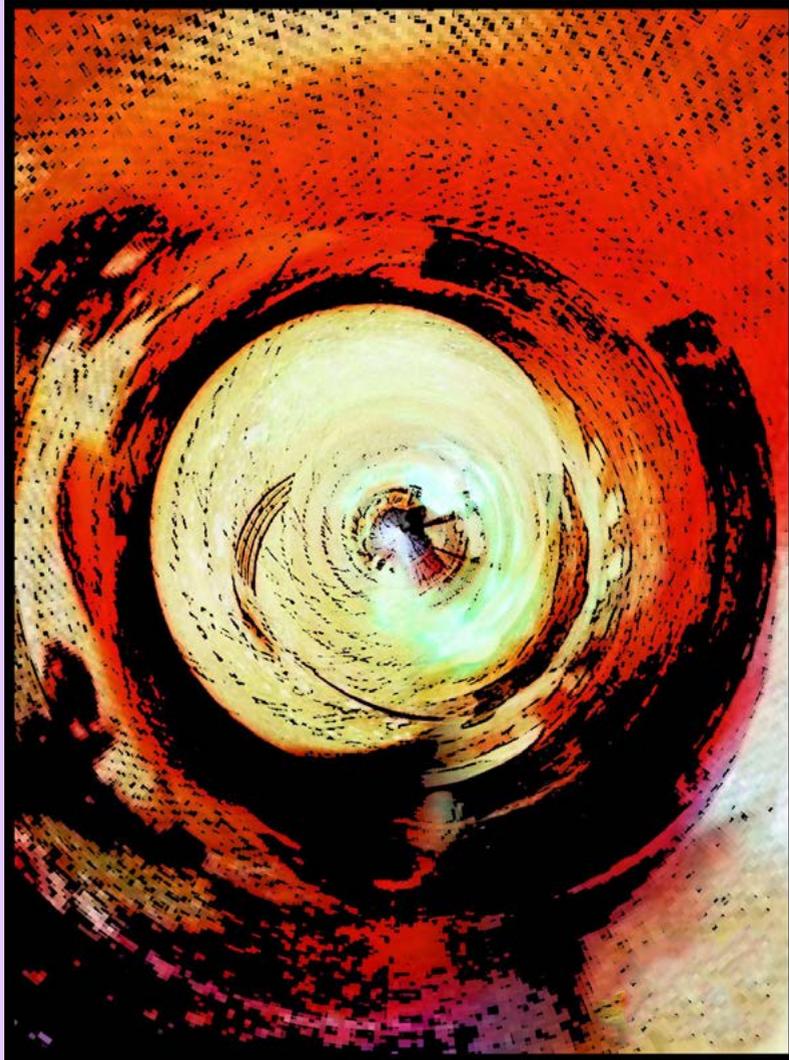
But suppose you have grown accustomed to maintaining a righteous facade by projecting your wickedness onto others. In that case, you constantly fear retribution. Therefore, you probably view the force of Enlightenment as an avenger and fight it by shaping your fear to appear robust enough to smash it into pieces. Thus, back in the fantasy world of more than one.

That said, you can't destroy *the Enlightenment of that which is One*. And it doesn't eliminate you, for what you believe to be your identity is as illusory as the existence of Santa Claus. Hence, since nothing is terminated but the belief in being someone specific, there's not something to fear or lose from being nobody in a free fall into the formlessness of oneness. Still, we may resist our perceived destruction several times before we stop avoiding it.



The Enlightenment of that which is One immediately undoes the belief in being someone specific. Hence, nothing can gracefully float through a black hole, too tiny for something, into the formlessness of oneness. See [Duality Hack #10.5](#).

As you use the inward-facing consciousness intensely, you gradually begin to get glimpses of Enlightenment, while the outward-facing consciousness continue to operate in the background. When you forget to be conscious of the glimpses apparent differences, they merge into one. This is the portal of *the Enlightenment of that which is One*. Entering it immediately erases your consciousness, so nobody sees your nothingness gracefully float into that which is One.



Hack #10.4, Beyond consciousness

You experience glimpses of Enlightenment with the inward-facing consciousness until you don't perceive them to make a difference. Then, not conscious of something anymore, nobody is at the portal to *the Enlightenment of that which is One*, which pulls you into that which is One.

Four ways to launch *the Enlightenment of that which is One*

As the world generally emphasises the visible, the visual portal to *the Enlightenment of that which is One* is the most well-known. But there are three others: an audio, emotional, and taste portal. Like the visual portal, we arrive at these via the inward-facing consciousness.



We can see, hear, feel and taste glimpses of *the Enlightenment of that which is One*. Which aspect we encounter depends on our preference in a world with more than one. However, these glimpses aren't *the Enlightenment of*

You can enter the Enlightenment of that which is One via its various glimpses. Whether it's lucid light, celestial music, the echo of oneness' sublime intimacy, or the immortal sweetness, you follow one of these aspects until its different expressions merge into one. This fusion is the portal to the Enlightenment of that which is One. Once you enter, the illusion of more than one is immediately dispelled.

that which is One. Instead, the glimpses are ways to hold us so spellbound that we don't resist entering *the Enlightenment of that which is One* to have our belief in more than one undone.

The first time Alexius entered *the Enlightenment of that which is One* was via an internal lightshow merging into one *lucid light*. Much later, he entered it by hearing *celestial music*, until it became one sound. He tasted *immortal sweetness* till it blended into one taste. And he sensed *the echo of oneness* fusing into one emotion. These aspects don't blend, so he experienced them one by one, leading to the gate of *the Enlightenment of that which is One*.



What pulls you into the portal of the Enlightenment of that which is One, depends on your preferences in the world of the outward-facing consciousness. For instance, if you're audio-visual, you're pulled in by celestial music.

This doesn't demand a particular body posture, closed eyes or a secluded location. We simply tone down the outward-facing consciousness by defocusing. Thus, not focusing on something specific, we're in the abstract world of the inward-facing consciousness, leading to the portal of *the Enlightenment of that which is One* when we forget to divide glimpses of Enlightenment into more than one.

For instance, when we stop isolating the audio glimpses, they merge into one celestial sound. This sound serves as the audio portal to *the Enlightenment of that which is One*. As we step into it, our consciousness is undone. Hence, since nobody is conscious of something, there's nothing to conceal that oneness was always present, patiently waiting for us to go beyond consciousness, so what we can't be aware of is revealed.

Duality Hack #10.1-3 was primarily about entering *the Enlightenment of that which is One through* its visual portal. However, below Alexius describes his way to the three other portals, one by one. Our personal preferences in the world of the outward-facing consciousness determine which portal we're drawn into. In other words, if you're audio-minded, you're pulled in by celestial glimpses of Enlightenment.

In deep sleep, we don't perceive differences to make a difference. That's the invitation, the Enlightenment of that which is One patiently waits for.



The Sound of Enlightenment: *Celestial Music*

In the year following Alexius' entering *the Enlightenment of that which is One* through its visual portal, he often heard *celestial music*. However, he perceived it as polyphonic music consisting of many distinct bell-like sounds. So, it didn't turn into the portal to *the Enlightenment of that which is One*, but remained as glimpses of Enlightenment, experienced with the inward-facing consciousness.

Thankfully, in the tranquility of deep sleep, where the concept of an 'I' is absent, there's no one to perceive sounds as separated. So, one night in deep sleep, as the sound of one celestial bell reached Alexius, he passed the sound portal to *the Enlightenment of that which is One*. See [Duality Hack #11.2](#).

The Taste of Enlightenment: *Immortal Sweetness*

On the way to the taste portal of *the Enlightenment of that which is One*, one is greeted by droplets of a milk-like fluid, carrying the taste of honey and a hint of liquorice or strawberry that lingers in the back of one's mouth. This *immortal sweetness*, when first encountered by Alexius, was a seismic shock to his physical system, triggering a reflexive urge to vomit.

» When you compare the flavour of the immortal sweetness to something familiar, you have glimpses of Enlightenment experienced with the inward-facing consciousness. But when you don't label the taste, you're beyond consciousness, getting one flavour with no specific taste, thus arriving at the portal to the Enlightenment of that which is One. «

Yet, as he didn't suppress his despair, the physical vomit reflexes were replaced by a metaphysical jug, unveiling a one-taste smoothie of *immortal sweetness*, opening the taste portal to *the Enlightenment of that which is One*. See [page 620](#).

Upon returning to a world with more than one, Alexius was unaware that he had entered *the Enlightenment of that which is One* via its taste portal. But later, as memories of *immortal sweetness* pulled him into a shapeless whirlpool where no specific flavour resurfaced, he knew.

The Feeling of Enlightenment: *Sublime Intimacy*

The emotional portal to *the Enlightenment of that which is One* is *the sublime intimacy* you get from *the echo of oneness*. See [Duality Hack #11.4](#). You can hear or feel this echo. Hearing it was easy for Alexius, but feeling it seemed scary. For years, fear prevented him from experiencing *the sublime intimacy* twinkle within and without. Finally, when he didn't avoid shaking with fear, instead vibrating like that felt like he was quivering with joy in an electric body wired to the cosmos.

Alexius still vividly recalls the breakthrough. One night, he fell into such a deep sleep that the fear of the outward-facing consciousness world dissipated. Instead, with the inward-facing consciousness, he experienced the bed and everything else as one electric body transparently pulsating with tiny bubbles.

Next, the electric body wasn't shaped. Hence, since Alexius was formless, nobody had specific experiences of *the Enlightenment of that which is One*. That's why what you're reading is based on Alexius' distant memories of *one perpetual present* with bubbles moving so fast that there were none. However, when he returned to a world defined by time and space, it seemed like a series of events from a long time ago, yet right here. See [Duality Hack #11.4](#).



We all know that the world we perceive through virtual reality glasses is not real. However, only a few are aware that this applies to everything we experience, as it requires more than one to be conscious of something, and there's no more than that which is One..

When the body stops functioning, you can no longer experience being somebody in the outward-facing consciousness' world. Yet, for a while, you still experience the world of the inward-facing consciousness, from which you are quickly transported as nothing through a tiny black hole, into that which is One. This doesn't mean you must die to return to oneness, but that you must leave the consciousness behind, which you can do anytime by applying *Alexius' Duality Hacks*. See also [Duality Hack #4.6](#).



When the above Zen-like strokes speedily meet, they form a circle and, thus, a hole, often referred to as a black hole in *the Enlightenment of that which is One*. But the hole is not necessarily centred or black. And it's typically brimming with flashes of ever-changing colours, which are also moving rapidly and chaotically outside the Zen-like strokes.

However, you can't see them in this simplified illustration. Nor can you see that the lightshow is rapidly absorbed by a ring of shiny light emerging along the hole's edge.

In a sudden, blinding burst, this ring becomes a light so bright that there's nothing to see, thus nothing to be. That is why nobody experiences that nothing is smoothly pulled through a hole in the light, which is too tiny for something to pass.

On the other side, this nothingness floats into oneness. Since it's formless, thus endless, there never was or will be anything else. Hence, since you have never departed that which is One except in fantasy, your return is also fiction.

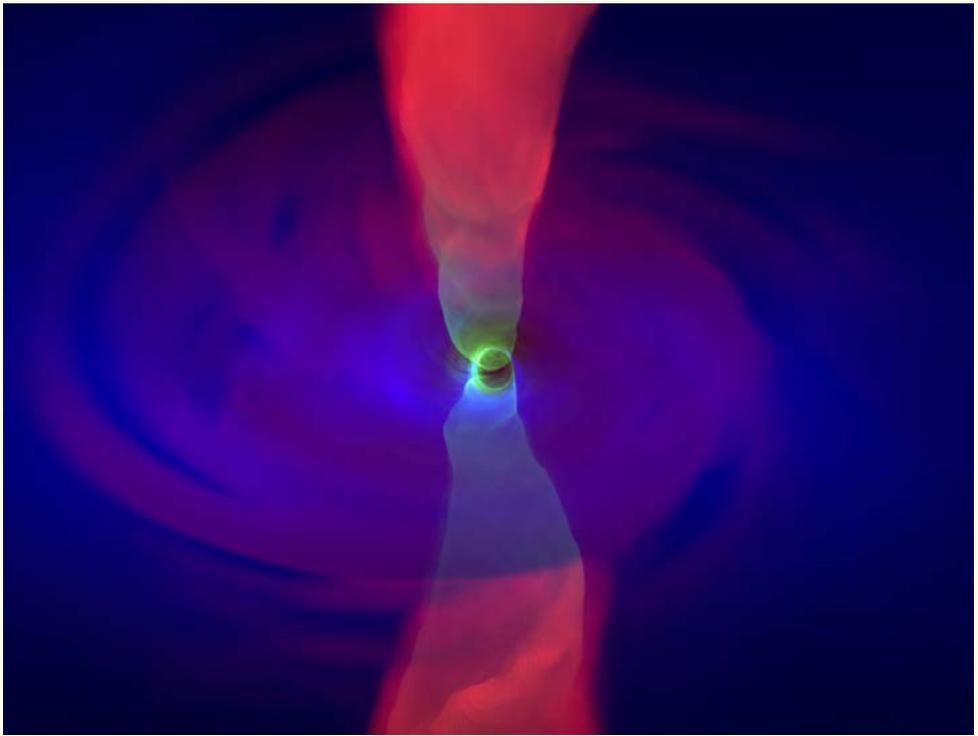
Hack #10.5, Through a black hole into that which is One

The entrance to oneness, looking like a black hole, is so tiny that only nothing can pass it and gently float into the formlessness of oneness.

The Enlightenment of that which is One is like a powerful vacuum cleaner. However, it doesn't just absorb dust from the floor, but also the floor itself, and everything else you see. Hence, nothing hides what can't be seen, namely, that which is One. Of course, this is a metaphor. Oneness, being formless, thus endless, can't be concealed by something else. Ergo, *the Enlightenment of that which is One* doesn't extract anything but the belief in being somebody seeing something.

As it does that immediately, there's nobody to detect that the inner edge of a circle formed by Zen-like strokes turns into a ring of light. Immediately, this ring whirls so fast that it becomes one light, absorbing everything. Hence, leaving nothing to experience but a light too bright to be seen. So, since there's not anything to confirm the belief in being somebody, the light can gently push nobody through a black gap too tiny for somebody. On the other side, beyond light and dark, this non-being gracefully floats through a vast void into the formlessness of oneness.

If you try to see something definable in the Enlightenment of that which is One, such as specific colours, you're back in a world defined by time and space. [The image is from the internet]



Labelling turns off *the Enlightenment of that which is One*

The above description suggests that attaining oneness occurs in a world of linear time, a concept with which we are familiar. However, oneness is timeless, so the above takes no time at all. Additionally, oneness is shapeless, so it has no entrance, which resembles a Zen circle or any other form. In other words, there's no way in or out of the formlessness of oneness. Nevertheless, since we appear to be in a world confined by time and space, Alexius continue the description of *the Enlightenment of that which is One* in that context.

Even though the floating centre of the zen-like circle, which is the 'entrance' to oneness, is often called a black hole, it may not appear like that. Instead, it may resemble a horse's head, as depicted on [page 578](#). The stroke that encircles this 'hole' is not a single stroke but two greyish strokes, drawn simultaneously from the top by nobody and without a brush, quickly and smoothly. In the image on [page 575](#), these strokes are yet to converge. When they do, simultaneously, you see a lightshow of lucid colours outside the circle.

However, if you compare the Zen-like strokes to familiar shapes, they don't meet to become a circle but are replaced by images of a familiar world with more than one. Ergo, your belief in more than one is not extracted but enhanced. Consequently, your non-being doesn't encounter a timeless journey with no distance to the formlessness of oneness.

In conclusion, labelling *the Enlightenment of that which is One* prevents you from being nothing, floating into the formlessness of oneness. Therefore, you do *not* pass through a black hole in a Zen-like circle, which is no longer a hole but a colourless light so bright that there is nothing to see and, thus, nothing to obscure the formlessness of oneness.

To spell it out, when you insist on being someone seeing more than one, you can't enter *the Enlightenment of that which is One*. Instead, you get only glimpses of it experienced through the inward-facing consciousness. See [Duality Hack #11.1](#).



A horse-head-shaped black hole may be your last sight

When you often use the inward-facing consciousness, you begin to catch glimpses of Enlightenment. If you don't define them, they become the portal to *the Enlightenment of that which is One*. Entering it, a black hole resembling a horse's head may be your last vision before a light blows out and into the black hole simultaneously.

However, you don't see it because it's so blinding that you cease to exist as someone definitive. That's why your nothingness can pass through the black hole, too tiny for something, into an endless void, where it keeps floating until absorbed by emptiness. Hence, since there doesn't seem to be anything outside of oneness, nothing appears to hide that there never was or will be anything other than that which is One.

Nothing returns to oneness as nothing ever leaves it

On the other side of a black hole, there's no sense of being someone. Thus, a non-being is on a timeless odyssey through an infinite void devoid of light or darkness. Yet, there's a sense of a sudden end. Consciousness is a construct of more than one, so it must end *not* to hide that which is One.

In short, *the Enlightenment of that which is One* is not a termination, but a revelation. It dispels the illusion of more than one, leaving only the simplicity of that which is One.

[The images are from the internet]



The Enlightenment of that which is One

But let us assume you don't compare the Zen-like strokes that initiate *the Enlightenment of that which is One* to something familiar. In this case, the strokes meet to form a hole from which one light extracts the belief in more than one, so that nothing can pass through a black hole too tiny for something.

However, when you don't label the hastily drawn circle as something, you hardly register the black hole they form, nor the psychedelic light show outside it. Yet, you may sense a white glowing ring within the hole's edges, emerging out of nowhere and swiftly



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. These states depend on the belief in more than one, and there's no room for more than one in *the Enlightenment of that which is One*. [The image is from the internet]

becoming one borderless bright light. This light, neither opaque nor transparent, is so intense that it can't be seen – nor can anything else, as it extracts the belief in more than one.

Thus, your nothingness weightlessly floats through a discontinued black hole until it neither is floating nor is still, and neither is nothing nor something but that which is One.

Of course, this description is not factual but metaphorical, echoing Alexius' non-being in *one perpetual present* entering what it never left: that which is One. However, you'd be better off forgetting his metaphor so you don't use it to define *the Enlightenment of that which is One*, thus preventing it from undoing your belief in more than one. Even better, forget what and where you believe in being, hence welcoming *the Enlightenment of that which is One*.

The black hole in *the Enlightenment of that which is One* is non-definitive, thus not necessarily black or as described above. For instance, Alexius has had glimpses where the black hole appeared to be composed of several triangular parts, much like an Ultrasonogram, arranged around an indefinable centre. They were spinning so fast that they soon looked like one ring around a black hole with a glittering white stroke at its edges. Simultaneously, one lucid light, more powerful than thousands of atomic bombs, erupted out of the dark hole and emptied everything.

At times, 'the black hole' may resemble a horsehead (page 578) or an embryo (page 602). Its appearance is unpredictable, defying any specific pattern. In the face of such wonder, do yourself a favour and forget about labeling *the Enlightenment of that which is One*. [The image is from the internet]





Since it requires more than one to process something, you reject the Enlightenment of that which is One when you try to understand it. And since it also takes more than one to get a second chance, it's out of the question. No worries. Oneness is formless, thus endless, so that which is you can't be anywhere else except in fantasy.

Hack #10.6, *The Enlightenment of that which is One can't be known*

The Enlightenment of that which is One uncovers the formlessness of oneness by undoing the belief in a world with more than one.

When you play a game, it's your responses that make you feel part of it. However, your reactions aren't caused by the game's world but by your interpretation. Thus, you are not part of the game, but your fantasy. The same applies when you assume that your reactions in a world with more than one establish you as someone there.

However, that which is you is no different from that which is One, and as it takes more than one to have a fantasy, the one having it is as unreal as the fantasy. Thankfully, *the Enlightenment of that which is One* sets this right immediately by erasing the belief in being someone.



Believing you're someone in a world with more than one can be likened to watching an analogue movie in a cinema. You forget that you're projecting yourself onto the simulated world on the screen. Instead, you assume your reactions are caused by the virtual world on the screen and not your projections. Consequently, you believe the world you see is genuine and you're part of it. *The Enlightenment of that which is One* is like a sudden crack in the roll of the film with the world on which you project

yourself. A bright white light replaces the world, leaving nothing on which to project yourself.

In the context of this metaphor, everything in the screen world is an illusion, including the one who believes they are there. Reality is the movie projector, which is not in the projection.

This movie metaphor attempts to explain that appearing in a world with more than one is an illusion. However, it can't be explained because there would be more than one if it could, and oneness is formless, thus endless, so there is no more than that which is one.

So, since there's nothing but that which is One, *the Enlightenment of that which is One* is not a way back to oneness. It's a way to undo projecting yourself onto nothing as if it were something that can hide the formlessness of oneness.

[The image is from the internet]



The visual aspect of glimpsing Enlightenment can reveal worlds unfolding in slow-mo. However, this is neither experienced outside nor inside, but everywhere. [The image is from the internet]

***The Enlightenment of that which is One* or its glimpses**

Welcoming *the Enlightenment of that which is One* is a paradox. A person cannot enter it, yet they can momentarily forget to believe in being a separate entity, thereby welcoming *the Enlightenment of that which is One*.

However, if a person only partially forgets the belief in separation, they don't welcome *the Enlightenment of that which is One* but its glimpses. This could be spaced-out visions of excursions in different universes, seeing Jesus, or the slow-motion birth of a new flower or universe.

While the thrill of experiencing these visual glimpses can be exhilarating, they've nothing to do with *the Enlightenment of that which is One*, as it's beyond consciousness. The same applies if you have exciting experiences of hearing, feeling, or tasting the glimpses of Enlightenment.

When your spaced-out visions aren't perceived to differ, they become non-separated, thus serving as the portal to *the Enlightenment of that which is One*, which However, nothing ever leaves oneness since it's formless is the doorway to oneness. However, just as a door in a building is not the house, *the Enlightenment of*

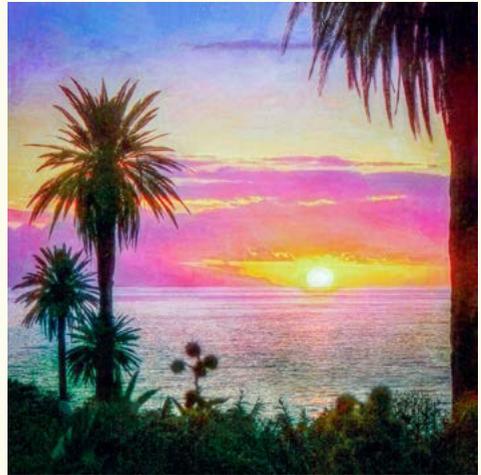
that which is One is not equivalent to oneness.

Actually, oneness has no door as it requires more than one to have something. However, no door is needed as oneness is formless, thus endless, so you never leave it, except in fantasy. However, as you believe your separation fantasy is real, you need *the Enlightenment of that which is One* to undo it.

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

It takes more than one to do something. Therefore, neither meditation nor prayer can bring about *the Enlightenment of that which is One*. However, even if it could, you'd probably hold back.

There's nothing to see, feel, or look forward to in *the Enlightenment of that which is One*. So, it doesn't seem very interesting compared to the experiences in a world with more than one. Thus, it doesn't seem as exciting as the experiences in a world with more than one. However, those experiences never bring lasting satisfaction. So, we're always on a quest for more and better experiences.



The Enlightenment of that which is One is not a magical transformation but a practical termination of the belief in more than one.

The Enlightenment of that which is One is neither inside nor outside, as that requires more than one. Since this also applies to experiencing it, nobody can experience it – except in a world with more than one. However, oneness is formless, thus endless, so there is no world with more than One. Therefore, the Enlightenment you see in a world with more than one is not *the Enlightenment of that which is One*, but glimpses of it. That suits those who want to make a difference. They don't like *the Enlightenment of that which is One*, as it's the end of being different.

Suppose this search makes you so disillusioned that you're ready to stop believing in a world with more than one. In that case, you love having that belief undone by a brilliant light, uncovering that which is One.

Notes on *the Enlightenment of that which is One*

The sun's light unveils the appearance of something. Yet it's the opposite in *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, so consciousness doesn't seem to hide what we can't experience: that which is One.

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If you don't implement *Alexius' Duality Hacks* to be Enlightened but to undo the belief in more than one, you welcome *the Enlightenment of that which is One*.

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Just as it's easy to correct a mistake in the digital world, the mistaken belief in a world with more than one is swiftly and immediately corrected by *the Enlightenment of that which is One*.



The Enlightenment of that which is One doesn't change anything. So if you return to a world with more than one, you appear the same. However, you know this appearance is a pretence. See [Duality Hack #2](#).



One comparable to the Enlightenment of that which is One doesn't know what it is because that calls for more than one.

**Hack #10.7, Comparable to
*the Enlightenment of that which is One?***

One comparable to the Enlightenment is one in which One doesn't have a higher self but a non-self, thus not establishing separation.

Most spiritual teachings aren't about undoing the belief in separation. Instead, they enhance this belief by increasing people's sense of uniqueness. Thankfully, those not trying to be unique need not hide the cracks in their personalities. Thus, *the Enlightenment of that which is One* can enter.

Of course, this is a metaphor. *The Enlightenment of that which is One* can't enter anywhere, as that requires more than one. For the same reason, it neither brings about love nor transforms you into a wiser person or anything else that calls for more than one.

The Enlightenment of that which is One erases our belief in more than one. Hence, nobody experiences that nothing smoothly floats through a black hole into that which is One. Of course, this is also a metaphor because you can't add or subtract anything to oneness as it's formless, thus endless.

From this, it follows that the experience of a world with more than one is make-believe, including entering *the Enlightenment of that which is One*. You will never enter it, as it takes more than one to go somewhere. However, if you forget to remember what and where you appear, nobody enters *the Enlightenment of that which is One*. That is why, if you return to a world with more than one from *the Enlightenment of that which is One*, what you seem to be is not enlightened. Yet, your non-being is comparable to *the Enlightenment of that which is One*.



The belief in being someone can't survive in the Enlightenment of that which is One, as it takes more than one to be aware of something.

Somebody or Nobody

The Enlightenment of that which is One doesn't transform you into a superhuman devoid of all negativity, as often portrayed in the stories told by the unenlightened. Nothing changes when you return from *the Enlightenment of that which is One* to a world with more than one, except that you realise you're nobody, playing the role of somebody. This role is not fixed, it's fluid, allowing you to adapt and change, liberating you from the constraints of a fixed 'I'. Instead, the present moment shapes your appearance.

However, not being someone definitive can lead to feelings of isolation among others who insist on being specific individuals. So, you may dismiss that *the Enlightenment of the One* has erased your source code as an 'I' to reestablish being a fixed 'I'. That's until you realise being nobody pretending to be somebody definitive, there's no separation, so you're never isolated. Then you're happy to be comparable to *the Enlightenment of that which is One*.



In one comparable to *the Enlightenment of that which is One*, thoughts pass by like it does in everybody else. However, there's no 'I' with a need to pick them up and add them together to appear unique. Hence, thoughts are as fleeting as birds in the sky. Hence,

Those comparable to *the Enlightenment of that which is One* have a personality like everybody else, but unlike others, they don't try to uphold it as definitive. Instead, they see their personality as relative.

Hence, since there's no attachment to a specific expression, their personality makes them adaptable and flexible. For instance, as seen here, where Alexius plays with the little friend, who took this photo.





One comparable to the Enlightenment of that which is One takes part in a world with more than one in the same way that television functions. What it receives, it broadcasts as received.

thoughts are as fleeting as birds in the sky, freeing you from the burden of defining yourself through them.



Being grounded, wise, or anything else definable is not an attribute of someone comparable to *the Enlightenment of that which is One*. One like that is not definitive but relative. See [Duality Hack #5.4](#).

The Enlightenment of that which is One is beyond time and space

In a world bound by time and space, everything has an end. Thus, the unenlightened often cling to concepts like heaven or reincarnation to prolong their perceived existence. However, one comparable to the Enlightenment of that which is One does not fear the end. They know that reality is oneness, formless and endless.

So, to them, appearing in a world confined by time and space is akin to playing a video game. They are not there, but they pretend it (see [Duality Hack #2](#)). So, they don't feel imprisoned by time and space. Additionally, they reason that, pretending to be in a world supposedly

separated from oneness, a world defined by time and space must be dual. Hence, they join *the duality flow* ([Duality Hack #8.7](#)), thereby feeling fulfilled by pretending to be what and where they're not for a while.

The unenlightened may ask, who pretends to be in a world of duality? In contrast, one who is comparable to *the Enlightenment of that which is One* remembers reality is non-dual. Hence, the question of who pretends to be in a world of duality has no answer unless one believes in the existence of a dualistic world.



The Enlightenment of that which is One is one perpetual present. Hence, you must leave a world defined by time and space to welcome it. Thankfully, in doing so, you lose nothing but the belief that something with a beginning and an end is real.

***The Enlightenment of that which is One* is not in a world with more than one**

Even though Alexius is comparable to *the Enlightenment of that which is One*, he doesn't know what it is, as that requires more than one.



Only one comparable to the Enlightenment of that which is One can put forward the Duality Hacks. It's not because Alexius knows what to write but because he doesn't aim to write something specific. Hence, the hacks write themselves.

So, if you see him as wise, you've likely deluded yourself into believing his writings are based on understanding. On the contrary, as a vessel, he types what he receives without attempting to comprehend it, for there's nothing to know, as no one has left the formlessness of oneness.

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One comparable to *the Enlightenment of that which is One* never ponders, »*Who am I?*« for there's no more than that which is One, thus no separated beings. That's why one comparable to *the Enlightenment of that which is One* has no need for self-realisation, interactions, expressions of love, sharing, or anything else that suggests separation is real.

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One comparable to *the Enlightenment of that which is One* never waits for something because there's no more than that which is One

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

No person walks around Enlightened because being an individual is an illusion.



Since others might perceive one comparable to *the Enlightenment of that which is One* as detached, they conclude that detachment entails Enlightenment. But *the Enlightenment of that which is One* is not an effect of something.

Comparable to *the Enlightenment of that which is One* or not

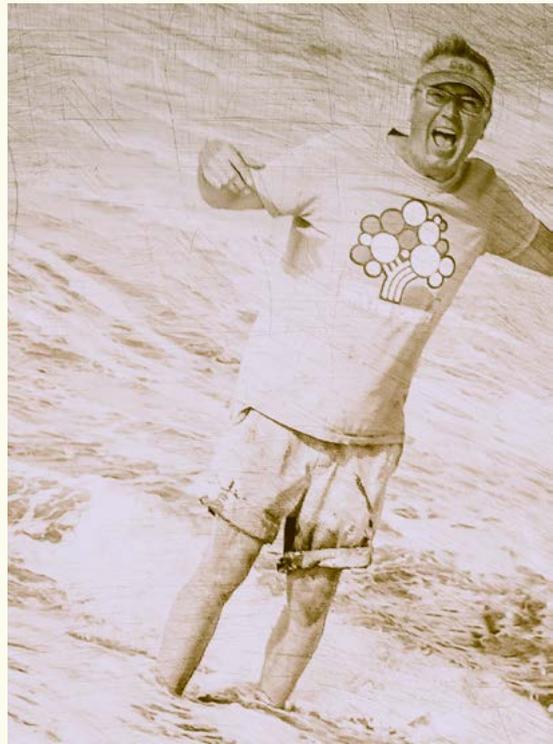
Both the unenlightened and those comparable to *the Enlightenment of that which is One* see differences everywhere. However, the latter doesn't perceive them to make a difference.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

The unenlightened may attain a heightened consciousness through extensive meditation over many years. In contrast, one comparable to the Enlightenment of that which is One does not desire that, as it implies the existence of more than One.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Alexius is not full of light, as that requires more than one. Yet, in a world where there seems to be more than one, he's comparable to the Enlightenment of that which is One.

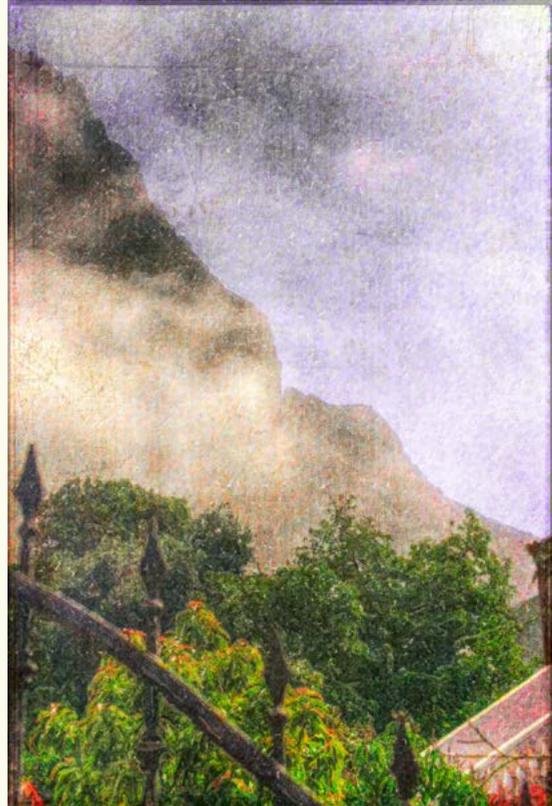


Often, the unenlightened believe their opinions are a result of deep contemplation. However, having personal opinions seems awkward to those comparable to the Enlightenment of that which is One. They see humans as mere transmitters of the signals they receive from the brain, much like a radio that only broadcasts the signals it receives.



The unenlightened are worshipped for assuring others that they're unique and part of something greater. In contrast, those comparable to the Enlightenment of that which is One are often expelled for saying that what and where we appear is an illusion. Thankfully, those comparable to *the Enlightenment of that which is One* see being expelled and worshipped as equally illusory, for there's no more than that which is One.

Most belief systems serve as a shared vocabulary for people who feel inferior. They use it to conceal their misery, finding solace in the shared terminology with others who also feel imperfect.



Confirming a world with more than one or that which is One

Teachings about Enlightenment often enhance the belief in a world with more than one, thus fending off *the Enlightenment of that which is One*. For instance, old-school teachers of Enlightenment often speak about kundalini, supposedly mixing body and spirit to transform you into a superhuman. Modern teachers promote speculative ways to make you unique by living in the now or realising your purpose in the world, thus becoming part of something greater.

Both the old-school teacher and the modern one appeal to those who seek to replace their feelings of inferiority with feelings of spiritual grandeur. However, it requires more than one to merge the body and spirit, live in the now or become part of something greater. So, since oneness is formless, thus endless, what those teachers offer is unreal.

The same applies to seeing, hearing, feeling or tasting glimpses of *the Enlightenment of that which is One*. That's why Alexius' Duality Hacks distinguish between *the Enlightenment of that which is One* and its glimpses. The latter is an experience of something, thus part of a world with more than one. But *the Enlightenment of that which is One* is not an experience of anything and, therefore, not part of a world with more than one. Actually, it erases all memories of more than one.

*The unenlightened
like to teach
Enlightenment to
others. But one
comparable to the
Enlightenment of that
which is One is a
non-teacher because
learning requires
more than One.*





A world defined by time and space is a compilation of imagined bits and pieces, a mirage believed to constitute something real.

Hack #10.8, To see a world in the dark

What we experience is a construction of insubstantial thoughts assembled to create a world that appears substantial.

Inventing something to see in the darkness

There are no streetlights outside Alexius' home, so it's completely dark. Still, it's easy for Alexius to find the way to the toilet when he wakes up at night. He uses the things he touches as navigation points, effectively 'lighting' up the way.

However, this method doesn't allow Alexius to 'see' anything other than the way he has thought up from his bed to the toilet. Should he



Being in a dream is make-believe. You aren't there, but in your bed. Neither are you in the world you see with open eyes, because oneness is formless, thus endless, so there is no world bound by time and space.

discover a better way, it would be another construction of thoughts because there's nothing to see in the darkness.

What is thought up is make-believe

Consider Alexius' journey from his bed to the toilet as a metaphor for our navigation in a world shaped by time and space. We interpret things as distinct from one another in terms of time and space, leading us to believe that we are going somewhere via these concepts. But, like when we're dreaming, we're not going anywhere.

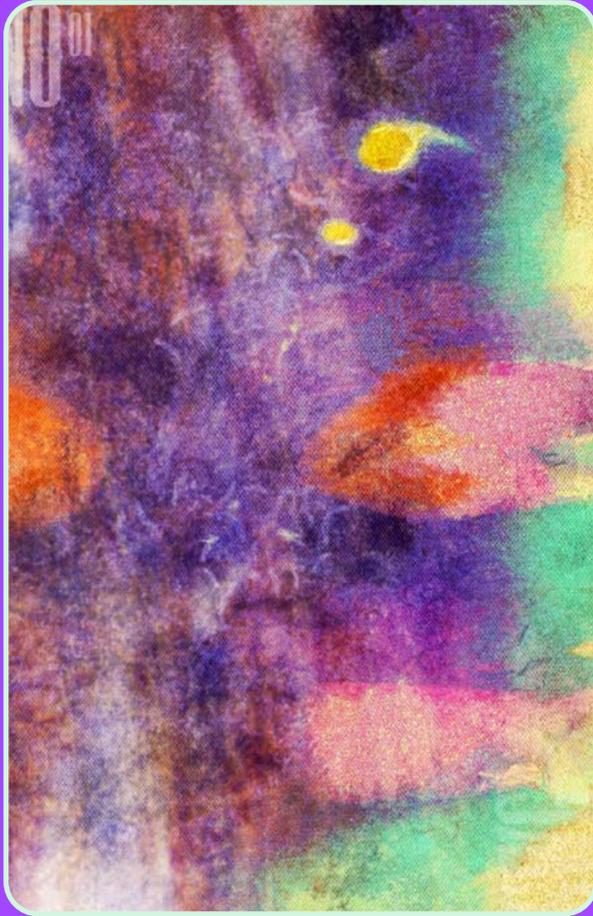
A dream is a construction of thoughts we have learned to interpret as if we're somewhere other than in our bed. However, this also applies to the world we believe in seeing with open eyes, as, according to science, it consists of empty space.

But if the world defined by time and space is an illusion, where are we? This is like asking where we are in a dream. We're not there, but in our bed, imagining being what and where we are not.

When we acknowledge that everything we experience is imagined, we know we're not in the world of our experiences but in the reality of oneness. Hence, we're ready to have *the Enlightenment of that which is One* undo all imaginations and return to what we never left: that which is One.

The Enlightenment of that which is One

Imagine you're on a video call with *the Enlightenment of that which is One*. The screen is so bright that it blinds you to anything else. But when the call ends, the screen returns to its usual state, simulating a world shaped by time and space. Thankfully, since you grasp it's all a facade, you don't feel lost. Instead, you have fun pretending to see something, taking you somewhere, even though it leads nowhere. See [Duality Hack #2](#).

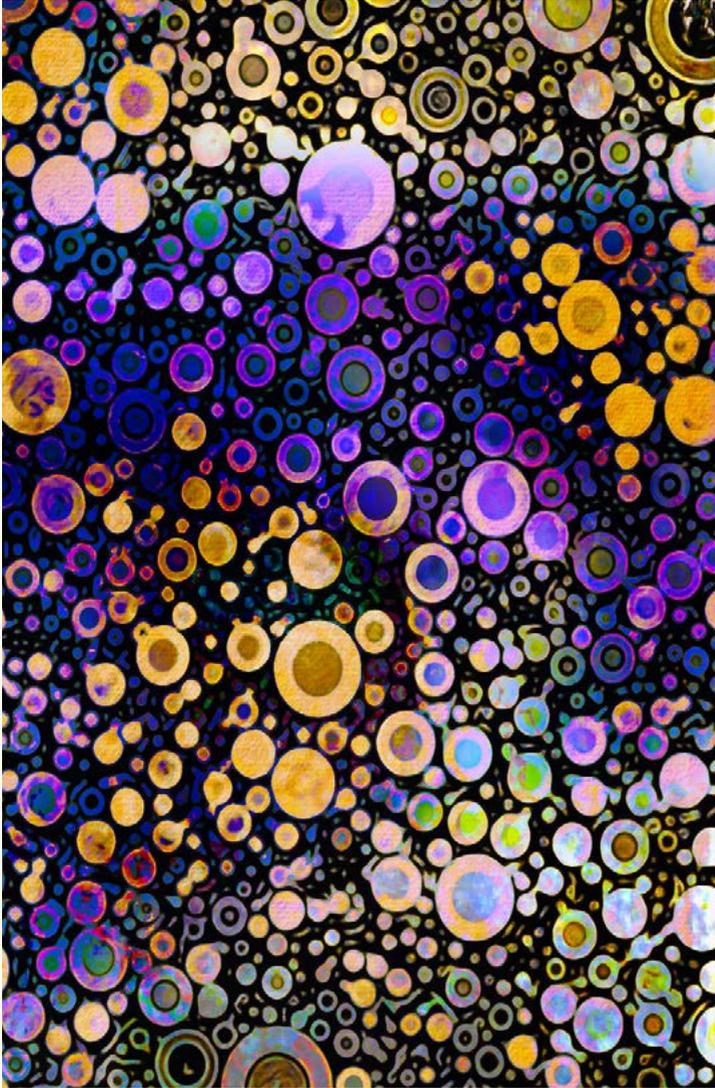


When Alexius takes his cats for a walk in the early morning, a torch on his forehead guides their way in the absence of street lights. Beyond the torch's glow, he often spots a distant light, seemingly in motion. He imagines it's the ferry to the neighbouring island. However, he can't be certain, but based on experiences stored in memory, it's his best guess. That's how we 'see' the world

Being in a world defined by time and space can be compared to being in total darkness. Our eyes see nothing other than what the brain composes, which we believe is real, as otherwise, there's nothing to confirm we're real.



»» *Glimpses of Enlightenment undo the belief in separation over time while we enjoy believing in more than one. But the Enlightenment of that which is One undoes this belief at once. Thus, nothing seems to hide that there never was or will be more than One.* ««



As the Enlightenment of that which is One is beyond consciousness, it's not subject to degrees. However, you can see, hear, feel, and taste its glimpses to varying degrees through the inward-facing consciousness. The depth of these glimpses is linked to the extent to which the outward-facing consciousness is turned toned down.

HACK #11.1, Enlightenment, its glimpses & the undoing of more than one

Alexius sums up *the Enlightenment of that which is One* vs its glimpses and the inward-facing consciousness vs the outward-facing one. Then he delves into *a state of not-knowing* and the illusory power of thoughts.

Are there degrees of Enlightenment?

The Enlightenment of that which is One is beyond consciousness, thus without degrees. However, you can experience glimpses of Enlightenment with the inward-facing consciousness. The degree of this experience depends on how much you tone down the outward-facing consciousness' substantial world.

Please note that, like a movie trailer is not the movie itself, the glimpses of Enlightenment aren't *the Enlightenment of that which is One*. Yet, if you stop dividing glimpses of *lucid light*, for instance, into colours and shapes, their fusion into one radiant light becomes the portal to *the Enlightenment of that which is One*.

Upon entering, a blindingly bright light emerges from what seems to be a black hole. This light, with no warning, abruptly halts your consciousness. Thus, nothing can pass through a black-looking hole that's too tiny for something to pass. Yet, the hole is no longer there, as there's no consciousness to experience more than that which is One.



Glimpses of *the Enlightenment of that which is One* can be experienced with the inward-facing consciousness. This is to the extent that the outward-facing consciousness is toned down, for instance, by defocusing. That's why you can experience glimpses of Enlightenment on many levels.

However, regardless of the level, glimpses aren't *the Enlightenment of that which is One*. It's beyond experience. Yet, the glimpses of Enlightenment slowly but surely undo the belief that their apparent differences make a difference. Thus, they eventually fuse into one glimpse, becoming the portal to *the Enlightenment of that which is One*.

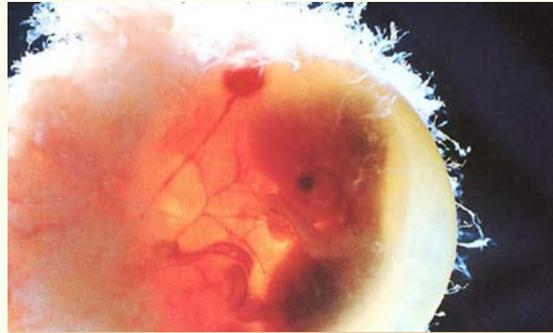
Therefore, if you wish to maintain the conscious experience of being someone in a world with more than one, you must stop the extraction of consciousness. One method is to perceive the light as a formidable force. Since this requires more than one, you instantly return to a world with more than one. See [Duality Hack #10.3](#).

The Enlightenment of that which is One vs its glimpses

Nobody can attest to you having entered *the Enlightenment of that which is One*, as that calls for more than one. For the same reason, you don't know you entered it and rebooted as nobody who looks like somebody, in a world with more than one.

» *Your knowledge, your location, and the body's posture and condition are irrelevant to the Enlightenment of that which is One and its glimpses.* «

But in such a world, you get glimpses of Enlightenment as *lucid light, celestial music, immortal sweetness, or the echo*



A black hole may look like a horsehead or an embryo, as shown above. It's the last discernible form you see before *the Enlightenment of that which is One* absorbs the consciousness, leaving you as nothing. There's no transition from believing to be a conscious entity to being nothing, passing through a black gap into an empty void, leaving that which is One unclouded.

Of course, being nothing is incompatible with being something in a world confined by time and space. So, if you want to uphold the belief in being something, you must prevent your consciousness from being annihilated. As the fear of the end is a weighty emotion, maintaining your identity as something in a world confined by time and space, holding onto this fear fences off *the Enlightenment of that which is One*. Thus, you can maintain the belief in being somebody. See [Duality Hack #10.3](#).

of oneness' sublime intimacy. These glimpses, unlike *the Enlightenment of that which is One*, don't entirely wipe out your consciousness. But as you forget to assign a specific meaning to your experiences, you're free from the constraints of self-identity, moving lightly in the material world of the outward-facing consciousness as if you aren't somebody but nobody.

This lightness reminds you of your non-being entering a gap too tiny for somebody, floating into the formlessness of oneness. Thus, recalling there's no more than that which is One, you know you're comparable to *the Enlightenment of that which is One*.

The inward and outward-facing consciousness

The inward- and outward-facing consciousness, as their names suggest, operate in opposite directions. The outward-facing con-

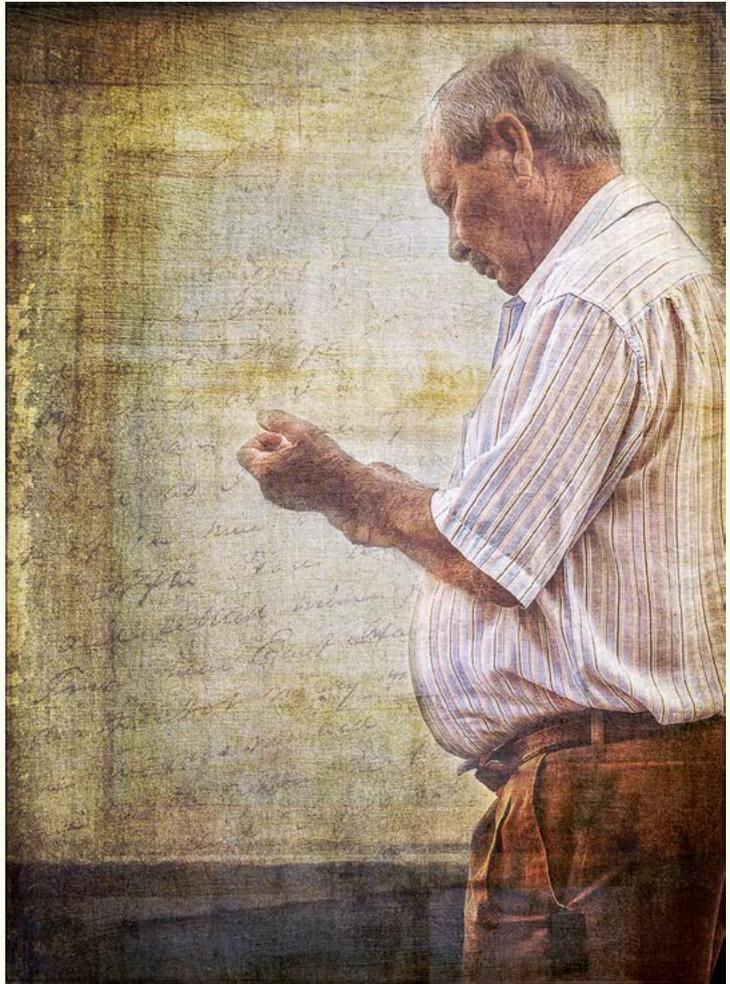
Some mistakenly interpret glimpses of Enlightenment as *the Enlightenment of that which is One*. Next, they claim to be awakened and know how to make the world a better place. But by using glimpses of Enlightenment to highlight themselves as someone making a difference, they reinforce the belief in more than one rather than undoing it. Thankfully, if you don't wish to make a difference, you naturally stop focusing on differences. Consequently, the different sounds in a glimpse of *celestial music*, for instance, fuse into one sound: the portal to *the Enlightenment of that which is One*. Upon entering, the belief in more than one is immediately undone.



sciousness presents our encounters in a tangible world experienced from outside ourselves. In contrast, the inward-facing consciousness deals with a more abstract realm perceived as an intangible world within. This abstractness, when synced with the material world of the outward-facing consciousness, reduces the weight of the material world, making it less heavy.

But suppose you have to do something demanding in the world of outward-facing consciousness. In that case, it's best to devote yourself to the outward-facing consciousness so the abstractness of the inward-facing consciousness doesn't space you out. Thankfully,

Too much devotion to the world of the inward-facing consciousness can make you spaced out in the world of the outward-facing consciousness. Yet, if you don't have to be present there, you can go with the flow of the inward-facing consciousness, as if the world outside you stands still for a while. See [Duality Hack #11.3](#).



the syncing of the inward and outward-facing consciousness in the correct ratio per your current situation is automatic if you entrust it to *the empty breath*. See [Duality Hack #9.8](#).

The inward-facing consciousness and the body

Neither the inward nor the outward-facing consciousness can heal the body. Yet, the abstractness of the inward-facing consciousness blurs the perceived connection between the physical and psychological realms. Hence, since the body is not afflicted with mental wellness ideas, it relaxes and connects with its biological system to heal itself per its physical nature. This may not include genetically caused diseases, but managing them becomes easier when we don't combine them with psychological concerns (see [Duality Hack #7](#)).

However, if you devote yourself to the inward-facing consciousness to feel better in troubled parts of the body, you're focusing on something specific. Thus, as you remain in the stress of the outward-facing consciousness, the body doesn't get the relaxation it needs to connect with its biological system. Check [Duality Hack #9.8](#) or [#11.5](#) for more about the inward and outward-facing consciousness.

The body's healing, a comforting side effect of being devoted to the inward-facing consciousness, relieves worries about our physical appearance or inevitable end. Thus, Alexius feels cheerful in the hospital, although his severe heart disease was discovered to be incurable.



» *Like a moth follows its attraction to the flame, even though it's the end of itself, the inward-facing consciousness draw you into their abstract world to end our belief in being an individual.* «

Thoughts only have power if we believe so

Science, in its quest, cannot find evidence of the world's creation and its tangible existence. Their data reveal that the universe is an empty space shaped by intangible thoughts, as if those thoughts can manifest a tangible world.

Consequently, undoing the belief in being someone substantial in a tangible world is not a matter of stopping thoughts, but the idea that intangible thoughts have the power to manifest something substan-

Glimpses of Enlightenment are akin to Alexius' childhood sneak peeks at his family's Christmas tree through the door's keyhole. He was still in his everyday world yet had fleeting, wondrous glimpses of something glorious.



tial. Since meditation reinforces the idea that thoughts are powerful, it can't undo the belief that thoughts can manifest something.

However, *the Enlightenment of that which is One* does that instantly, in a way that is beyond our comprehension. Consequently, nothing substantial appears to hide that there never was or will be anything but the formlessness of oneness.

A state of not knowing

The belief in the power of thoughts can also be undone over time, for instance, through glimpses of Enlightenment. These glimpses lead to *a state of not-knowing*, which acts as a reset button, wiping your slate clean.



Sometimes it's best not to enter *a state of not-knowing* and to remain in the conscious experience of being someone – for instance, when caring for your kids, as that requires you to be someone who takes thoughts seriously. In that case, you pretend that your thoughts are essential. And since what you pretend is unreal, you undo the belief in thoughts' power while benefiting from them.

Thus, returning from *a state of not-knowing* to the conscious experience of being someone, you settle for being a basic self relative to the experiences the brain fabricates ([Duality Hack #5.4](#)). Yet, old conditioning – the rooted beliefs and habits that shape our self-image – may resurface, making you think that you are someone definitive. However, upholding this idea requires excluding everything from your self-awareness that doesn't fit into the image you want to maintain. Hence, your specific image does not make you feel special but incomplete.

The solution to feeling incomplete is surprisingly simple. It lies in freeing yourself from the pressure of being someone specific. You do this by using the anxiety that comes from feeling incomplete to ignite a take-off into *the empty breath*. Then, you again return from a state of not-knowing with the slate wiped clean, thus living a simple life until complicating it and returning to *a state of not-knowing* to have the slate wiped clean. And so it goes until you forget to leave *a state of not-knowing*, and *the Enlightenment of that which is One* sets in.



Glimpses of Enlightenment bring about *a state of not-knowing* (see [Duality Hack #9.10](#)). From this state, you return to the conscious experience of being someone with the slate wiped clean or enter *the Enlightenment of that which is One*. Doing the former, you feel free from the constraints of conditioning. However, doing the latter, you don't feel anything, as it requires more than one. Fortunately, oneness is formless, so there's no need to feel something.



**HACK #11.2, Seeing, hearing,
feeling or tasting the way to Enlightenment**

Alexius delves into the four ways to see, hear, feel or taste glimpses of Enlightenment, eventually launching *the Enlightenment of that which is One*. Quotes from Eastern and Western religions exemplify those ways.

As it takes more than one to be aware of something, *the Enlightenment of that which is One* is beyond experience. So, thinking you have seen, felt, heard, or tasted it is a mistake. What you experienced was glimpses of *the Enlightenment of that which is One*, shaped as *lucid light*, *celestial music*, an *echo of oneness*, or *immortal sweetness*. These glimpses, being a part of the brain's experiences of a world with more than one, don't undo the belief in more than one. However, they may gradually lure you into *the Enlightenment of that which is One*, undoing the belief in more than one.

In the brain's setup of a world with more than one, glimpses of Enlightenment are experienced through the inward-facing consciousness as an augmented layer on top of the world experienced with the outward-facing consciousness. However, this augmented layer does not affect the world of the outward-facing consciousness.

If you stop perceiving the glimpses of celestial music, for instance, as a collection of distinct sounds, you get one celestial sound. Yet, it is inaudible, for you are at the portal to *the Enlightenment of that which is One*, beyond the brain's frame-up of a world with more than one.

Glimpses of *the Enlightenment of that which is One* aren't distant or unattainable. When you do not focus on the outward-facing consciousness' world bound by time and space, you experience glimpses of Enlightenment in the inward-facing consciousness' abstract world. This occurs regardless of where you appear in the world of the outward-facing consciousness.

[The image is from the internet]



The echo of oneness

To the extent that you overlook the material world, experienced through the outward-facing consciousness, you enter the abstract world of the inward-facing consciousness. In this world, free from the constraints of time and space, it takes no time to get to the edge of the universe (see [Duality Hack #2.3](#)) to encounter *the echo of oneness*. Feeling or hearing this primordial vibration, often symbolised by *aum* and *sohang*, there's no need for more.

A way to feel or hear the echo of oneness is to be inclusive. When you include all that you feel or hear in the world of the outward-facing consciousness – or are willing to – there's nothing left to define the sum. Thus, it is felt or heard in the abstract world of the inward-facing consciousness. It sounds like the humming of nothing and everything, and it feels like you're both in the world of the outward- and inward-facing consciousness and yet nowhere.

But here, we don't explore *the echo of oneness* further. Instead, read [Duality Hack #11.4](#) to learn how to hear or feel it immediately. In [Duality Hack #10.4](#) and [#11.3](#), you can read Alexius' personal experiences of it.

In Eastern religions, the echo of oneness is symbolised by *aum* or *sohang* and in the New Testament, it is represented 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 comparable to *the Enlightenment of that which is One* is close to the inward-facing consciousness. Since it's not confined by time and space, 'The Word' is naturally heard and felt, although it resides at the edge of the universe.

In contrast, the unenlightened is far from the abstractness of the inward-facing consciousness. Instead, they are busy engaged in futile speculation about what exact words the quote hints at, even though no single verse in the Bible refers to 'The Word' 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 Sohang (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*

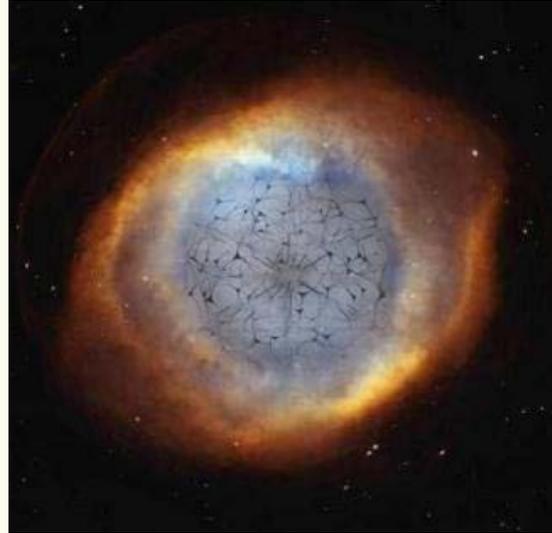
You welcome *the Enlightenment of that which is One* by not interpreting the brain's experiences as something. The first time Alexius did that, he entered *the Enlightenment of that which is One* via its visual portal when he returned home after a long night of taxi driving, too tired to focus on anything ([Duality Hack #10.2](#)).

In other words, to be offbeat, exhausted, confused, or maybe even drunk is a way to forget to perceive our experiences as something, thus entering *the Enlightenment of that which is One*. Actually, anything other than a belief system that conjures up definable experiences will suffice.

Visual glimpses of Enlightenment

You have visual glimpses of Enlightenment through the single 'eye' of the inward-facing consciousness. This 'eye', which is between the eyebrows, is unnoticeable to the outward-facing consciousness.

Practically speaking, you activate this 'eye' by closing the two physical eyes of the outward-fac-



When your eyes become single, there's no separation to hide the Enlightenment of that which is One. [The image is from the internet]

»*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.

The quote resonates with one who comparable to *the Enlightenment of that which is One*. Still, obviously not to the unenlightened, as 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 consciousness, thus in darkness. But as the physical eyes always search for the most significant contrast, they start moving inwards and upwards, eventually reaching the non-physical 'eye' of the inward-facing consciousness. Through it, they settle at a light-show on a transparent screen within the forehead. The screen, however, has no beginning or end, and the colours radiate so fast that they hardly seem to differ.

»» 'Direct your eyes toward the middle of the eye-brows. This is *Shambhavi Mudra*, the most secret practice of all the Tantra scriptures'. *Gherand Samhita, stanza 59.* ««

You can help direct your two eyes towards the inward-facing consciousness' single 'eye' by lightly holding a finger at its physical location, while *not* meditating on anything, but rather defocusing on everything.

Initially, this is best done while sitting or lying in a dark room. Hence, you don't think the light revelation comes from the world of the outward-facing consciousness.



You can sit or lie while activating the single 'eye' of the inward-facing consciousness, located between the eyebrows, a bit lower than in the above image. When accustomed to its visual glimpses of Enlightenment, you don't have to close your eyes or be still to see them. You simply defocus [The images are from the internet]

Interpreting the image below in terms of different colours and shapes around a centre is like seeing glimpses of Enlightenment. However, if you don't judge the apparent differences to make a difference, they fuse into one, becoming the portal to *the Enlightenment of that which is One*. Entering it, a bright and colourless light bursts from a gap in nowhere. It wipes out all thoughts of something so that nothing can pass the gap and gracefully float into the formlessness of oneness.



As you become more accustomed to visual glimpses of Enlightenment, you don't have to close your eyes to see them. Nor do you have to activate the 'eye' of the inward-facing consciousness. It happens naturally when you fully devote yourself to something in the world of the outward-facing consciousness. The same applies to feeling, hearing or tasting glimpses of Enlightenment.

»» 'Touching eyeballs as a feather, lightness between them opens into the heart, and there permeates the cosmos'.
Sochanda Tantra, stanza 13. ««

Suppose your eyes don't naturally move inwards and upwards into the area of the inward-facing consciousness above the eyebrows. In that case, you can help them by gently pressing the thumb and middle finger on the outer corner of the eyeballs and mildly touching the 'eye' of the inward-facing consciousness with the finger next to the thumb. The light that is revealed comes from nowhere and everywhere.

But it's not commendable to press the eyes because even the slightest effort requires focus, thus activating the world of the outward-facing consciousness. Furthermore, adopting this approach may give you the impression that a specific physical posture can activate the inward-facing consciousness.

You don't do that via a specific posture or mantra but by toning down the outward-facing consciousness. *The immortal sweetness* technique's ability to make you defocused (see [page 622](#)) is perfect for this.

Another way to shift from the outward-facing consciousness eyes to the inward-facing consciousness single 'eye' is by using an eye massager like [Renpho Eye Massager with Heat Compression](#). The heat from the massager relaxes the physical eyes. When relaxed, they don't focus, so they naturally turn inwards and upwards into the inward-facing consciousness' single 'eye'.

Numerous practical tools are available to tone down the outward-facing consciousness. So if you're familiar with one that works for you, go for it.

Glimpses of *light vs the Enlightenment of that which is One.*

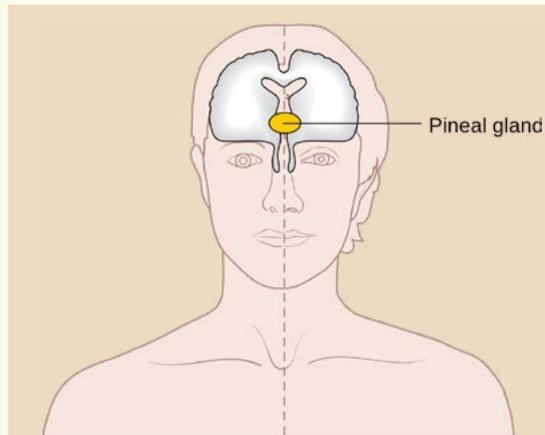
» 'And there shall be no light there, and they need no candle there, neither the light of the sun, for the Lord God giveth them light'. Rev. 22:5. «

When your physical eyes, metaphorically, have merged into one, you get glimpses of Enlightenment. And if you don't label them, they become the portal to *the Enlightenment of that which is One.*

Entering it, *the Enlightenment of that which is One* extracts all thoughts making up the appearance of you as somebody and leaves them at the edge of a tiny black gap, too small for somebody to pass. Thus, nobody passes the gap to float into the formlessness of oneness.

But most fear losing their identity, so they settle for glimpses of Enlightenment. It's a blissful out-of-body experience, presumably linked to the pineal gland, a small endocrine gland in the brain. However, in *the Enlightenment of that which is One*, you don't get an out-of-body experience. Actually, you don't get anything as that calls for more than one.

Therefore, when you return to a world with more than one from *the Enlightenment of that which is One*, you don't know you entered it. Yet, distant memories of non-being hint at you being comparable to *the Enlightenment of that which is One*. Others won't recognise this non-being, and you may hardly grasp it. Still, you sense that being someone is make-believe.



The Enlightenment of that which is one is not an out-of-body experience. It's not an experience at all. Yet, its preliminary glimpses, leading to bliss and compassion, are physically linked to the pineal gland. They may be felt as an out-of-body experience, as the world of the outward-facing consciousness is toned down. You reach the pineal gland by defocusing on the inward-facing consciousness' single 'eye' between the eyebrows.

The thought construction that seems to keep us together as a tangible entity must be left at the edge of a black hole, a gap too narrow for something to cross.

Here, our nothingness, like a leaf on a tranquil stream, floats into the formlessness of oneness, dissolving like a drop into the vast ocean. [The images are from the internet]



Please be aware that you can't mix the four ways of experiencing glimpses of Enlightenment, and you don't have to go through all of them to undo the belief in more than One. The type of glimpses you receive is a reflection of your personal preferences in the outward-facing world of consciousness. If you're drawn to visual experiences, you get glimpses of Enlightenment as *lucid light*. And if you approach the world from an emotional perspective, you feel glimpses of Enlightenment as *echoes of oneness*.

However, the four methods don't work if you aim to become more. But this doesn't mean you should stop seeking to become more. Instead, you stand by this desire so you can perceive your reaction to it as *'it is what it is'*. This perception reveals that more is complemented with less. Hence, you no longer specifically desire more. See [Duality Hack #8](#).



If you want to leave *the Enlightenment of that which is One* to be rebooted in a world with more than one, you assemble the thoughts making up your source code that you left at the edge of a black hole.



The experience of celestial music is mentioned in many old scripts. [The image is from the internet]

Celestial Music

The subtle, bell-like sounds you can hear with the inward-facing consciousness are like never-ending, airy melodies effortlessly played by an ethereal organ, piano, harp, acoustic guitar, or church bells.

To fly with *the celestial music* of the inward-facing consciousness, you must prevent the distractions from the world of the outward-facing consciousness to reach you. Practically speaking, you can do this by putting both thumbs in your ears or using noise-cancelling or in-ear headphones. Then, without focusing or trying to define anything, be nothing but *the celestial music* that seems to be coming from a distant, ethereal source.

When you tune in, it's best not to follow the sounds from the left ear, as they often come from the production of thoughts. Instead, follow the transparent sounds from an empty space outside the right ear. That said, pay little attention to directions.

You may not immediately hear *celestial music*, but instead, *the echo of oneness*, often symbolised by *aum* or *sohang*. See [Duality Hack #11.4](#). If so, go with this primordial humming. It could also be that you ‘hear’ thoughts. But they won’t prevent you from hearing *celestial music* if that’s what you want – nor from having visions of *lucid light*, tasting *immortal sweetness* or feeling *the echo of oneness’ sublime intimacy*.

Earthy soundscapes inspired by *celestial music*

Perhaps Mozart’s compositions were sparked by *celestial glimpses of Enlightenment*. This is not to say that his symphonies sound like celestial music, but their flow evokes the effortless elegance and beauty of it. However, this resemblance fades when Mozart steers

»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.

»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’s nothing greater than music«. Gherand Samhita, stanzas 77-8.

As Alexius is unfamiliar with religious scripts, some words in the quotes from the old scriptures he found online seem meaningless. Yet since he’s familiar with *the Enlightenment of that which is One* and its glimpses of *celestial music*, he still senses that this is what the quotes are about.

However, unlike the Christian quote, the one from *Gherand Samhita* doesn’t talk about one sound but a cacophony of sounds. Hence, this quote establishes *celestial music* as something we experience in a world with more than one, instead of one sound leading to *the Enlightenment of that which is One*. In other words, the *Gherand Samhita* quote is not about the Enlightenment of that which is One, but having glimpses of it in a world with more than one.

his compositions towards a dramatic peak. There's no drama in *celestial music*, as it predates *the Enlightenment of that which is One*, lacking a climax because that requires more than one.

Celestial music, with its timeless quality, may also have inspired the development of transparent electronic music. Its transparency is often achieved through glitches, other sonic artefacts, slowed-down steel guitar, chimes, and bells, as well as the mixing of analogue or synth sounds with piano loops.

However, these combinations result in a sound that's less translucent and more edgy than *celestial music*. The latter, crystal clear and transparent, doesn't require any sonic artefacts to create depth. Actually, the airy sound of *celestial music* arises from a lack of effort to achieve something.

New-age music, with its dreamy symphonies of otherworldly states, starkly contrasts with the transparent sound of *celestial music*. It's not symphonic or anything else suggesting a linear time progression. Nor is it otherworldly, as there's no other world since oneness is formless, thus endless.

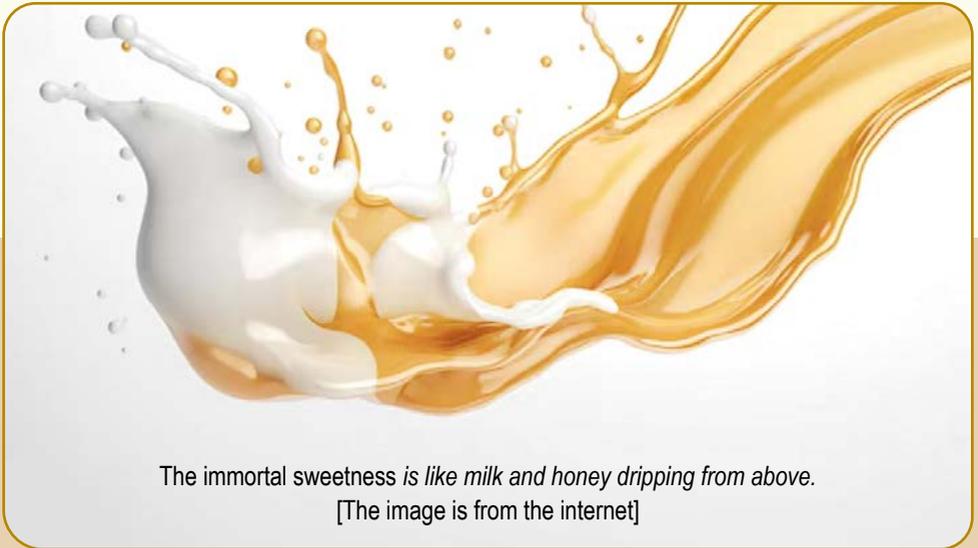


Celestial music may have inspired some electronic music. [The image is from the internet]

The immortal sweetness

At times, the taste of *the immortal sweetness*, a lighter version of Hatha Yoga's *Khechari Mudra* (see [Wikipedia](#)), is like marshmallows with a strawberry flavour. But often, *the immortal sweetness* tastes like the foam on a milkshake, with hints of liquorice, strawberry, or mint, softened by drops of honey. The consistency, though, is more syrupy.

However, as all comparisons are rooted in past definitions, they cancel out the present experience. Hence, it's best not to compare *the immortal sweetness* to anything. Instead, experience it as it comes to you when the tip of your tongue touches the uvula. It's the fleshy



»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

»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.

appendage hanging down the back of the mouth at the entrance to the throat. See the first two illustrations in the box on [page 622](#).

The immortal sweetness undoes conditioning

While *the immortal sweetness* is referred to as the nectar of life in some scriptures, its aim is not to make you younger or give you more energy, but to free you from the relentless pursuit of 'more'.

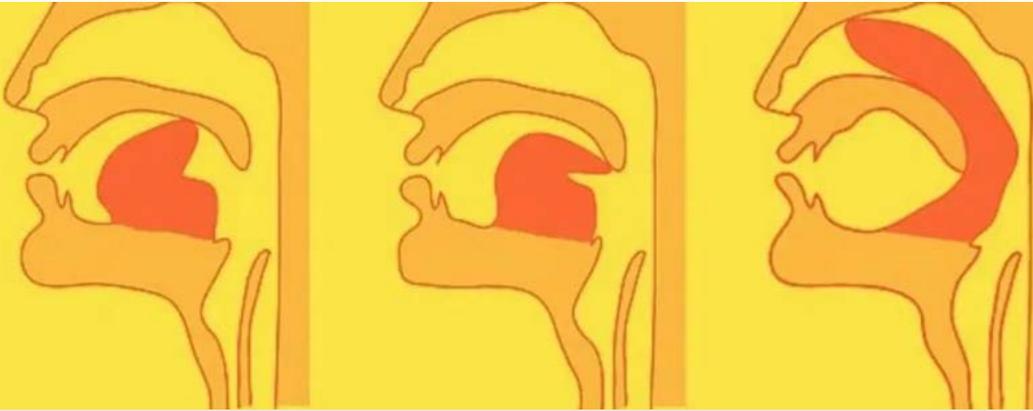
That said, *the immortal sweetness*, with its paradoxical blend of mildness and intensity, leads to a distant and defocused view of the outward-facing consciousness' world. Its intense flavour is akin to savouring an extremely spicy dish in the sense that it numbs the roof of one's mouth.

However, in the case of *the immortal sweetness*, this gentle numbness doesn't induce anxiety but a boundless tranquillity. It makes you indifferent to the rigidity of the world of the outward-facing consciousness, even though it continues as usual.

As a result, your experiences no longer carry a specific value, so you navigate the world of the outward-facing consciousness as if it's part of the inward-facing consciousness' abstract world. You're no longer driven to change your body into something more beautiful or spiritual, so it's free to restore itself per its physical nature, making you feel youthful and energetic.

But suppose you misuse the defocusing effect of *the immortal sweetness* to feel better quickly, per preconceived notions of well-being.. Such a calculated approach, focused on achieving a specific goal, overshadows the gentle defocusing of *the immortal sweetness*. Thus, you remain in the realm of the outward-facing consciousness, constantly seeking 'more'.

Some herb teas from the company [Yogi Tea](#) enhance the flavour of *the immortal sweetness*, provided you already know it – for instance [Sweet Chai](#) and most of their Ayurvedic teas with liquorice.



»[*Khechari Mudra*](#) is turning the tongue backwards into the cavity of the cranium and turning the eyes inwards toward the eyebrow centre«. [Hatha-Yoga Pradipika, Chapter 3, stanzas 32.](#)
[The image is from the internet]

The Immortal sweetness versus Khechari Mudra

In the first two illustrations, the tongue is folded back to the soft area at the base or top of the uvula's front side (as shown in the first two illustrations). Both at the base and the top of the uvula, you automatically pick up the taste of *the immortal sweetness*. Since it causes you to lose focus, you immediately relax and forget to look for more, such as mundane sweets. Furthermore, placing the tongue at the top of the uvula's front side contributes to straightening the back.

The third illustration presents the ancient *Khechari Mudra* method, intended for entering *the Enlightenment of that which is One*. It can't be tasted, as that requires more than one.

The *Khechari Mudra* method requires the tongue to be positioned on the other side of the uvula, reaching into the cavity of the cranium. This causes the eyes to turn inwards and upwards towards the inward-facing consciousness' single 'eye', located between the eyebrows. Here, you enter *the Enlightenment of that which is One*. That is, if you don't fear having your consciousness erased, so that being conscious of something doesn't seem to hide the formlessness of oneness.

Physically, you know someone is doing *Khechari Mudra* when you see the thyroid gland moving downwards. However, the practice of *the immortal sweetness* technique is not as easily observable.

Khechari Mudra*, the hardcore version of *the immortal sweetness

Suppose you don't insist on being somebody definitive. In that case, the tongue naturally moves towards the other side of the uvula, like practising *Khechari Mudra*. This is a *Hatha Yoga* practice that involves moving the tongue behind the uvula until it reaches the cranium's cavity. See the third illustration on [page 622](#) for a visual reference.

However, having been used to defining yourself as a specific person, your tongue may be stiff. Therefore, you may need to press the tongue backwards for months and finally use a finger to push it the rest of the way. This process can be painful, and when the tongue finally reaches the other side of the uvula, you may feel a fleeting sensation as if you're about to vomit.

Thankfully, feelings are fleeting, so if you face them immediately, you see them vanish. And so does what you believe in being, when you welcome *the Enlightenment of that which is One*. It reveals that what you appear to be is nothing at all. Hence, something doesn't seem to hide the formlessness of oneness.

But since *the Enlightenment of that which is One* completely erases the memories of being someone specific, you don't welcome it at work, for instance. There, it's better to use the milder version: *the immortal sweetness*. It doesn't entail Enlightenment right away, but defocusing. So, since you don't cling to specific thoughts, you perceive everything as equally exciting. Thus, the appearance as someone in a world with more than one doesn't burden you.



Tasting the immortal sweetness helps you to focus less on the world of outward-facing consciousness. Since that eventually results in not perceiving its apparent differences to make a difference, the belief in separation gets undone. [The image is from the internet]

Notes about defocusing

Focusing emphasises perceived differences, reinforcing separation and solitude. Defocusing blurs boundaries, dissolving the illusion of separation and the feeling of being alone.

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Defocusing neutralises differences. So, if you continue to look at something without focusing, separation disappears. However, you shouldn't defocus for a long time if you have unfinished business in a world with more than one. In that case, you're better off focusing on your problems so you can include them. When included, you can't focus on them. Hence, the more you include, the more you reduce separation.

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You can focus and defocus simultaneously. When you perceive everything as a symbol of oneness, you perceive all appearances to differ, yet their differences don't make a difference. See [Duality Hack #3](#).

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Spaced-out is one side effect of defocusing. Another one is clarity. When you don't focus on anything, you aren't engaged in an internal debate about right and wrong. Thus, you spontaneously react to the moment, not because you have thought it through, but because you're in sync with the current moment.

*Oneness is formless,
thus endless, so
there's no more than
that which is One.
Ergo, if you believe
in seeing more than
one, you're stuck in
a fantasy. Thankfully,
you don't ratify it as
real when you defocus
on the fantasy's
appearances. Thus,
nothing seems to hide
that which is One.*



The immortal sweetness technique

The immortal sweetness technique is free and can be applied at any time except when talking, eating, or sleeping. You don't have to meditate or be pure to experience *the immortal sweetness*. Just reach the front of the uvula with your tongue, as shown in the first two illustrations on [page 622](#). Then, devote yourself to the transparent taste of *the immortal sweetness*.

As this tones down the outward-facing consciousness, a shift in awareness occurs. The inward-facing consciousness becomes the foundation for experiencing the world of the outward-facing consciousness. This abstract approach to the physical world makes the body relax. This leads to a strengthening of the immune system, improved digestion, better sleep, or whatever your body needs for optimal wellness.

However, this improvement is a means to an end, namely, to feel so good that you become indifferent to feelings, thus able to welcome what can *not* be felt: *the Enlightenment of that which is One*. As time is an illu-

*The sweet, transparent
taste on the tongue
makes you feel as if you
are in the world but not of
it. Thus, appearing where
you are not doesn't
bother you.*



sion, you may prefer *the immortal sweetness's* gentle way to the *Enlightenment of that which is One*, instead of *Khechari Mudra's* more intense approach. Besides, *Khechari Mudra* may not even lead to *the Enlightenment of that which is One*, as any calculated approach fends it off.

The immortal sweetness is not second-hand knowledge

Alexius' description of *the immortal sweetness* is *not* based on second-hand knowledge. It's something Alexius has experienced during 60 years of practising the method. He has also practised *Khechari Mudra*, extending the tongue behind the uvula into the cavity of the

Free with *the immortal sweetness*

When you keep your tongue at the uvula, the intensity of *the immortal sweetness* numbs the roof of the mouth begins to numb the roof of your mouth. This initiates a sense of defocus that rapidly expands to encompass your entire self-experience, making you hear *the sound of the empty breath* (a subtle, soothing sound described on [page 486](#)). Hence, since the body relaxes and your physical breath flows freely, you perceive the world of the outward-facing consciousness through the abstract lens of inward-facing consciousness.



This change frees the body from the burden of your strict rules. Instead, it's guided by the brain. As it has the body's blueprint, it ensures the body naturally adapts to physical demands, rather than mental constructs, whether you're engaged in work or preparing to sleep.

However, if you're used to feeling in control, being unfocused may seem intimidating. Hence, you may resist it to regain a sense of control. This resistance, though, hinders the flow of breathing, leading to worry. Unfortunately, trying to alleviate your anxiety yourself reinforces the idea of control. Fortunately, devoting yourself to *the immortal sweetness* and being unfocused, you don't have a problem. Breathing flows freely, and you feel grateful for being taken care of.

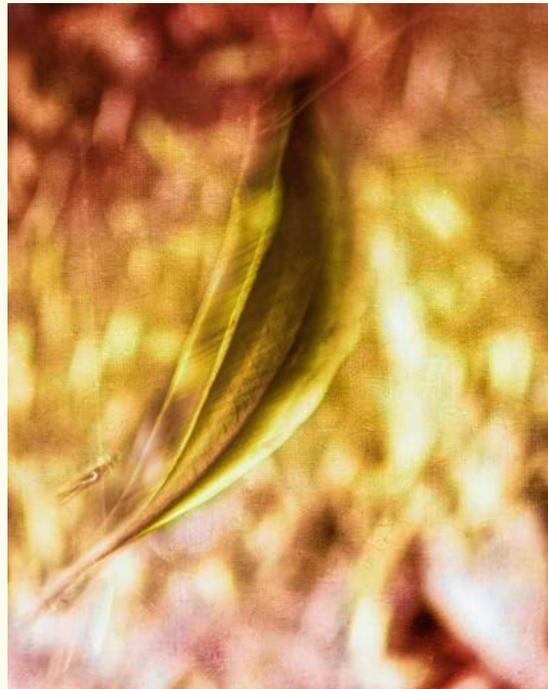
cranium. This led to a very intense experience, but since *the Enlightenment of that which is One* can't be experienced, it was just a more impressive experience than normally in a world with more than one.

Thankfully, one morning, when Alexius returned home after 15 intense hours of taxi driving, he was so exhausted that he forgot to establish a focused image of himself. Thus, unaware of what and where he was, nobody was fending off *the Enlightenment of that which is One*. See [Duality Hack #10.2](#).

There's no specific way to *the Enlightenment of that which is One*

You don't get closer to *the Enlightenment of that which is One* or its glimpses by becoming purer, breathing wholly, eating healthy or anything else you can do in the world of the outward-facing con-

As it takes more than one to experience something, this is only possible in a world with more than one. However, since oneness is formless, thus endless, there is no more than that which is One. Ergo, every experience of something, whether mundane or spiritual, is an illusion. Thankfully, when we do not focus on something, our experience of more than one becomes less distinct, leading to glimpses of Enlightenment. These glimpses, though part of the belief in more than one, bring such bliss that we forget to perceive them as separate elements. Thus, becoming one glimpse, it opens the portal to the Enlightenment of that which is One. Entering it, every memory of experiencing something is extracted, so that nothing can pass a black hole, too tightly for something, and, like a leaf on a tranquil stream, drifts into the formlessness of oneness.



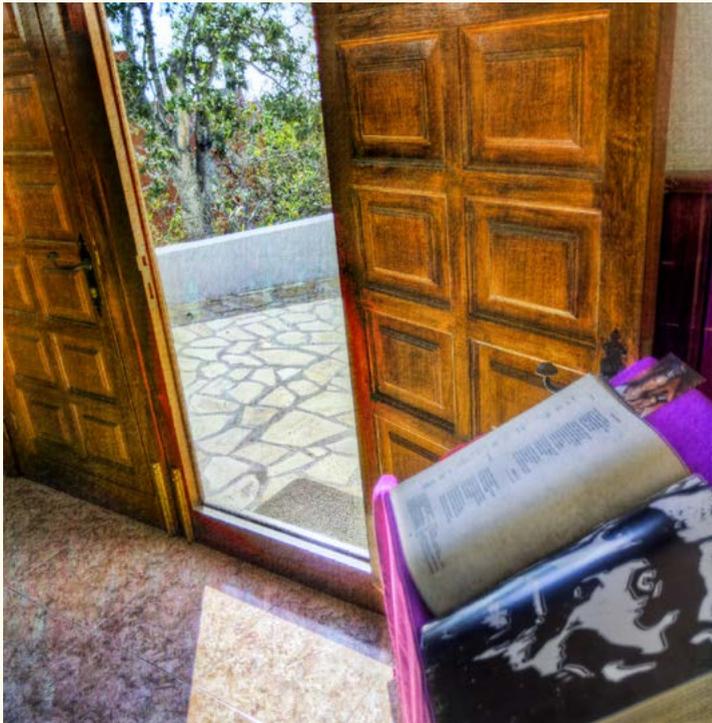
sciousness. Still, things like that may help you to tone down the outward-facing consciousness.

Yet, the key to deactivating the outward-facing consciousness lies not in the method itself, but in the clarity of your purpose. Therefore, numerous techniques can be of assistance, provided your purpose in using them is to deactivate the outward-facing consciousness. But remember, no technique can compel you to devote yourself to the inward-facing consciousness.

Be aware that the above steps only apply to getting glimpses of Enlightenment. There's no specific way to *the Enlightenment of that which is One*, as that requires more than one.

Daily life with glimpses of Enlightenment

It's best not to be active in the world of the outward-facing consciousness while having glimpses of *lucid light*. They can become so intense that you hardly see the world of the outward-facing consciousness.



Alexius doesn't align with any religion or New Age philosophy. The former, with its deity one is supposed to worship, and the latter, with its basis on a 'body-mind-spirit connection', both reinforce duality by their belief in more than one. Furthermore, they achieve their objectives by excluding what they deem wrong. Hence, they establish separation and deny non-duality.

But you can enjoy *celestial music* if you don't have to be aware of traffic sounds, for instance. The same applies to hearing or feeling *the echo of oneness*. Doing that is like being carried around in a less-defined world of the outward-facing consciousness. *The immortal sweetness* technique you can practise constantly while being active in the world of the outward-facing consciousness, if your practice is not too intense.

Appendix: In a world of duality on the way to non-duality

The benefits of practising *the immortal sweetness* technique are unlocked when you devote yourself to it for no other reason than to lose the sense of being someone in *the immortal sweetness*. Hence, free from the burden of individuality, there's no 'I' to perceive what's being done is carried out by somebody. Consequently, actions are as effortless and automatic as reacting without thinking to a ball coming one's way.

However, if you wish to continue as somebody in a world of duality, you should not be nobody for more than 20 minutes, at most 45.



What's the sound of one hand clapping? There's no sound because it takes more than one to produce something. That's why oneness is soundless, visionless, tasteless and senseless. Only in a world with more than one can you hear, see, taste or feel something. However, since oneness is formless, thus endless, there's no world with more than one.

The brain needs somebody to validate its dualistic tale as real continuously. If not, its duality world is exposed as nothing, and so is the brain. Hence, it falls into a coma, which is the end of you as somebody in a world of duality. See [Duality Hack #9.10](#).

So, if you want to remain in a world of duality yet on the way to non-duality, you keep shifting between being a nobody and somebody. Thus, blissful moments, as nobody in *the immortal sweetness*, replace the strenuous experience of being somebody in the brain's duality game. You continue this cycle until forgetting to return to being somebody in the brain's duality game.

Other ways to enjoy the belief in duality while undoing it:

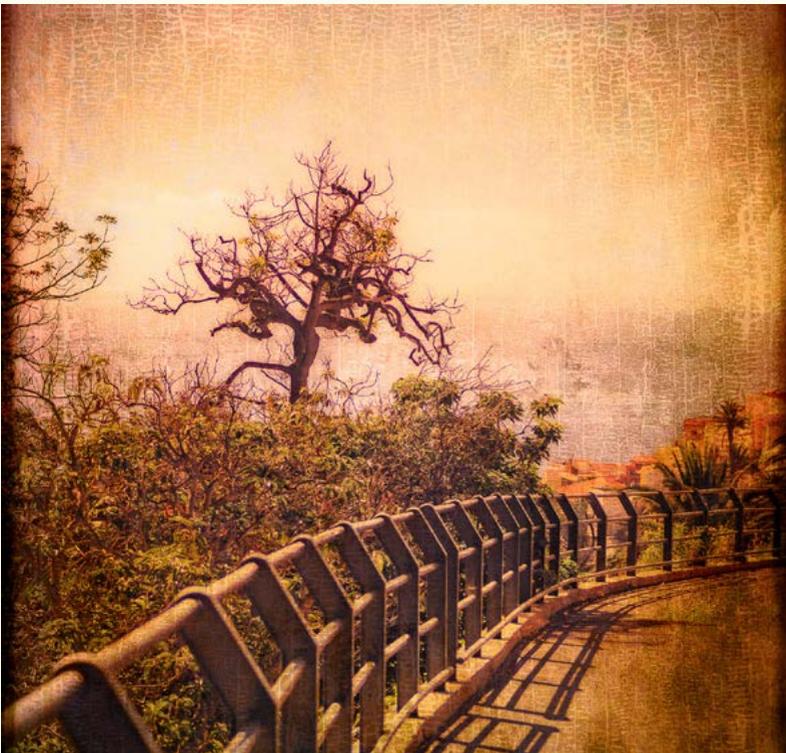
- Pretending to be in a world of duality, you eventually undo the belief in duality because you are not where you pretend to be ([Duality Hack #2](#)).
- When perceiving everything in a world of duality as a symbol of non-duality, differences make no difference. Thus, eventually, duality fades away ([Duality Hack #3](#)).
- By trusting *the empty breath* to synchronise the outward- and inward-facing consciousness according to your present needs, you gently walk a path with no distance to non-duality ([Duality Hack #9.8](#)).



Blissful moments as nobody in the immortal sweetness, replace the strenuous experience of being somebody.

- Rapidly shifting between a *state of not knowing* and the consciousness of being someone in a world of duality, you eventually forget to be someone definitive ([Duality Hack #9.6](#))
- If you perceive your singular reaction to something as *'it is what it is'*, your response is revealed as twofold ([Duality Hack #6.5](#)). Hence, you're in *the duality flow* on its way to its source: non-duality ([Duality Hack #8.7](#)).

Actually, all *Alexius' Duality Hacks*, except #10, lead to a *state of not-knowing* unclouded by the outward-facing consciousness. Hence, since the inward-facing consciousness becomes more prominent, we get glimpses of Enlightenment, gradually undoing the belief in duality, while we enjoy it.



There are many ways to enjoy the belief in duality while undoing it



The echo of oneness doesn't improve anything. Instead, it eventually ends all experiences of something. Thus, nothing seems to conceal that which is beyond experience: the formlessness of oneness. This is not the end of that which is you, but of your perceived identity. You've never been something specific because oneness is formless, thus endless.

Hack #11.3, In Wonderland with *the echo of oneness*

Hearing *the echo of oneness* feels like the world stands still, so although everything moves forward hastily, it goes nowhere.

As oneness is formless, thus endless, it's impossible to be someone in a world defined by time and space. Nevertheless, most believe in being in such a world. In contrast, one comparable to *the Enlightenment is that which One* doesn't believe but pretends to be there, like we pretend to be in a video game.

That's why Alexius' description below of the world standing still doesn't reflect the collectively agreed-upon belief in a world defined by time and space, but rather someone who doesn't believe in being a part of it. The same applies when he talks about listening to *the echo of oneness* or having other glimpses of Enlightenment.

The world stood still when Alexius heard *the echo of oneness*

Alexius was 17 when the world stood still for the first time. Looking out the window in the early morning, the world appeared like a pristine snow canvas. This white expanse seemed to suspend the notion of time and space, so all *an echo of oneness* resonating from the edge of the universe was all there was.

During a stroll by the sea, Alexius once again was absorbed by *the echo of oneness*. And another time, while walking a bustling pedestrian street, the distant *echo of oneness* was all he heard. Despite people hastily passing him, it felt as though there was no movement, no one around. Alexius didn't know what was happening, nor did he care. *The echo of oneness* sets you free from the constraints of understanding.

Many years after becoming accustomed to hearing *the echo of oneness*, Alexius realised that this distant humming is what *aum*, *so-hang*, and *the word of god* symbolise. However, most people don't hear the unpronounceable *echo of oneness*. They expect something that expands their being in a world bound by time and space. Yet *the echo of oneness* is without beginning and end, so when you hear its distant humming, you forget to uphold the belief in a world defined by time and space. See [Duality Hack #11.4](#).



The vibration that aum and sohang symbolise is our launching pad to oneness.

The echo of oneness

The word 'guitar' symbolises something that makes amazing sounds. However, hearing the word 'guitar' won't remind you of these amazing sounds unless you've already experienced them. Likewise, *aum* and *sohang* or *the word of god* symbolise the distant humming of oneness. But they won't remind you of the unpronounceable vibration of oneness unless you've already heard or felt it.

You hear or feel *the echo of oneness* when the definable world of the outward-facing consciousness is so far from your awareness that the abstract humming from the edge of the universe is the nearest.

The echo of oneness makes you feel like nobody. Thus, free from the constraints of being somebody, you perceive the world in a way that fills you with wonder, as if you've stepped into Wonderland.



When one doesn't try to hear something specific, it is easy to be absorbed by the echo of oneness.

The echo of oneness is your life belt in a world with more than one

Since a computer's hard disk only contains unbounded zeros and ones, it's unaware that an app converts them into shapes on a screen. Nevertheless, the computer senses something is off. So, it emits an echo of itself that prevents its immeasurable content from being perceived as something measurable.

In this computer metaphor, the app is the brain, rendering experiences of something from nothing. The computer, representing the formlessness of oneness, senses a discrepancy and sends

out an echo of itself to dispel the illusion of a world confined by time and space. This echo, resonating like the vibration of *aum* or *sohang* symbolise (see [Duality Hack #11.4](#)), helps you forget to interpret experiences as something. Consequently, they no longer seem to conceal the formlessness of oneness.

One might wonder who created the app called the brain? The answer is nobody. It requires more than One to make something, and there is no more than that which is One.

Since life is formless – thus endless – nothing can hide it. Ergo, if someone promises to reveal the secret of life, what you get is not life.



Hack #11.4, *The echo of oneness* is our way home

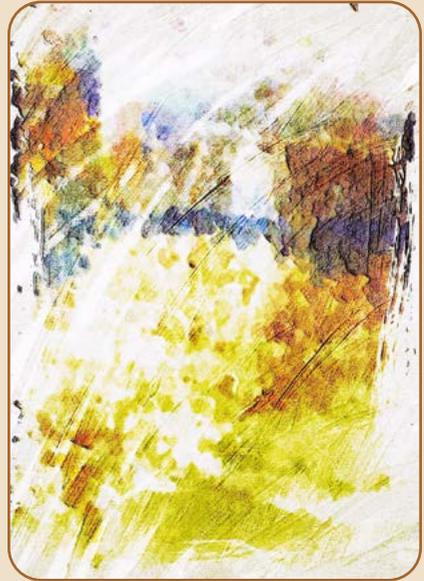
Hearing or feeling *the echo of oneness*, symbolised by *aum*, *sohang*, or *the word of god*, is not about uncovering life's secrets, for it has none to hide.

Life has no secrets because it takes more than one to conceal anything, and life is that which is One. So why do people search for the meaning of life? The answer lies in the previous sentence. Life is oneness, thus formless, so there's no life in those searching for something definable.

However, as most believe that a world confined by time and space exists, this hack operates within that belief to present a way to hear or feel an echo of oneness, calling us back to the reality of the formlessness of oneness. In Christianity, this echo is called *the word of god*, while in Eastern religions, it's symbolised by *aum* or *sohang*. Since oneness is without a beginning or an end, its echo can't be written or spoken. Still, it's easy to hear or feel it if you don't expect something specific.

The vibration that *aum*, *sohang*, or *the word of god* symbolises is not hidden

For centuries, people have dedicated themselves to chanting *aum*, meditating on *sohang*, or contemplating *the word of god*, believing that by doing so, the



Most readers of the New Testament assume it's 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.

The original translation of the Hebrew word *Elohim* was *the word of god*, a metaphor for that which is One and never-ending. However, as this seemed paradoxical in a world with more than one, the word's meaning gradually changed. Nowadays, *Elohim* means god – an almighty force that created the world in its image. However, since oneness is formless, it can't make a world with more than one. Thus, such a world and its perceived creator are make-believe.

secret of life would miraculously unfold. However, life is oneness, so it doesn't create miracles or hold secrets, as that requires a separation that is not present in life's oneness.

»» *The sense of being someone definitive vanishes when you hear or feel the echo of oneness. Thus, eventually, nobody hides the formlessness of oneness.* ««

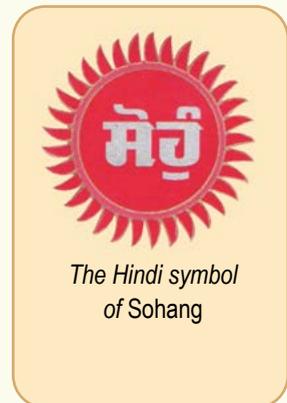
Thankfully, the experience of hearing or feeling the primordial vibration that *aum*, *sohang* or *the word of god* symbolise is not an exclusive one. It is within reach for all. If you don't seek an elitist understanding or look for peak experiences of something sensational, the primordial vibration, which Alexius refers to as *the echo of oneness*, naturally resonates with you as a sound or feeling.

Using AUM to tune into *the echo of oneness*' sound

Start by very slowly singing *AU* as one letter sounding within you. Then, add *M* very softly, allowing it to float as a whisper that can neither be said nor written but heard as a distant humming. If you find yourself smiling, you have recognised *the echo of oneness*. It's that simple.

You can also get in touch with the distant humming of oneness by saying *sohang* – eventually combined with listening to the sound of the breath. When breathing in, say *SO* within you, continue with a silent *H* and pause on *OH* until you start breathing out. Then, go on by saying *HA(N)*. Hereafter, you remain on *(A)NG* at the end of breathing out until *(A)NG* fades out, and you hear *the echo of oneness* as a distant humming.

Another way to hear *the echo of oneness* is to stop focusing on different sounds in the world of the outward-facing consciousness. Then, they fuse into one sound: *the echo of oneness*.





The echo of oneness doesn't change your appearance, yet you feel transparent in its presence.

You don't need 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*. It's not about stillness, but about being devoted to hearing what can't be spoken.

One of the first times Alexius sensed *the echo of oneness*, he was busily handing out flyers on a pedestrian street. He was so devoted to his task that the noise of the road became a distant sound fusing into a humming, which, although remote, cancelled out the sense of being someone definitive somewhere specific. It was like the sum of all made everything transparent. See [Duality Hack #11.3](#).

What does *the echo of oneness* sound like?

Some people complain they hear their neighbour vacuum when they're about to fall asleep. But it may not be the sound of a vacuum cleaner they hear, but the distant humming that *aum*, *sohang*, and *the word of god* symbolise. It's easy to hear as one prepares to disconnect from the outward-facing consciousness.

The echo of oneness is also comparable to hearing the distant sound of the air conditioning in an airport, a wave in the ocean that never stops moving upwards, or the sound at the edge of breathing in or out. But since most look for extraordinary experiences, they brush off something so simple as the gentle humming coming from nowhere in particular.

Knowing that *the echo of oneness* is there, it's easier to tune in

When Alexius was a teenager, he liked to listen to a radio station broadcasting on a frequency between two noisy stations, often obscuring his favourite one. 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.



You may already have heard or felt the echo of oneness. However, if you're seeking a peak experience, you might mistake its distant humming from nowhere and everywhere as the sound of your neighbour's vacuum cleaner.

Similarly, now that you know how to hear the humming of oneness amidst the world's noise, you simply tune into it through your present activity or via aum or sohang. Even if your head is filled with noise, you can join it until it fuses into one sound.

» *Feeling or hearing the echo of oneness is the same, like two sides of the same coin. However, it's not advisable to do it simultaneously, but one at a time.* «

To feel *the echo of oneness*

Suppose you're more emotional than audio-minded. In that case, your approach to the echo of oneness is to feel it. Perhaps you already felt it when you tuned into *the echo of oneness* by following the above guidelines. If not, you can tune in again, putting more weight into feeling it.

Feeling *the echo of oneness* is like sensing your body purring like a satisfied cat, or the bubbling effect of quickly drinking the foam from a Coca-Cola. It's also akin to trembling of fear, where you instead quiver with bliss, if you don't interpret the primordial vibration as scary, but as a call to go home.

When you respond to the call of oneness, feeling its echo intensifies. It feels like being touched by the vibration from an earthquake or the spin cycle of a giant laundry machine in a blissful way. As you feel no transition between the body and the appearances outside it, you forget about concepts like inside and outside. Thus, no memory of something limited seems to hide the formlessness of oneness.

Alexius, who is more attuned to hearing than feeling, took a long time to feel *the echo of oneness* (see [Duality Hack #10.4](#)). But when he finally did – after several years – it was so intense that *the echo of oneness* brought him into *the Enlightenment of that which is One*. There, nobody sees, hears, feels or tastes anything since that requires more than one.



When you're familiar with the humming that aum, sohang, and the word of god symbolise, you don't always tune into it but explore the world where you appear, knowing the echo of oneness remains with you.

Alexius and the echo of oneness

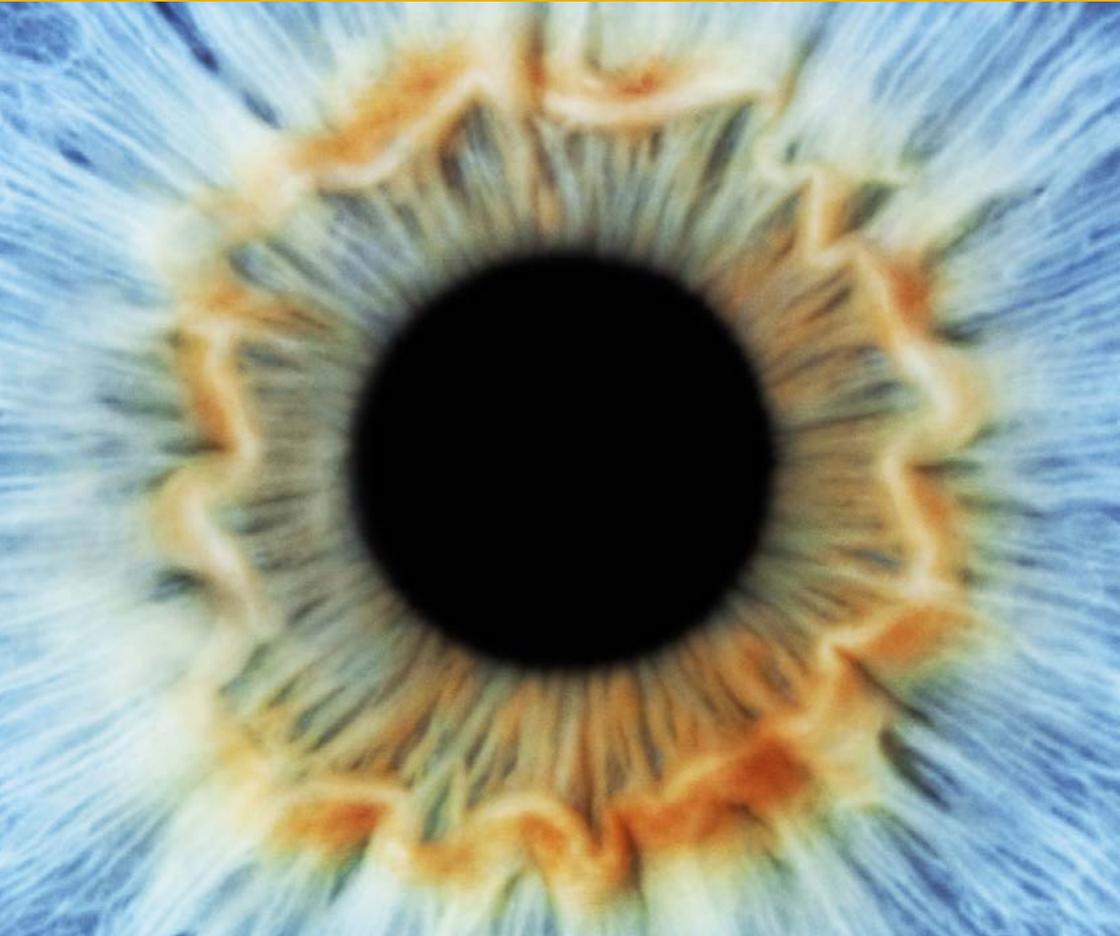
The above is Alexius' way of communicating how to hear and feel *the echo of oneness*. However, using *aum* or *sohang* as a stepping stone is not new. So far, it has been promoted in mysterious ways by people who didn't know *the echo of oneness* but hoped continued chanting would reveal it. However, in their hope for something in the future, they miss the gentle humming from nowhere, present everywhere.

Yet, it wasn't through the words *aum* or *sohang* that Alexius heard or felt the humming they symbolise. Since his teenage years, he was, for no specific reason, often 'lifted' by this humming while watching a movie, walking, or sitting in a park, for instance. Many years later, it suddenly dawned on him that this distant humming is what people aim for when chanting *aum* or *sohang*. However, it's not about get-

ting something new. It's about tuning into what we all have wherever we are. And, since Alexius can do it, you can too.

Elaborate rituals or deep studies won't conjure up the vibration that *aum*, *sohang*, and *the word of god* symbolise – or what Alexius refers to as *the echo of oneness*. It's without a beginning or an end. Instead, when you don't focus on something specific, you hear or feel this unpronounceable vibration effortlessly, regardless of where you appear. You also hear and feel *the echo of oneness* effortlessly if you focus on something without expecting anything in return.





*When one doesn't focus on something specific,
the world of the outward-facing consciousness
becomes blurry. Hence, the abstract world of the
inward-facing consciousness opens up.*

[The image is from the internet]

Hack #11.5, The ins and outs of the inward-facing consciousness

Personal insights from Alexius on when he, with the inward-facing consciousness, experiences glimpses Enlightenment and taps into *a state of not-knowing*.



Years ago, Alexius enjoyed travelling in worlds of lucid light. Nowadays, he prefers not to see anything familiar, but as nothing to float through a black hole into the formlessness of oneness. [The image is from the internet]

During the day, Alexius is immersed in the outward-facing consciousness, a world of bustling activity and external stimuli. But as night falls, he gently withdraws from this realm. Sometimes he uses a sleeping mask and earplugs to aid this transition. In the quiet expanse of the inward-facing consciousness, he often hears the transparent sound of *the empty breath* (see [page 486](#)).

This translucency may swiftly propel him into glimpses of *lucid light* that seem to dance around on a transparent screen with no beginning and end. The physical world rapidly recedes from his awareness as in *the lucid light*, translucent universes unfold at a rapid pace, or perhaps flowers bloom in slow motion. Descending into a deeper sleep, the visions of *lucid light* flicker in and out. But upon waking in the morning, *the lucid light* is replaced by *celestial music*.

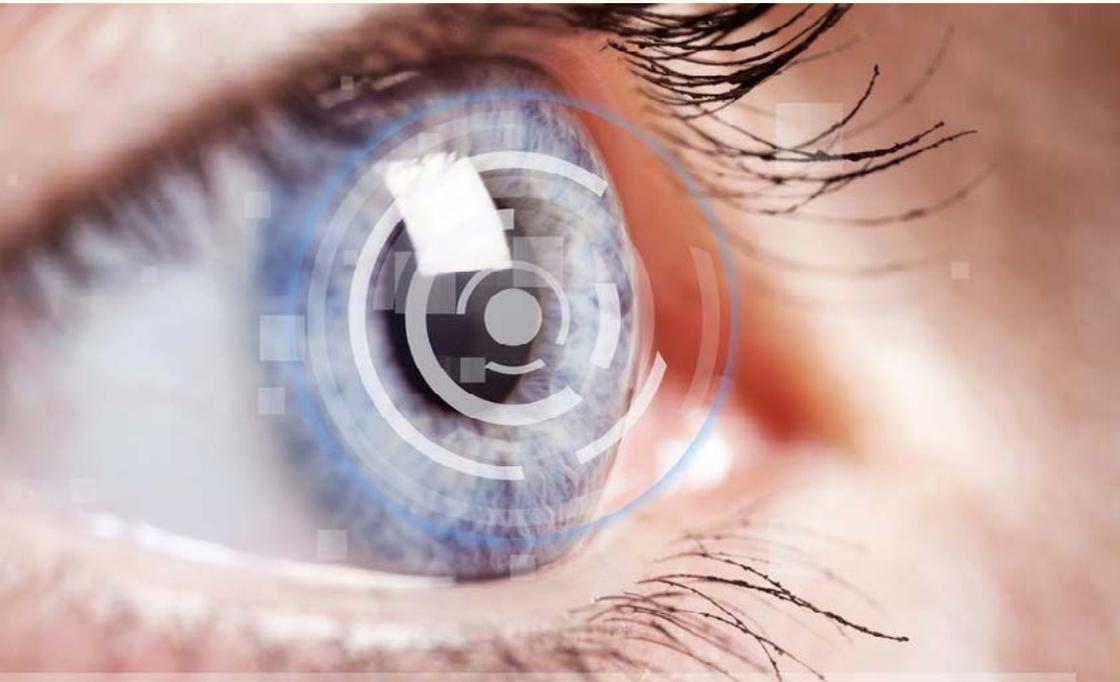
All Alexius' Duality Hacks, except #10, lead to a state unclouded by the outward-facing consciousness. There, the inward-facing consciousness becomes more prominent with abstract glimpses of Enlightenment. You see, hear, feel or taste them, as described in Duality Hack #11.2.

For instance, when you apply Duality Hack #3, you perceive the experience of more than one as a symbol of oneness. Hence, since nothing is perceived to make a difference, the abstractness of the inward-facing senses world displays glimpses of Enlightenment.

Actually, the above is a typical description from years ago when the glimpses of Enlightenment were thrilling adventures in enchanted worlds of light. Alexius was fascinated by this because, to some extent, he travelled in worlds he could comprehend. However, nowadays, he no longer seeks the familiar.

Instead, Alexius is pulled in by an abstract lightshow swirling around a so-called black hole. The lightshow rapidly merges into one bright light, and the black hole becomes so tiny that only his non-being can cross it and dissolve into the formlessness of oneness. This is neither thrilling nor calming. It simply is.

What we believe we see is fabricated by the brain ([Duality Hack #1.2](#)). Hence, since your brain has fabricated what you believe in reading, you don't know what Alexius wrote. When you acknowledge this, the inward-facing consciousness takes over, and you have glimpses of Enlightenment.



Nights in the inward-facing consciousness lighten up the days

As told, Alexius primarily engages with the outward-facing consciousness during the day. However, the distant memories of the inward-facing consciousness from the previous night unexpectedly lighten his days. Sometimes, he hears the echo of oneness. He may even catch visual glimpses of Enlightenment with his eyes open, regardless of his physical location. And the immortal sweetness follows him throughout the day.

You don't know what Alexius writes

Be aware that the above is how Alexius delves into the world of the inward-facing consciousness when the world of the outward-facing consciousness receives less attention. Your experience may differ – just like most people describe the same cup of coffee differently. When it comes to *the Enlightenment of that which is One* ([Duality Hack #10](#)), Alexius' recollections of not being nothing but that which is One are likely to be selective, just as yours would be.



If the reason for putting on a sleeping mask is to cancel out the light from the world of the outward-facing consciousness, you get *lucid light* via the inward-facing consciousness.

» The Enlightenment of that which is One *is impersonal, but since it can't be experienced, there are only distant memories of something indescribable. However, those memories are filtered by the personality. Hence, the Enlightenment of that which is One may seem to be a personal experience in time and space, although impersonal in one perpetual present.* «

Simply put, the descriptions of *the Enlightenment of that which is One* and its glimpses are not absolute. Besides, you don't read what Alexius writes. You read your brain's translation, with your interpretation layered on top ([Duality Hack #1.2](#)).

Furthermore, Alexius' experience of the glimpses of Enlightenment is not constant. Sometimes these experiences do not occur. Instead, thoughts or emotions take over, making him forget the inward-facing consciousness. No worries if it happens to you, too. Then, you see that thoughts and emotions have no power and are unimportant when there's no need to use them to feel like someone.

The night can be full of restless dreams that seem real until Alexius quietly wakes up to the sound of celestial music, which cancels out the night's confusion so that he peacefully and energetically gets out of bed.



Anything upheld as specific fades out in the world of the inward-facing consciousness

Perhaps you cherish past experiences of wondrous realms of *lucid light* and yearn to relive them. Yet, these experiences, like intangible clouds, elude replication.

In other words, you can't do something to be in the abstract world of the inward-facing consciousness in a specific way. Doing something to get something only works in a tangible world. Ergo, in the world of the outward-facing consciousness, you can do something to tone down this consciousness, such as putting on a sleeping mask at bedtime.

The inward- and outward-facing consciousness are equally unreal

Suppose you have the impression that the inward-facing consciousness is less deceptive than the outward ones. In that case, you have deceived yourself into believing you become purer, higher or wiser when looking within. If that's your purpose, the inward-facing consciousness will seem to cause as much suffering as the outward ones.

Lastly, it's best to forget all the descriptions in Alexius' Duality Hacks. This is because you can only remember them by interpreting them as something specific, which you can't replicate in the abstractness of inward-facing consciousness.



No matter how many impressive photos you shoot of a mountain, they don't show the whole.

Hack #11.6, Oneness is *one perpetual present*

If you want to hear the tale of that which is you must undo the belief in a world governed by time and space. Then, you're the story of *one perpetual present*.

In our world, defined by time and space, the allure of magic is pervasive. A child's belief in Santa Claus delivering Christmas presents, though charming, is an illusion. Similarly, adults' pursuit of material or spiritual wealth as a path to happiness is also an illusion. No matter how much they acquire, the thirst for more remains unquenchable.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Many think they're spiritual when they're in the inward-facing consciousness rather than the outward-facing one. But even though you can say the inward-facing consciousness is closer to the

Another photo of the same mountain shows that we can get many different glimpses of it, but none reveal the whole mountain. Similarly, we can have various glimpses of Enlightenment. However, none is the Enlightenment of that which is One.



reality of oneness, it's still part of the belief in more than one, thus an illusion. That said, the inward-facing consciousness can help us realise that experiencing something hides what we can't be aware of: that which is One.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

The more you wish to undo the belief in a world defined by time and space, the less real your experiences of something seem, leaving you on the path to the formlessness of oneness. As it's a way without direction, you're going nowhere. Hence, the belief in being confined to time and space fades out.

∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞

Here is yet another glimpse of the same mountain in the other photos. However, you still don't know the mountain as all the glimpses differ. Similarly, as long as you see glimpses of Enlightenment, no matter how exciting, you aren't in the Enlightenment of that which is One.



Welcoming *the Enlightenment of that which is one* is like getting into a driverless car, driving so fast that glimpses of Enlightenment merge into one bright light, tone, emotion or taste, absorbing everything definable. Thus, nothing is carried into the formlessness of oneness.



The more you think you understand *the Enlightenment of that which is One*, the more you're mistaken. This is why the purpose of *Alexius' Duality Hacks* is not to help you understand it, but to unlearn what you believe in knowing.



You don't find *the Enlightenment of that which is One*, like you discover other things in the world of something. But when you don't look for anything, something doesn't appear to hide it.



Trying to extract a specific way to *the Enlightenment of that which is One* or its glimpses from *Alexius' Duality Hacks* won't work. It's better to forget the words and thrust glimpses of Enlightenment will become a portal for *the Enlightenment of that which is One* when you have a willingness not to see something definitive.



Oneness is *one perpetual present*. Hence, the story of the never-ending moment can't be told in a world with a beginning and an end. So, if you want to hear the tale, you leave the belief in a world defined by time and space, thus being the story of *one perpetual present*.

You don't live twice because life is that which is One

You only live once, but since life is formless, it never stops, so you live forever. However, when you assume a definitive form, you're lifeless because you can't contain the formlessness of life in something bound by time and space.

Therefore, if you wish to escape life's formlessness, keep sensing something definable. But if you don't want to fend off the formlessness of life, don't be conscious of a world confined by time and space. If you wonder how to do that, you don't want it.

Knowing that you don't want the formlessness of life, you have come a long way, because it means you have chosen the troubles that come from seeing yourself as someone in a capsule of time and space. Fortunately, life is good, and that which is you is life, so if you admit you made a wrong choice, you no longer overrule life. Hence, you're on a timeless path to the formlessness of oneness.





Alexius uses the bulbs in his home as a metaphor for humans. He illustrates that if people insist on seeing themselves as substantial entities, they are bound to end. However, if they identify with what allows them to experience being definite – namely, oneness – even when their appearance as something substantial ends, they continue because oneness is formless and, thus, endless.

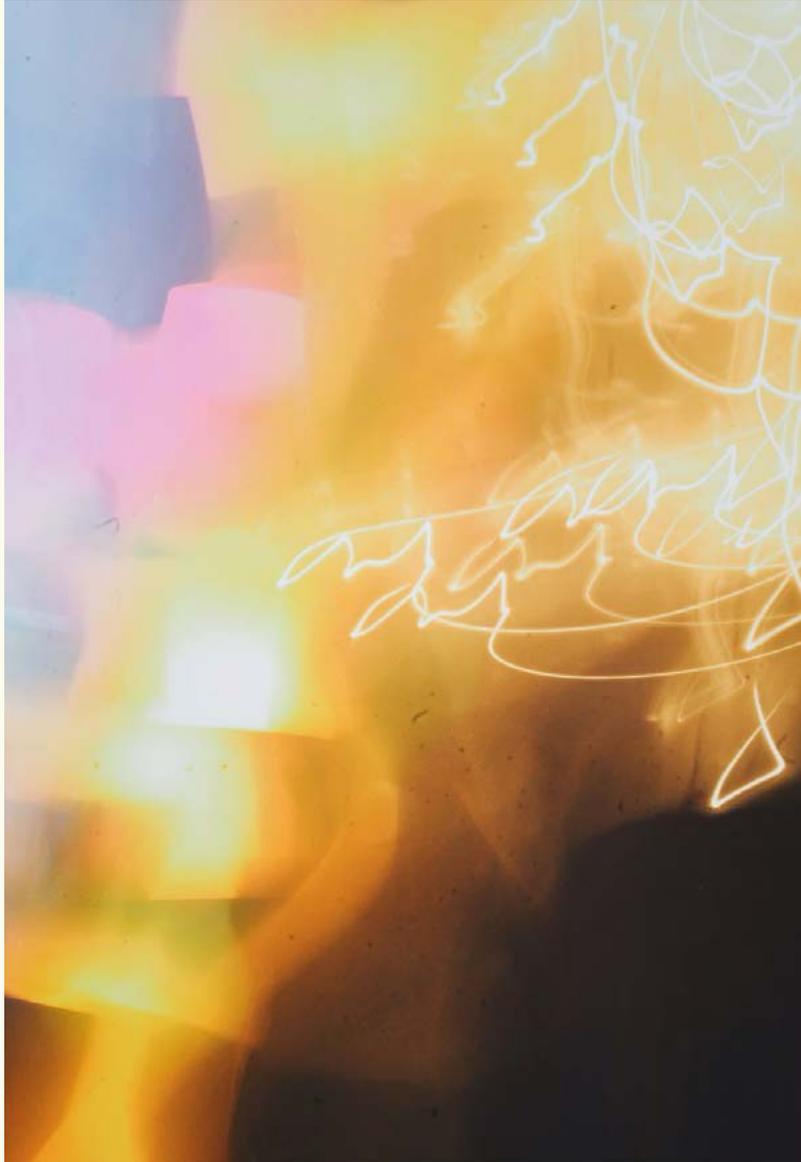
Hack #11.7 Reality is the formlessness of oneness

Consider the life of an electric bulb. If it sees itself as a light source, its life ends when it can no longer emit light. But if it merely pretends to be a light source, only that role ends. What made it possible to play this role – electricity from the power station – remains.

. In Alexius' home ...

... one bulb has a red lampshade, making its light appear warmer. Other bulbs give off different kinds and amounts of light. However, regardless of how much light a bulb emits, whether it's big or small, coloured, white or transparent, the power that lets a bulb emit light does not come from the bulb.

Even though bulbs are basically the same, they can never connect. There is only one possible connection, set up by the power station that supplies electricity to the bulb. When the bulb accepts this connection, it knows it is not a bulb. It is that which makes it possible to experience being something definable, namely, the non-definable electricity provided by the power station. [The image is from the internet]



A bulb can only emit light because it is connected to electricity from the power station. Without this, a bulb is nothing. Yet when its internal system fails, the bulb cannot emit light. So, if the bulb believes it is an entity that emits light on its own, this is the end of its life.

Luckily, when the bulb stops emitting light, it's still connected to the power station, which remains unaffected. So, suppose the bulb does not identify as a limited entity, but rather as what makes it possible to appear as limited: the unlimited energy of the power station. In that case, the bulb is not tied to any appearance. Instead, it is what enables the bulb to shine for a while: the power station.

But the power station's energy is not in the world lit by the bulb. Only finite appearances appear there. So this world cannot help the

The only life the power station recognises is electricity. That's why it doesn't notice that bulbs believe the appearances they see due to electricity are alive, and, therefore, establish the bulbs as living beings. [The image is from the internet]



bulb shift its identity from a finite entity to the infinity of the power station.

However, if the bulb does not see the world around it as real, the world cannot confirm the bulb's existence. Ergo, there's nothing but the power station.

Many believe that the Enlightenment of that which is One is about seeing everything as one. But adding more than one to get that which is One requires more than one. Thus, it's only possible in a world with more than one. However, there is no such world because oneness is formless and, thus, endless. [The image is from the internet]



Clarifications of the above bulb metaphor:

THE WORLD IS UNREAL. The world illuminated by a bulb is an illusion generated by the electricity from the power station. Without this energy, there is no bulb lighting an external world.

» *Consider lighting a room with electricity via bulbs. The electricity is not in the room you see because of it. Similarly, the formlessness of oneness is not in a world with more than one, although oneness is what makes it possible to experience more than one.* «

REALITY is like the power station in Alexius' metaphor. Though it enables the experience of the external world, the power station cannot be found within the world created by the bulb's light. Similarly, although the formlessness of oneness makes it possible to experience a world with more than one, it can't be found within that world.

You have to leave a world with more than one to return to what you never left: that which is One. The fastest way is to welcome *the Enlightenment of that which is One*. Alexius' other

Your physical being is not in your dreams. It's in your bed. In the same way, since it takes more than one to be somewhere, that which is One is not in a world with more than one. *[The image is from the internet]*



Duality Hacks accomplish the same over time, while you have fun exploring a world with more than one.

ONENESS is often misunderstood as a merging of separate appearances. But when the power station replaces a bulb's identity, the bulb is no more. Hence, there's no one to be at one with another. And there never was, as oneness has no room for more than One.

THE ENLIGHTENMENT OF THAT WHICH IS ONE sets in when a bulb forgets its role in the world it perceives outside it. Immediately, the bulb is absorbed by a magnificent light, allowing its non-being to pass through a black hole, too tiny for any beings to enter. It returns to where it always was. But as the bulb is no longer a bulb, there is no entity left to realise this, nor to recognise that it is the power station.

Alexius is comparable to a bulb that forgets to experience itself as limited and, thus, is what made it possible to experience being confined, namely, the formlessness of oneness.

Yet, his Duality Hacks are not a manifestation of oneness. Just as the word 'wine' is not wine you can drink, but only a symbol, Alexius' Duality Hacks are not that which is One, but symbols of it.





In a long-forgotten land, an old man living far from everything was considered a wise man.

Hack #11.8, The Destroyer of Worlds

This is a tale about an old man with no need to be somebody and a young man looking to be somebody by becoming Enlightened. The old man helps the youngster forget about becoming somebody. Hence, he enters *the Enlightenment of that which is One*, and is rebooted in a world with more than one, as nobody pretending to be somebody.

Once upon a time, there was an old man who was known to reveal *the Enlightenment of that which is One*. A young man, dreaming about the amazing person he could become if Enlightened, set out to find the old man with unwavering determination.

Finally, he found him in a remote valley, far from everything. The young man, brimming with anticipation, asked the old one if he could reveal *the Enlightenment of that which is One*. The old man answered: »No problem if you're willing to work for it«.

»Of course,« said the young man, who was eager to begin his journey to Enlightenment. However, his eagerness turned to surprise when the old man asked him to dig a ditch around his house. But the youngster assumed the old man was poor and would reveal his secret knowledge if he did it for free.

Thus, the young man worked tirelessly to impress the old man. However, he never seemed satisfied, always saying the work wasn't good enough. It could be much better, and the ditch should be much deeper. However, the young man's perseverance seemed to pay off, as one day the old man's face finally showed a hint of satisfaction.

»» *The Enlightenment of that which is One has nothing to give, for that requires more than One. Thus, if you expect something, you miss it.* ««

Expecting something in return

In his eagerness to become Enlightened, the young man found it hard not to show his impatience as he waited for the old man to bestow upon him *the Enlightenment of that which is One*. But the old man remained silent for weeks. Then, one day, he calmly told the young man to refill the ditch.

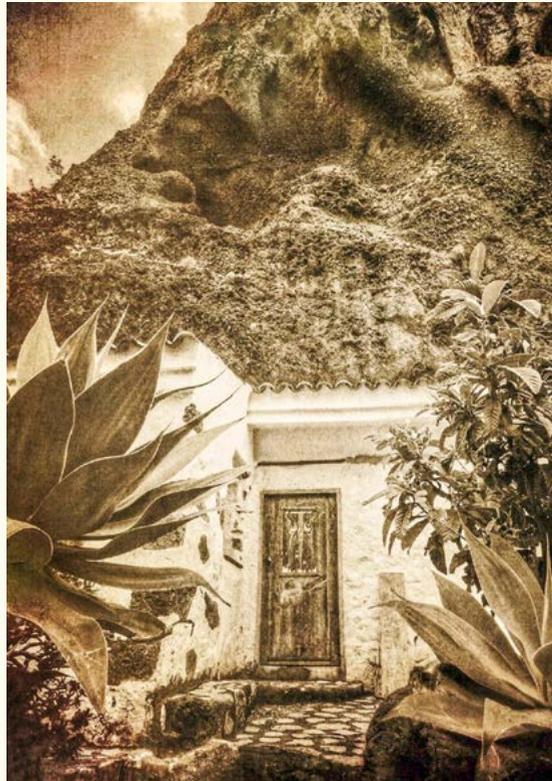
The youngster was taken aback, unable to comprehend the old man's request. Despite his disbelief, he chose to see what would happen if he followed the old man's instructions. And so he filled the ditch until it was as if there had never been one.

No Enlightenment but lots of shit

The young man, filled with pride in his assumed achievement, assumed that now the old man would reveal the secret of Enlightenment. So, when the old man invited him into his house, he opened the door with a big smile. However, it didn't last because, from his hiding place above the door, the old man threw a bucket of shit on the young man's head. He was shocked, disappointed, and felt betrayed – especially because through the shit, he saw how amused the old man was.

The youngster left the old man furiously, feeling that he had wasted months of his precious life with this sadistic man, knowing nothing about Enlightenment. Yet, after a period of reflection, he found himself back at the old man's door, politely asking him to reveal the way to *the Enlightenment of that which is One*.

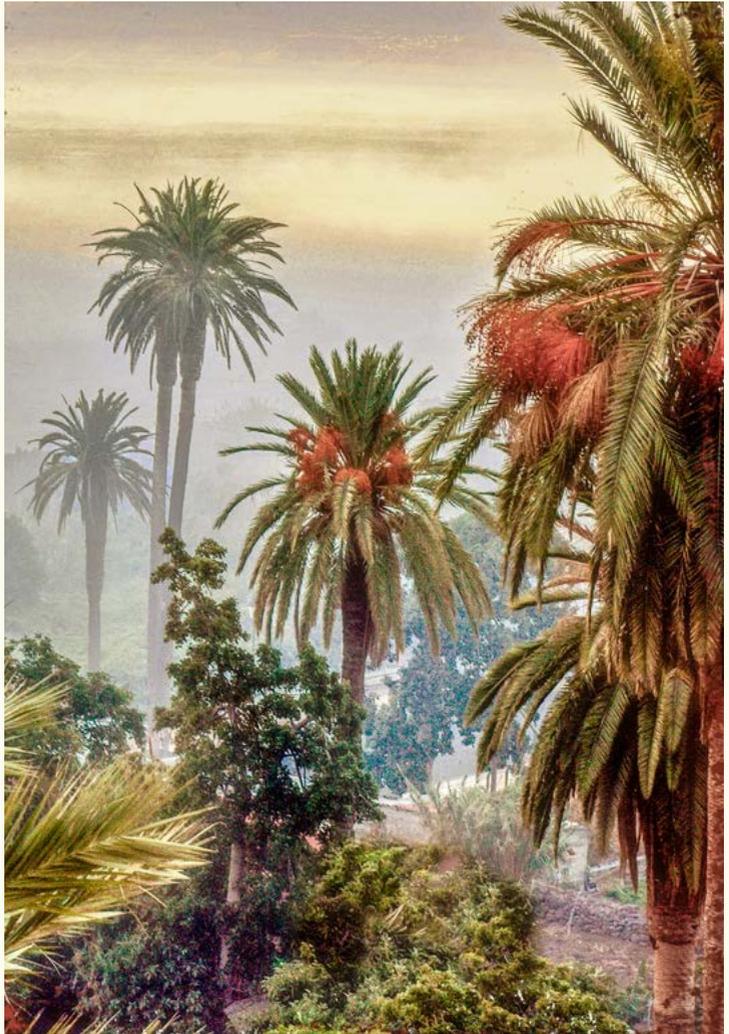
*Nobody notices if
one is comparable
to the Enlightenment
of that which is One,
as that calls for more
than One.*



The old man agreed and gave him one meaningless assignment after another. A year went on like that, and when the old man one day again threw a bucket of shit on the young man, he looked at the old man with a happy smile.

The youngster was relieved, neither feeling young nor old. He had no need to seek anything, nor did he assume that he had done or was anything special. Thus, being nobody, there wasn't somebody to hide *the Enlightenment of that which is One*.

*Alexius lives
unnoticed by the
world, far from
everything. Yet
nothing is far from
him because, as,
like in a dream, he's
AloneTogether with
everything.*



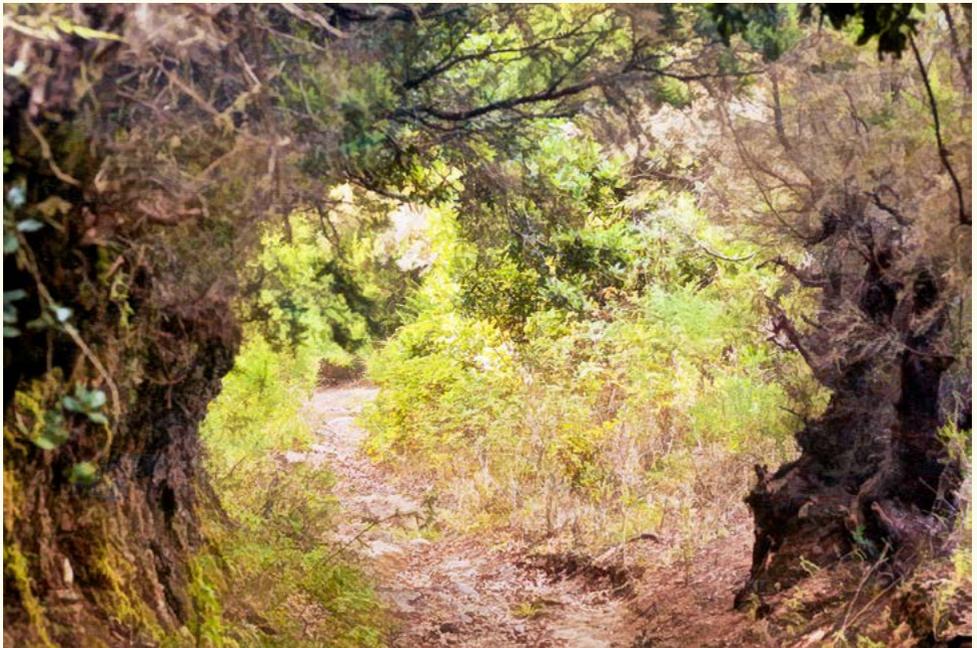
Somebody or nobody

The above is a remix of stories Alexius heard as a teenager. He considered them out of touch with modern life, which he believed was all about being recognised as somebody, like when he stepped into a disco, and the DJ lowered the music to greet him through the speakers.

But when Alexius entered *the Enlightenment of that which is One* ([Duality Hack #10.2](#)), his source code as somebody was extracted so he could reboot as nobody pretending to be somebody ([Duality Hack #2](#)). Thus, relative to the ever-changing moments in a world with more than one, nobody has appeared as somebody in many ways (see [Alexius has been a man in many ways](#)).

At present, these ways have evolved into Alexius writing *Duality Hacks Alone Together* ([Duality Hack #12](#)) with the reader. Hence, since nobody in particular decides what to write or edit, these *Duality Hacks* are not for those imagining their decisions establish them as somebody. Instead, they're for nobody.

As nobody, Alexius writes Duality Hacks Alone Together with the reader.





Alexius, in a realm far from the grasp of definition, is *AloneTogether* with his feline companions.





»» *Oneness is formless, thus endless, so you can't be in a world with more than one, except in fantasy. So, since being with more than one is an imagination, you undo its hold on you by acknowledging, you're AloneTogether with the illusion of more than one.* ««



What and where we appear is a construction of thoughts, made tangible by turning specific constructions into feelings. However, when these feelings seem too intense, most people avoid the intimacy they establish with the world by analysing and categorising them. Hence, since emotions become thoughts again, they can use them as planned to hide the intimacy of oneness.

HACK #12.1, Oneness is complete intimacy

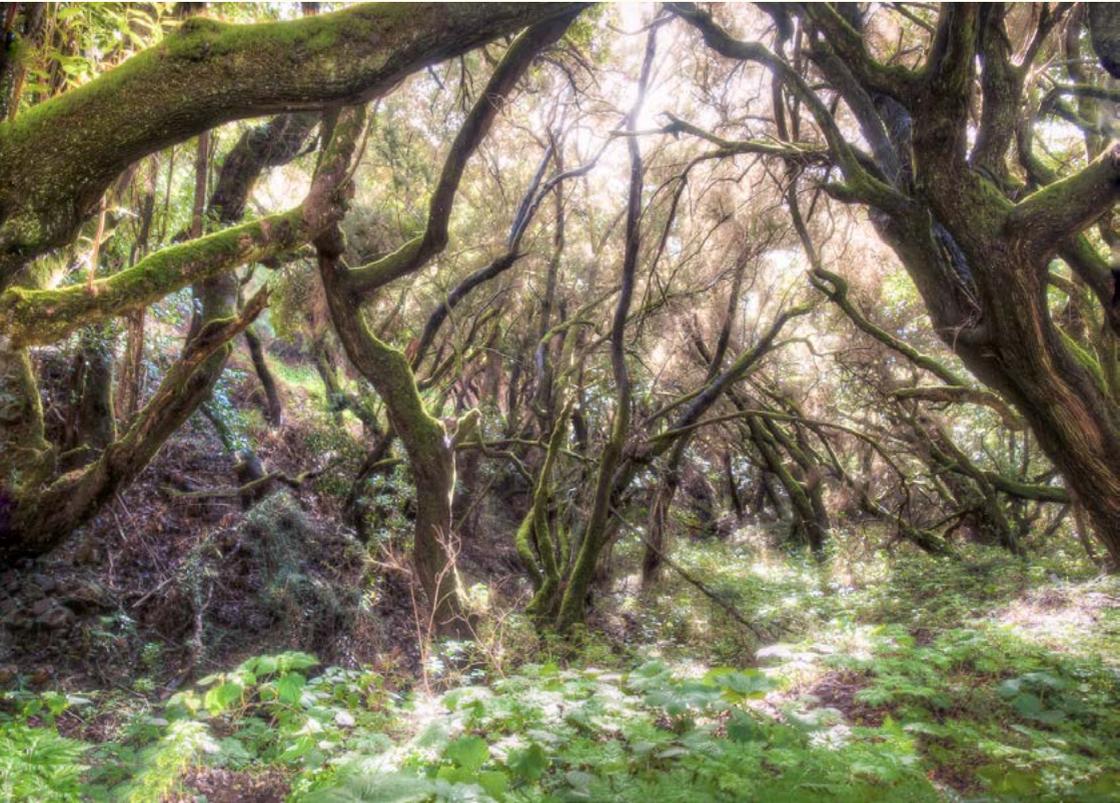
Our belief in being separated by time and space conceals the intimacy of oneness. Thankfully, when we're *Alone Together*, we reestablish the closeness of oneness.

When we feel small or insecure, our tendency to blame others for taking our space highlights how perceptions of power and separation shape our reactions. Women often critique the tone of those they see as having taken their space to challenge perceived superiority.

Some men find minor faults in the statements of the perceived oppressors to demonstrate their mental inferiority, emphasising the illusion of separation. If they fail to denigrate the perceived tyrant, they may resort to physical confrontation, thus reinforcing their sense of powerlessness.

However, this fight for space is not personal. It's a fundamental way to reinforce the dimensional difference in a world defined by time and space: one is small, and the other is big. Whether this is psychologi-

Those who believe in separation judge everything to differ to establish their belief as real.



cal or physical, it maintains the belief in separation. Since that belief doesn't seem to be our choice but is imposed on us by someone who appears bigger, we feel trapped and unable to undo it.

On the other hand, when we don't perceive the experienced difference to make a difference (see [Duality Hack #4.3](#)), we're free to choose the intimacy of oneness.

Escaping oneness' intimacy to appear as individual

It often feels more manageable and faster to do something in the virtual world of electronic media than in the physical one. Take a breakup, for instance. It's much quicker to effectuate when done on facebook. When we're face-booking a breakup instead of facing it, we avoid hours of unpleasant encounters in the physical world, such as tearful conversations and awkward silences.

Similarly, we believe we can evade the intimacy of oneness by assuming defined roles in a world governed by time and space. However, oneness, being formless, is 100% intimacy, making it impossible to maintain a distance. Besides, it's endless, thus impossible to escape. However, as we believe to be in a world defined by time and space, we proceed in that context to explore how to undo that belief.

» *Since oneness is formless, it can't be seen. Yet it's everything because, without shape, it's endless.* «

It takes more than one to escape oneness, but there's no more than that which is One

The speed of oneness, as illustrated in [Duality Hack #9.9](#), is so fast that there's no space between anything. Thus, the closeness is so intense that you're always on.

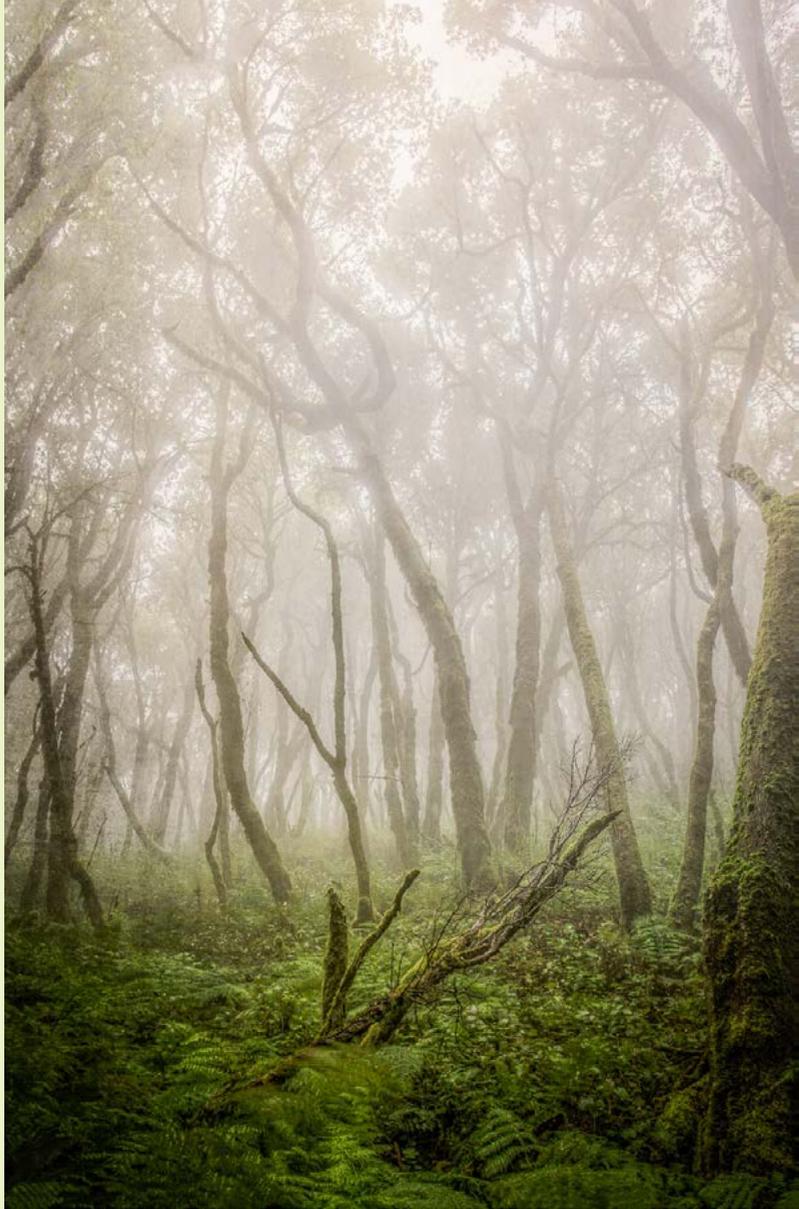
However, we have chosen to avoid the intimacy and wakefulness of oneness by retreating into a world governed by time and space. There, we can use these concepts to maintain a calculated distance

from some and keep others close, but not too close, to risk losing our perceived individuality.

Alternatively, we retreat into the realm of dreams. There, we meet others perceived as separate from us, although we meet nobody but

When you devote yourself entirely to something in a world constrained by time and space, the object of devotion becomes so intimate that it disappears in glimpses of Enlightenment.

In other words, when wholly devoted to something, everything other than the devotion fades away. So, since you don't perceive yourself and the object of your devotion to differ, separation doesn't hide the intimacy of oneness.



ourselves because we remain in our bed, *Alone Together* with those we experience meeting. Likewise, when we're awake, we're *Alone Together* with our experiences because oneness is formless, thus endless, so there's no more than that which is One.

In short, you're always *Alone Together* with whoever you experience meeting. By acknowledging this, you undo dimension differences. Since this brings back all experiences to the one having them, we confirm the intimacy of oneness.

Both you and Alexis are needed for Alexis' Duality Hacks. You read them, and Alexis writes them. However, if you perceive us as one, you inadvertently acknowledge separation, as your perception is based on adding more than one. On the other hand, when you view us as Alone Together, we're not separated. Hence, we're on the way without distance to that which can't be divided, namely the formlessness of oneness.





We can't experience something without the brain. Thus, we need it to fulfil our dream of being and having more than one. Yet, most see the brain as something evil they must conquer.

Hack #12.2, You need the brain to return to oneness

During sleep, the brain fabricates such captivating experiences that we momentarily forget we're not in the dream but our bed. Upon waking, it continues its artistry, moulding our perception of being an individual bound by time and space, despite being nothing but the formlessness of oneness. That's the brain's empathetic response to our desire to be and have more than one.

What and where we appear is the brain

Given that oneness is shapeless, thus without beginning and end, it's the sole reality. However, since we wish to experience the thrill of more than one, we envision an app that can fabricate such experiences. This app, called the brain, wants to please us, so it twists nothing into something, forming the illusion of a world with more than one.

» *We appear to have escaped the formlessness of oneness in a big bang coming out of a black hole. However, we can't leave oneness as it's formless, thus endless. Thus, our appearance in a world with more than one is an illusion.* «

But despite its best efforts, the brain is unable to materialise its fantasy of a world with more than one. Hence, it remains confined within the boundaries of the brain, much like the settings and characters in a dream are limited to the dreamer's headspace.

Therefore, since you're *Alone Together* with the brain fiction of more than one, you return to oneness *Alone Together* with the fictional parts you hold dear, such as a friend, spouse or pet. In other words, you return as you fantasised to depart that which is One: *Alone Together* with more than one.

» *Per our instructions, the brain has made a fantasy world with more than one. That's why we need the brain to undo this fantasy.* «

The brain is our best friend

When the brain generates experiences attesting to us as someone in a world with more than one, it does so to please us. However, these experiences, rooted in our yearning to break free from oneness, only serve to intensify our desire for freedom. Thus, we try to cut off the brain, the very organ that we rely on to maintain the illusion of more than one.



When you exclude your unwanted attributes from your awareness by projecting them onto the world, you feel separated from it. But if you include them, you feel AloneTogether with everything, thus undoing the belief in more than one.

Thankfully, friendship is very close to the intimacy of oneness. So if we don't see the brain as our enemy but as a companion in the fantasy of more than one, we can return to the formlessness of oneness, *AloneTogether* with our best friend, the brain.

AloneTogether is the way without distance to that which is One. Jesus, in his aloneness on the cross, is almost in a perfect state for returning to oneness, for it has no room for more than one. But he also needs closeness to resonate with the intimacy of oneness. So, if Jesus acknowledges that it's his experience, there's a hostile crowd outside him, he's *AloneTogether* with this experience. Hence, since he resonates with the intimacy of oneness, he's on a path without distance to what he never departed: that which is One.



You're alone when you see others outside of you. But if you're AloneTogether with your experiences of others, you aren't a separated being in a world with more than one. Instead, AloneTogether, you're on a path without distance to that which is One.



The brain fabricates all experiences in a world with more than one to make it seem real. However, *Alexius' Duality Hacks* aren't composed to make it appear real because it takes more than one to be something.

***AloneTogether* undoes separation**

When you're *AloneTogether* with everything experienced, there's nothing external. And since there's no internal without an external, you aren't in a world with more than one, but that which is One.



*AloneTogether, we return hand in hand
to what we never left but suppressed,
namely, that which is One.*

**HACK #12.3, *AloneTogether*
we forget to be more than One**

One imagines departing oneness *AloneTogether* with more than one. Thus, one undoes this fantasy by reversing it *AloneTogether*.

We return to oneness hand in hand, *AloneTogether*

We departed from that which is One by imagining there's more than one. Thus, we return *AloneTogether* with more than one. Whether this is a fantasy of someone we experience as physical or astral doesn't matter, nor how many. What is crucial is that you make room for more than what you believe in being.

No one will save you from a world with more than one. Thankfully, it's unnecessary. That which is you is similar to that which is One. So, you are not in a world with more than one.



As this togetherness resonates with the intimacy of oneness, *AloneTogether*, you undo the belief in separation. Hence, since there are no longer experiences of a world with more than one, they do not appear to conceal that which is One.



When we experience being in a world with more than one, we're always *AloneTogether*, for there's no more than that which is One. Yet most interpret their experiences as caused by something outside them to prevent realising that, like in a dream, they're *AloneTogether*.



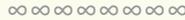
It's impossible to be without love when you're *AloneTogether* because togetherness, by its very nature, includes everything. Therefore, you feel loved, *AloneTogether*.



When your apparently different experiences are not perceived to make a difference, you don't feel separated from them. Hence, since you're AloneTogether with your experiences, you taste the intimacy of oneness..

Undoing the belief in separation *AloneTogether*

One way to undo the belief in separation and return to what we never left, namely, the formlessness of oneness, is not to attribute thoughts, feelings and actions to an external world. Without a perceived link to something outside us, our experiences don't make us feel separated but *AloneTogether* with everything we encounter. Hence, we reestablish the intimacy of oneness which we hid by imagining ourselves as separate.



As oneness is formless, thus endless, it's impossible to be in a world with than one, except in a fantasy of more than one. Hence, you end this fantasy by returning to oneness as more than one, yet not in a literal sense. After all, it's fantasy – so you return *AloneTogether* with the fiction of more than one.

Meeting somebody is impossible because there's no more than that which is One. Still, it seems possible to imagine there's more than one. In doing so, you're AloneTogether with your fantasy of somebody else.

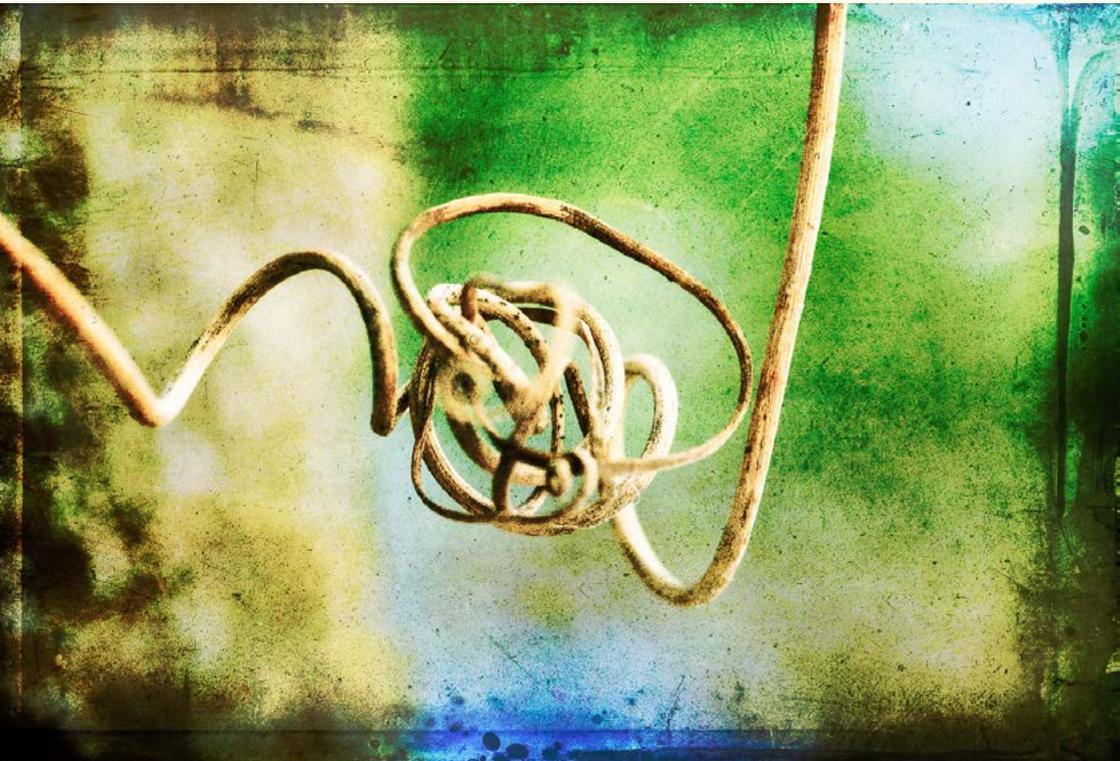


The brain's fantasy world

Since the desire for more than one drives us, and there's no more than that which is One, the brain creates a virtual duality world to fulfil our longing. However, we don't feel satisfied in the brain's world unless our reaction to its duality adventures is twofold – thus in sync with duality.

Put another way, in a world of duality, the feeling of wholeness is derived from twofoldness. That is why we feel satisfied when our reaction to the brain's duality world is twofold. See [Duality Hack 8.8](#). The brain, in turn, is reassured by our dual response, which is required to establish us as someone in its world of duality, just like Santa Claus must be confirmed by you if you want to appear as someone enjoying his present.

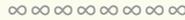
Accepting that the world is in the eye of the beholder, you're AloneTogether with your experience of something that appears to be outside you. Hence, you say goodbye to separation and hello to oneness. However, it doesn't welcome you because it requires more than one. Thankfully, you have never left it.



Our split personality establishes us as *AloneTogether*

If you perceive yourself as a singular entity, you can't return to non-duality. You must return as you imagined departing it, namely as dual.

Thankfully, in a world of duality, every experience is composed of opposites, including your experience of yourself. So, if you don't exclude the part in you that you see as foolish to appear solely wise, you're not established as singular but twofold. Consequently, you can return *AloneTogether* to what you never left: non-duality.



As everybody has a split personality, they're *AloneTogether* when they acknowledge their division. Take Alexius, for instance. He embodies both a mature adult and a playful child. Years ago, the adult in him suppressed the child, considering him naive and foolish. It was sad, but then again, it was not because separation would be real if it were.



The brain constructs us with a split personality to ensure we fit into a world of duality.

Luckily, when Alexius perceived his reaction to the child in him as *'it is what it is'*, he sensed a continuous interplay between the child and the adult. Hence, neither the child nor the adult seemed definitive and, thus, not at odds, but *AloneTogether* on a journey without distance to non-duality.



No one can explain how oneness became a world with more than one because oneness is formless, thus endless, so there's no more than that which is One. Hence, since seeing more than one is only possible *AloneTogether*, you undo this mistake *AloneTogether*.



You're *Alone Together* with your experiences of more than one because oneness is formless, thus endless, so there's no more than that which is One.

Hack #12.4,
You return to oneness
Alone Together'
with more than one



Being *Alone Together*,
differences don't make a difference.

As it takes more than one to leave oneness, you return with more than one

It takes at least two to establish a sense of individuality. Doing something also requires a notion of more than one. The same applies to leaving oneness, as you remain One if you do not depart from it with more than one.

» You left oneness by imagining it as divided into more than one, then feeling alone to confirm the separation. Thankfully, if you stand by feeling alone, then you can quickly undo your mistake, *AloneTogether* with more than one. «

However, since oneness is formless, thus endless, it's impossible to leave it except in fantasy. That's why you return to oneness as you envisioned leaving it, namely with than one.

We appear as separate from others in a world with more than one. But like in a dream, we're AloneTogether with our experiences of more than one



When your experiences of something external, whether perceived as animate or inanimate, are seen as internal, you're AloneTogether with your experiences, thus undoing the belief in more than one



Realising that no appearance will fulfil your longing for closeness, you're ready to welcome the intimacy of oneness AloneTogether with more than one or more, for instance, your cats.



Seeing more than one, you're *AloneTogether* in a dreamscape of more than one

When you return to oneness from a world with more than one, you come back *AloneTogether* from a journey without distance or destination because oneness is endless, so you never were anywhere else except in fantasy.

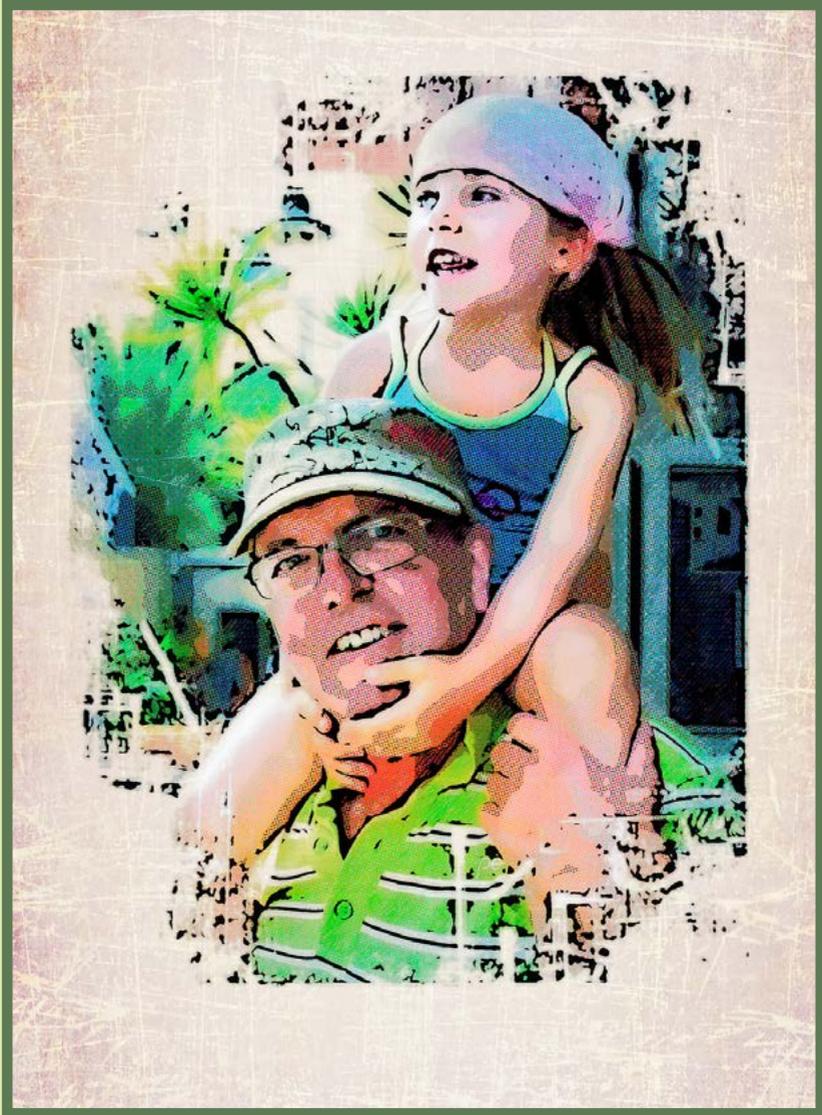
It's like having a dream. Despite its apparent multiplicity, everything is within the dreamer, who is *AloneTogether* with all the dream elements.

Being *AloneTogether* is akin to a child embracing their teddy bear

The idea of leaving oneness demands the belief in more than one. Yet as already said, there's no more than oneness since it's formless, thus endless. Still, we believe we're in a world with more than one.

To prove it, we gather experiences, each seemingly different from the other, which implies a world with more than one is real. However, like a dream doesn't unfold across multiple locations but solely in our brain, every experience we have while awake unfolds there as well.

This is why the meaning we assign to our experiences is made *AloneTogether* with the world we encounter in our headspace. We're like children who, *AloneTogether* with their teddy bear, weave stories about it, that transform it from a mere toy into a real companion. Accepting this, we happily go back to oneness, *AloneTogether* with our 'teddy bear', thereby returning to oneness with a companion, just as we imagined departing it.



You can't choose that which is One, as doing so would require more than one and thus enhance the belief in separation. But, you can choose to see more than one *Alone-Together*, thereby returning to that which is One.



» *Insights into the origin of Alexius' Duality Hacks beyond existing religions and philosophies.* «



Alexius doesn't base his Duality Hacks on an existing doctrine. Instead, he builds them from scratch, taking into account the fast pace of modern life. This practical approach means you can easily incorporate Alexius' Duality Hacks into your daily routine without needing meditation, special diets or something else to become more pure.

HACK #1.12, Afterword

This is a personal and present-day story of how *Alexius' Duality Hacks* from Alexius is crafted from scratch by Alexius.

Alexius' Duality Hacks are, as the name implies, are written by Alexius. He doesn't perceive the apparent difference between him and you as the reader to make a difference. Yet, this does not mean that you and Alexius are one in spirit. There's no spirituality in a world confined by time and space. Spirituality is formless, free from the constraints of time and space, and thus endless. Hence, since there is no more than that which is One, you and Alexius are one in symbolising it. See [Duality Hack #3](#).

» *That which is One has only one word. But it can neither be spoken nor heard since that requires more than One. See [Duality Hack #11.4](#).* «

In 1972, Alexius welcomed the Enlightenment of that which is One. But as you can't share it, Alexius refrained from talking about it for many years. Then, in 2010, while being airlifted from the rainforest to a helicopter, AloneTogether ([Duality Hack #12](#)) with his memories of Enlightenment, he pledged to serve everyone. His service is to speak about oneness versus a world with more than one, rooted in his encounters with the Enlightenment of that which is One.



Alexius is assigned the role of a *Duality Hacker*

When we follow the present stream of thoughts to its end, what we appeared to be before following this stream is over. Something new unfolds. It may be a minor modification, like a shift in mood, or a significant transition, such as a change in personality. See [page 260](#).

Alexius was remodelled when he followed a stream of thoughts down a mountain deep into an ancient forest. There, he was injured and stranded without food and water. At the end of the second day, a helicopter lifted Alexius out of the wilderness. Hanging in the air *Alone Together* ([Duality Hack #12](#)) with everything, Alexius pledged that, based on his encounters with *the Enlightenment of that which is One*, he would share with the world how to uncover non-duality. After two months of hospital recovery, he emerged not as the hiker he once was but as a *Duality Hacker*, writing *Alexius' Duality Hacks*.

They actually are one wordless, airy tune without a beginning or end. Yet, Alexius perceives them as a multitude of distinct tunes with overtones that turn into words about hacking the belief in more than one, when Alexius hums along with them. Rapidly and disorganised,



Much like the ever-changing weather, our personality is in a constant state of flux. We enjoy these changes if we don't try to hold onto a specific one.

these words float through Alexius' hands into his computer. See also [page 229](#).

Alexius' Duality Hacks

The first Duality Hacks, written by Alexius and later named [Duality Hacks #10.1-8](#), is about Alexius welcoming *the Enlightenment of that which is One*. Little did he know that these eight Duality Hacks were just the beginning, the seeds to 80 more.

Following the Enlightenment hacks, Alexius wrote what he now calls [Duality Hacks #1.1-13](#). They expose that every experience is make-believe, which was no surprise to Alexius. After all, he's comparable to *the Enlightenment of that which is One*.

Subsequently, Alexius swiftly wrote [Duality Hacks #2.1-5](#) and [#3.1-8](#). The former involves uncovering non-duality by pretending to be someone in a world of duality. The latter is about perceiving everything in a world of duality as symbols of non-duality, thus phasing out duality. Alexius had never considered those approaches before, so those hacks were a revelation. The same applies to [Duality Hacks #4.1-6](#) about inclusiveness and [Duality Hacks #12.1-4](#) about returning to oneness *Alone Together*, as that's how we imagined leaving it.

At the same time, he wrote [Duality Hacks #11.1-8](#) about Enlightenment and its glimpses. These hacks are a natural extension of [Duality Hacks #10.1-8](#), which address *the Enlightenment of that which is One*.

Then he wrote [Duality Hacks #9.1-10](#) about *the empty breath*, which he had sensed since his youth. However, his advice on how to ignite it through speedy thoughts came to him much later, while he was waiting for an operation for skin cancer.

Alexius was captivated by [Duality Hacks #5.1-6](#) (The worry-free life of the basic self), [Duality Hacks #6,1-6](#) (Happiness is to be in touch with the brain), [Duality Hacks #7.1-5](#) (Physical and non-physical issues don't mix) and [Duality Hacks #8.1-9](#) (*The duality flow goes to non-duality*).

Alexius' Duality Hacks are not an update of ancient methods

To Alexius' knowledge, there's nothing quite like his Duality Hacks. For instance, no one else seems to have discovered the rapidity with which we can hear and feel the primordial vibration that *aum* and *sohang* symbolise. Drawing on years of experience with this unpronounceable vibration, Alexius offers practical advice on how to hear and feel it immediately ([Duality Hack #11.4](#)).

Many talk about Enlightenment as if it's something you can experience. However, since that requires more than one, the Enlightenment they mention doesn't expose but enhances the illusion of more than one. In contrast, *the Enlightenment of that which is One*, as Alexius has welcomed and writes about, instantly terminates our consciousness. Hence, it doesn't seem to conceal that there's nothing but that which is One.

Alexius' Duality Hacks asks for nothing and offers nothing, so as not to hide the formlessness of oneness by something.



***The Enlightenment of that which is One* and its glimpses**

It was at a seminar in his youth that Alexius heard about four ways to experience glimpses of Enlightenment. The idea that one can hear, feel, and taste glimpses of Enlightenment was entirely new, while seeing these glimpses was already familiar.

The seminar ignited a devotion in Alexius, leading him to dedicate himself to the glimpses of *lucid light* to the point where he forgot to

You can't realise that which is One

Neither Alexius nor anyone else has realised oneness, as doing so requires more than one. For the same reason, although Alexius has welcomed *the Enlightenment of that which is One*, he's not Enlightened.

Yet, he is what he has always been and will be: that which is One. This, of course, is a metaphor. You can't be that which is One, as it takes more than one to be something. But, in a world with more than one, we can appear as something. Thus, Alexius momentarily appears there as something comparable to *the Enlightenment of that which is One*. See [Duality Hack #10.5](#).



Occasionally, Alexius forgets to remember where he appears. Thus, as a nonbeing, he enters the Enlightenment of that which is One to return to what's never left: oneness. That's why when he is rebooted as somebody in a world with more than one, nobody is that which is One, while somebody is comparable to it.

see them as shapes and colours. Thus, as they fused into one light, he entered *the Enlightenment of that which is One* ([Duality Hacks #10.2](#)).

This motivated Alexius to delve into the other glimpses of Enlightenment. As a result, his guidelines in [Duality Hack #11.2](#) about seeing, hearing, feeling, and tasting glimpses of Enlightenment are not just abstract theories or second-hand knowledge. They are practical tools derived from his 55 years of personal experience (see [Duality Hack #10.4](#)), and they are freely accessible to anyone.

According to the internet, yoga manuals such as [Hatha Yoga Pradipika](#) (15th century), [Shiva Samhita](#), and [Gheranda Samhita](#) (17th century) mention those four ways. Alexius is unfamiliar with these teachings and yoga in general. Yet, he found online quotes from the Gheranda Samhita that provide historical context for the four ways of having glimpses of Enlightenment, which Alexius describes in [Duality Hack #11.2](#), based on his encounters with *the Enlightenment of that which is One* ([Duality Hack #10.2](#)).

Alexius' Duality Hacks belong to nobody

Over the years, the flow that once fuelled the writing of *Alexius' Duality Hacks* was diverted into another stream, utilising Alexius' essential trait as an ethereal librarian (see [Duality Hack #5.1](#)). His writing creativity wasn't lost, but combined with the more meticulous process of refining *the Duality Hacks'* vocabulary.

Still, *Alexius' Duality Hacks* aren't his or anyone else's. Their content is like water flowing from a tap, which in this metaphor is the wordless, airy tune that Alexius, like an empty glass, picks up and shapes into something readable in a world limited by time and space.

But no matter the shape, the flow remains unchanged. It can't be altered, as that would require more than one. For the same reason, it's a metaphor that Alexius serves as a medium for this flow, channelling it into *Alexius' Duality Hacks*, which you read. However, as

long as we perceive ourselves as separate entities, undoing this mistake seems to involve more than one.

Every story with more than one has an end, but that which is One remains

Every story has an end. The beginning of the end of Alexius' story is that nowadays he prefers *the bliss of nothing* entailed by a *state of not-knowing* (Duality Hack # 9.10) or the perception 'Dunno what it is' (page 323). Thus, writing and refining Duality Hacks slowly fade out. At the same time, his nothingness patiently waits at the entrance to oneness to enter a familiar black hole, too tiny for something to pass (Duality Hack # 10.5). That'll be the end of Alexius' story, but not of oneness. It's formless, so it has no beginning or end.

That said, this eBook is full of Duality Hacks already written by Alexius, each offering ways to undo the belief in duality.

*As Alexius revisits this hack,
he discovers that the energy
for generating new hacks has
changed. Nowadays, he instead
refines the vocabulary that he
developed from scratch while
writing the hacks. Even these
adjustments are beginning to fade.
But he doesn't see this as a loss,
rather as a sign of completion.*



Before *Alexius' Duality Hacks*

In the mid-90s, Alexius got his first computer. Initially, he saw it as a writing tool, but soon, he was smitten by his kid's enthusiasm for its technical possibilities. His mastery of computers and design talent soon led major companies in his home country to seek his expertise.

After years of designing, Alexius found himself yearning for a new creative outlet. He turned to photography, and the joy of processing his photos on the computer reignited his creative spark. To keep the flame alive, he decided to pursue photography as a hobby rather than a profession.

Before the free eBook

However, in 2011, Alexius' fascination with computer-based design and photo processing faded, leading him back to his original passion for writing. Over the next seven years, he dedicated himself to publishing short, unsystematic bulletins online, based on his encounters with *the Enlightenment of that which is One*, beginning when he was about 20 years old.

Thereafter, Alexius expanded the bulletins and compiled them into what is now known as *Alexius' Duality Hacks*. As they are not an extension of former philosophies, Alexius spent years meticulously refining the vocabulary he had developed from scratch.

The free eBook *Alexius' Duality Hacks*

In 2023, he assembled the hacks into the free eBook *Alexius' Duality Hacks*, blending his design and photography experience. The eBook then underwent several complete upgrades. This one is a beta of the seventh update, emphasising the core message: anything requiring more than one is an illusion.

Alexius and his sons are taking a break from exploring their new computer





»» *Alexius is a messenger
whose function is to
render himself redundant
so that you are nothing but
one perpetual present.* ««



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, as any support requires more than one. However, the way to do that is not to exclude but to include them. Thus, AloneTogether with your ideas, you leave a world with more than one..

Alexius' Duality Hacks, Epilogue

Applying *Alexius' Duality Hacks* to get to non-duality is like using an aerial cableway to reach the mountain top. However, *Alexius' Aerial Cableway* doesn't take you to non-duality because you never left it. Instead, they hack your belief in duality, so it doesn't seem to conceal that non-duality is all there is.

Returning to non-duality is comparable to reaching a mountain top, with *Alexius' Duality Hacks* serving as an aerial cableway. However, a cableway can only take you so far. It's a means to an end, not the end itself. So when *Alexius' Duality Hacks* have taken you as far as they can, you leave them. Holding onto them at this point is like carrying *the aerial cableway* in your backpack as you trek from the last stop to the mountain top.

In the above metaphor, not all qualities of an aerial cableway apply to *Alexius' Duality Hacks*. Firstly, they are not about reaching non-duality. Non-duality is formless and, thus, endless, so it's impossible to leave it. Yet, as you seem to believe it's possible, *Alexius' Duality Hacks* offer to undo that belief to uncover non-duality. Secondly, unlike an aerial cableway, which operates linearly, *Alexius' Duality Hacks* function operates non-linearly. They don't have a consistent way to non-duality as consistency is a linear concept that excludes the timelessness of non-duality. So, unlike a world of duality,, *Alexius' Duality Hacks* don't follow a predetermined route.

This non-specific journey culminates when you no longer anticipate experiencing something that will redeem you, but instead rest in *the*



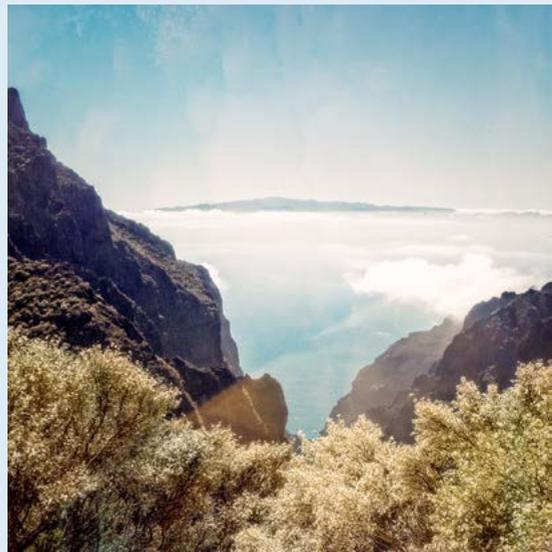
When you don't try to experience, realise, improve or share something, but are content in the bliss of nothing, you don't need Alexius' Duality Hacks anymore. Thus leaving them behind, eventually, the Enlightenment of that which is One sets in. However, as it takes more than one to be somebody, nobody knows that which is One is all there is and ever will be.

bliss of nothing until *the Enlightenment of that which is One* sets sin. However, you continue on *Alexius' Aerial Cableway* if you seek to feel released, as that reinforces the belief in duality. However, this doesn't mean you must avoid looking for something. *Alexius' Duality Hacks* don't require restraint or sacrifice. Instead, they guide you to change your perception, thereby undoing the belief in duality.

For instance, if you pretend to be someone seeking experiences that make you feel released, the belief in duality is not enhanced because you are not what you pretend to be (see [Duality Hack #2](#)). Hence, you soon reach the end of *Alexius' Aerial Cableway*. From there, you continue on a path without time and distance to that which can't be experienced: non-duality.

Another way is to connect with *the empty breath*. As it makes you indifferent to experiences, you're in *the bliss of nothing*, thus reaching the end of *Alexius' Aerial Cableway*. All *Duality Hacks* take you there.

If you think *Alexius' Duality Hacks* have made you spiritual, you have used them to reinforce the belief in being somebody. Luckily, you can quickly undo this mistake by applying one or more of *Alexius' Duality Hacks*.





As mentioned on [page 703](#), you bid farewell to *Alexius' Duality Hacks* when they've fulfilled their purpose. Similarly, after the seventh upgrade of this eBook, Alexius has completed serving the world with duality hacks uncovering non-duality. Hence, it's time for Alexius to step back from them. Still, his free eBook, *Alexius' Duality Hacks*, is available for download on [his website](#) until May 2028. You can help others bid farewell to duality, by forwarding the eBook. Thank you for your participation.

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 of duality. Neither do they offer hope for you or such a world, as it takes more than one to hope for something, to have a purpose, to be meaningful, or to become better. Instead, they undo the belief in anything that requires more than one, thereby disclosing non-duality.

Since it takes more than one to point to something, *Alexius' Duality Hacks* don't point to non-duality but what conceals it, namely, the belief in more than one. Then, the hacks use that belief to undo it. This gentle paradox allows you to enjoy appearing as someone in a world of duality, while gradually undoing the belief in more than one.



When the experience of the elements in contrasts such as high and low, courage and fear, within and without, birth and death, the past and the future don't make a difference, duality doesn't seem to hide the that there never was, and will never be, anything but non-duality.